

**FATHER CAFFAREL, A COMPANION ON OUR PATH TOWARDS GOD  
"BUT LOVE IS MY ESSENCE !"**

**DAY 1**

**On the path to meeting God  
"Inviting people to experience God"**

***The Luminous Crypt***

Why bother pursuing God as if He were outside of you? He is within you, at the heart of your being. Present, alive, loving, active. There He calls you. There He is waiting for you to unite with Him.

God is there, but we are not there. Our existence takes place outside of ourselves, or at least at the edges of our being, in the zone of sensations, emotions, imaginations, discussions ... in this suburb of the soul, noisy and worried. And if we happen to remember God, to desire to meet Him, we go out, outside of ourselves, we seek Him outside, while He is inside.

We ignore the paths of our soul that would lead us to the underground and luminous crypt where God resides. Or, if we know these paths, we lack courage: getting to the centre of oneself, would that be such an arduous undertaking?

Interior prayer means leaving this tumultuous suburb of our being, it is collecting, bringing together all our faculties and plunging ourselves into the arid night towards the depth of our soul. There, at the threshold of the sanctuary, it is only necessary to be silent and attentive. It is not a matter of spiritual sensation, of interior experience, it is a question of faith: believing in the Presence; worshipping in silence the living Trinity; offering oneself and opening oneself to one's life gushing forth; adhering to, communing with his Eternal Act.

Little by little, from year to year, the tip of our spiritual being refined by grace will become more sensitive to "God's breathing" within us, to his Spirit of love. Little by little, we will be deified, and our external life will then be the manifestation, the epiphany of our internal life. It will be holy because at the bottom of our being we will be closely united to Holy God, it will be fruitful and rivers of living water will flow from us because we will be connected to the very source of Life.

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