

(From Mo. Marguerite Guillot Conferences to the Novices)

MEANS TO BECOME AN INTERIOR SOUL – March 4, 1866

Here we are, twelve like the twelve Apostles, and only twelve Apostles were needed to convert the world.

I tell you that if we were twelve souls of prayer, we could perhaps, today, again convert the entire universe. A prayerful soul is powerful before God; it is giving Him joy and ravishes His heart, but how rare these souls are!

It is our duty to work continually to become prayerful souls because we are called to lead a completely interior life of prayer and of union with our Lord. What will help us, first of all, is strict observance of the rule of silence.

By silence we enter into recollection, and as we speak less to creatures, we are better disposed to speak to our good Master.

Some Sisters take as a pretext for speaking during the time of silence a motive of charity, or fear of forgetting what they have to say. These reasons, my dear daughters are so many illusory pre-texts that the devil used to make us fail in silence.

Outside the time of recreations, speak only of necessary things. Be like the Trappistines with regard to silence; otherwise, our house will never be a house of recollection, prayer and adoration.

Dignity of bearing, of gait also, greatly helps the soul to be recollected; that is why you must train yourselves to be calm externally, calm in your movements, and in silent action.

Do not make gestures while talking, maintain religious gravity in your walk, and never run, but always walk sedately.

Next, in order to facilitate interior recollections, you must carefully observe custody of the eyes, whether in your comings and goings, or in the rooms where we are assembled, like the refectory, but it is especially in the chapel that you must take great care not to fail in this custody of the eyes.

I recommend to you, certainly to be modest in your bearing, your movements, your gestures, and your expressions, but I add, do so without being unnatural, let there be nothing affected in your recollection.

I forbid you, on the contrary, all that would be stiff, affected, and exaggerated in your bearing, for you must be modestly modest, after the example of our Father in whom all was so simple and dignified.

The least his daughter can do is to resemble Him.
