As I was in my usual state, blessed Jesus made Himself seen all light.
He said these simple words:
"**I am light** - but what is light made of?
What is the principle of it? **It is Truth**.

So, I am Light because I am Truth.
Therefore, in order for the soul to be light and to have light in all of her actions, these must come from truth. Wherever there is artifice, deception and duplicity, there cannot be light – but darkness."

Having received Communion, at the best moment I was thinking of how I could cling to blessed Jesus more then ever. **He said to me**:

"In order to cling more tightly to Me,
to the point of dissolving your being in Mine, just as I transfuse Mine into yours,
you must take what is Mine in everything, and in everything leave what is yours.

In such a way that
if you always think of
- things which are holy and regard only what is good, and
- *the honor and glory of God*,
you leave your mind and take the divine.

If you speak, if you operate good, *and **only out of love for God***,
you leave your mouth and your hands, and you take my mouth and my hands.
If you walk along holy and upright paths, you will walk with my own feet.
If your heart loves Me alone, you will leave your heart and will take Mine,
and will love Me with my own love.
And so with all the rest.

So, you will be enveloped with all my things, and I with all of yours.
Can there be a tighter union than this?

If the soul reaches the point of
no longer recognizing herself, **but the Divine Being within her**,
 -these are the fruits of good Communions, and
this is the divine purpose in wanting to communicate Himself to souls.

But, how frustrated my Love remains!
And how few are the fruits that souls gather from this Sacrament!
to the point that the majority of them
-remains indifferent, and even nauseated by this Divine Food."