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# Quotes by Suso, Heinrich

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Henry Suso (Also called Amandus, a name adopted in his writings, and Heinrich Seuse in German) was a German mystic, born at berlingen on Lake Constance on March 21, circa 1300; he died at Ulm, January 25, 1366; declared Blessed in 1831 by Gregory XVI, who assigned his feast in the Dominican Order to March 2.

Suffering is the ancient law of love; there is not quest without pain; there is no lover who is not also a martyr.

- Suso, Heinrich

Thou shalt understand that it is a science most profitable, and passing all other sciences, for to learn to die. For a man to know that he shall die, that is common to all men; as much as there is no man that may ever live or he hath hope or trust thereof; but thou shalt find full few that hath this cunning to learn to die. I shall give thee the mystery of this doctrine; the which shall profit thee greatly to the beginning of ghostly health, and to a stable fundamental of all virtues.

- Suso, Heinrich

In the first day of my youth I tried to find it in the creatures, as I saw others do: but the more I sought, the less I found it, and the nearer I went to it, the further off it was. For of every image that appeared to me, before I had fully tested it, or abandoned myself to

peace in it, and inner voice said to me: 'This is not what thou seekest.'

- Suso, Heinrich





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