

“**Represent the Lord Himself** as close to you and behold how lovingly and humbly He is teaching you. Believe me, you should **remain with so good a friend as long as you can**. If you grow accustomed to having Him present at your side, and He sees that you do so with love and that you go about striving to please Him, you will not be able—as they say—to get away from Him; **He will never fail you; He will help you in all your trials; you will find Him everywhere**. Do you think it’s some small matter to have a friend like this at your side?

I’m not asking you now that you think about Him or that you draw out a lot of concepts or make long and subtle reflections with your intellect. **I’m not asking you to do anything more than look at Him**. For who can keep you from **turning the eyes of your soul toward this Lord, even if you do so just for a moment if you can’t do more?”**

Saint Teresa of Avila, Way of Perfection, 26,1-3