331 Salt (*Sal*)

The evangelist Mark counseled in chapter 9[:49] thus, “Have salt in you.” Material salt causes sterility in the earth, preserves meat from decaying, augments taste in foods, and calms fear in the wounded.

So spiritual salt, that is, wisdom, causes sterility in the land of our flesh by contempt of worldly things. It preserves our flesh from corruption by mortification of carnal desires. It conditions and gives food taste through the showing of desires. It calms the fear of pride through humility and consideration of our own vices.

Concerning the first, Bernard,[[1]](#endnote-1) you have found wisdom fully, if you weep for the sins of your previous life, if you value little the desires of the world, and if you desire the eternal fatherland. You have found it fully, if these things are tasteful to you as they are.

Concerning the second, Gal. 5[:16]: “Walk in the spirit, and you shall not fulfill the lusts of the flesh.”

Concerning the third.[[2]](#endnote-2)

1. Bernard, *Sermones de diversis* 15.4 (PL 183:578): Invenisti plane sapientiam, si prioris vitae peccata defleas, si hujus saeculi desiderabilia parvipendas, si aeternam beatitudinem toto desiderio concupiscas. Invenisti sapientiam, si tibi horum singula sapiunt prout sunt. [↑](#endnote-ref-1)
2. This third item probably refers to the immediately following chapter [332] *Sapiencia*. [↑](#endnote-ref-2)