

## A piece of Divine Health advice

[GGJ.01\_224,08] For truly I tell you: nothing is of greater benefit for the whole man than a temporary introspection. Whoever wishes to become acquainted with himself and his powers must sometimes search and contemplate his within.

[9] Since this is so very necessary we shall before noon practice this, and following the midday meal we shall go out to sea and see what will be happening there.'

[10] Some do not know how to go about this introspection and ask Me what to do. But I say: 'Relax and think quietly on your actions and the to you well-known will of God and whether you have complied with it at different times of your life, then you have contemplated your within and have made it increasingly difficult for Satan to enter your heart. For Satan seeks eagerly through all kinds of external meaningless trickery to prevent a person from such introspection.

[11] For, once man has through practice acquired a certain accomplishment in introspection, he easily discovers within himself the traps Satan has set him and is then able to properly destroy and eliminate them and energetically take precautions against all further deceitfulness of this enemy. Of this Satan is quite aware and is, therefore, busily occupied with engaging the soul in all kinds of diverting trickery and then finds it quite easy, unnoticed behind the scene, to lay a snare for the soul in which it gets so entangled that it can no longer manage an introspection, and this is very bad.

[12] Thereby the soul is more and more separated from its spirit which it can no longer awaken, and that is already the beginning of the second death within man.

[13] Now you know wherein introspection consists. Practice this quietly from now until noon and do not let any external thing disturb you. For Satan will certainly not refrain from diverting you through one or the other external spectacle. But then remember that I have foretold you this and return again quickly to your within.'

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