"Let us go then, to His Heart, profound Heart, secret Heart, Heart that thinks of all, that knows all, Heart that loves, or rather, is on fire with love. The door is open; let this make us understand the ardor of His love. And with hearts conformable to His, let us enter into this secret, hidden until now, and disclosed at His death by the opening in His side.

Most sweet Jesus, I place and enclose in Thy Heart my senses, the powers of my soul, my thoughts, my affections. I bury them forever in Thy Heart so that I may belong wholly to Thee for all eternity."

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(St. Bernardine of Siena)