The Blessed Henry Suso was convinced that the punishments of Purgatory could be expiated already on this earth. He wrote: “In this manner man is put more to the test by God to be glorified more in that way, he enumerates among the different kinds of sufferings also this; some sufferings are sent from God to man with the intention of sparing him even greater pains as it happens to those people to whom God allows to expiate their Purgatory down here, with illnesses, poverty or something else, so that they escape the consequent punishments in Purgatory….” In Chapter V of his *Horologium Sapientiae* that has as a subtitle: “How useful it is to the Servant of God to have much to suffer in this life” “Tribulation is so beneficial, that there is almost no one who would like to avoid its charitable influence, whether he be a beginner, an advanced person or a perfect one. Tribulation takes away the rust of sin; it increases virtues and carries with it an abundance of grace. What could be more useful to us than this treasure? It erases sins, reduces Purgatory, sends away temptations, extinguishes passion, renews the spirit, and fortifies hope.”

In *Horologium Sapientiae*, the Blessed expressed his conviction in the value of meditating the mysteries of the Passion of Christ. “The Creator of nature does not allow disorder in nature. But divine Justice does not even leave unpunished any fault and anything evil. He rectifies appropriately what is distorted either in this life or in the other life. What do you think should be the chastisement of a sinner guilty of many misdeeds, who has not even repaired the thousandth part of his debt and thus should remain in the torments of Purgatory until he has paid his debt up to the last cent? Oh how infinitely long would his wait be! What uninterrupted and painful torment, incomparable torment! A harsher penance than any earthly torture! Now you will see how one can easily and quickly satisfy such a large debt. This can be done by the one who is able to draw from the immense treasure of the Passion of the innocent Lamb. This treasure, which is the most precious one due to the greatness of His love, the dignity of His Person and the intensity of His pain, is sufficient, more than sufficient!”

The Blessed was born in Constance, on the lake bearing the same name, in a year between 1293 and 1303. At thirteen years of age he entered among the Dominicans. He was eighteen years old when his conversion occurred. Some of his fellow friars insinuated in him the doubt that he would not be able to persevere, but the Blessed succeeded in continuing along the path undertaken, notwithstanding the isolation in which he was placed. He deepened little by little his conception of Wisdom, that he identified with the Person of Christ and loved in you the Word Incarnate, to which his soul joined in a mystical marriage. On January 21 he had the first mystical grace: during a vision his soul contemplated the incomparable beauty and the light of eternal delights of Eternal Wisdom. He died at Ulm in 1366.