

**“To take the praises and scorns of creatures into no account”**

Today I did my meditation on the harm that can come to our souls from the praises that other creatures give us.

While I was doing the application to myself,  
- to see whether there was complacency for human praises within me,  
Jesus came close to me and **He told me**:

“When a heart is full of the knowledge of self,  
- the praises of men are like sea waves that rise and overflow,  
but never go out of their boundary.

In the same way, human praises  
- yell and shout,  
- they clamor,  
- they get close even to the heart.

But in finding it full and well surrounded  
- by the strong walls of the knowledge of self,  
they are unable to find a place for themselves.  
And they draw back, causing no damage to the soul.

So, this is what you must be careful about:

***taking the praises and scorns of creatures into no account.***”