The background of the image is the interior of a Gothic cathedral. A long, straight aisle leads from the foreground towards the altar. The floor is made of large, light-colored stone tiles. On either side of the aisle are rows of dark wooden pews. The walls are white with intricate Gothic arches and ribbing. At the far end of the aisle, there is a large, colorful stained glass window. The lighting is soft and even, highlighting the architectural details.

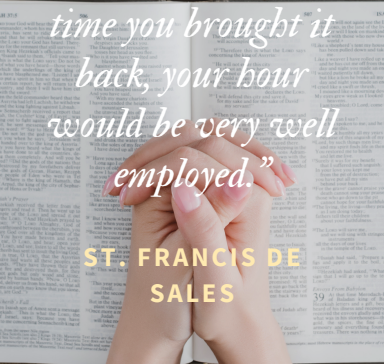
“If the heart wanders or is distracted, bring it back to the point quite gently... And even if you did nothing during the whole of your hour but bring your heart back, though it went away every time you brought it back, your hour would be very well employed.”

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