

Contemplative sweetness is obtained only through great effort; and it is possessed with untold joy. Truly it is not of man's merit, but God's gift. And yet from the beginning to this day a person might never be ravished in contemplation of everlasting love unless they have already perfectly forsaken all the vanity of this world. Moreover, they should be in the habit of healthful meditation [on the Scriptures &c.] and devout prayer before they can come truly to the contemplation of heavenly joys.

Richard Rolle, The Mending of Life, Ch. XII