Rules for becoming aware and understanding to some extent the different movements which are caused in the soul, the good, to receive them, and the bad to reject them. And these rules are more proper for the first week. (313)

**The First Rule**

_In the persons who go from mortal sin to mortal sin, the enemy is commonly used to propose to them apparent pleasures, making them imagine sensual delights and pleasures in order to hold them more and make them grow in their vices and sins. In these persons the good spirit uses the opposite method, pricking them and biting their consciences through the process of reason._

**1st Rule In My Words:**

**The Second Rule**

_In the persons who are going on intensely cleansing their sins and rising from good to better in the service of God our Lord, it is the method contrary to that in the first Rule, for then it is the way of the evil spirit to bite, sadden and put obstacles, disquieting with false reasons, that one may not go on; and it is proper for the good to give courage and strength, consolations, tears, inspirations and quiet, easing, and putting away all obstacles, that one may go on in well doing._

**2nd Rule In My Words:**

**The Third Rule**

_Of Spiritual Consolation. I call it consolation when some interior movement in the soul is the cause, through which the soul comes to be inflamed with love of its Creator and Lord; and when it can inconsequence love no created thing on the face of the earth in itself but in the Creator of them all. Likewise, when it sheds tears that move to love of its Lord, whether out of sorrow for one’s sins, or for the Passion of Christ our Lord, or because of other things directly connected with His service and praise. Finally call consolation every increase of hope, faith and charity, and all interior joy which calls and attracts to heavenly things and to the salvation of one’s soul, quieting it and giving it peace in its Creator and Lord._

**3rd Rule in My Words:**

**The Fourth Rule**

_Of Spiritual Desolation. I call desolation all the contrary of the third rule, such as darkness of soul, disturbance in it, movement to things low and earthly, the unquiet of different agitations and temptations, moving to want of confidence, without hope, without love, when one finds oneself all lazy, tepid, sad, and as if separated from his Creator and Lord. Because as consolation is contrary to desolation, in the same way the thoughts which come from consolation are contrary to the thoughts which come from desolation._

**4th Rule in My Words**
The First Rule
In a time of desolation never to make a change, but to be firm and constant in the resolutions and
determination in which one was the day preceding such desolation, or in the determination in which he
was in the preceding consolation. Because, as in consolation it is rather the good spirit who guides and
counsels us, so in desolation, it is the bad, which whose counsels we cannot take a course to decide
rightly.  

5th Rule in My Words:

The Sixth Rule
Although in desolation we ought not to change our first resolutions, it is very helpful intensely to change
ourselves against the same desolation, as by insisting more on prayer, meditation, on much examination,
and by giving ourselves more scope in some suitable way of doing pence.  

6th Rule in My Words:

The Seventh Rule
Let him who is in desolation consider how the Lord has left him in trial in his natural powers, in order to
resist the different agitations and temptations of the enemy; since he can with the Divine help, which
always remains to him, though he does not clearly perceive it: because the Lord has taken from him his
great fervor, great love, and intense grace, leaving him, however, grace enough for eternal
salvation.  

7th Rule in My Words:

The Eighth Rule
Let him who is in desolation labor to be in patience, which is contrary to the vexations which came to
him: and let him think that he will soon be consoled, employing against the desolation the devices, as it
said in the sixth Rule

8th Rule in My Words:

The Ninth Rule
There are three principals reasons why we find ourselves desolate.

1) The first is, because of our being tepid, lazy, or negligent in our spiritual exercises; and so through no
faults, spiritual consolation withdraws from us.  

9th Rule in My Words:
2) The second, to try us and see how much we are letting ourselves out in His service and praise without such a great pay of consolation and great graces.  

9th Rule in My Words:

3) The third, to give us true acquaintance and knowledge, that we may interiorly feel that it is not ours to get or keep great devotion, intense love, tears, or any other spiritual consolation, but that all is the gift and grace of God our Lord, and that we may not build a nest in a thing, not ours, raising our intellect into some pride or vainglory, attributing to us devotion of the other things of the spiritual consolation.

9th Rule in My Words:

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The Tenth Rule
Let him who is in consolation think how he will be in the desolation which will come after, taking new strength in for then.  

10th Rule in My Words:

The Eleventh Rule
Let him who is consoled see to humbling himself and lowering himself as much as he can, thinking how little he is able for the time of desolation without such grace or consolation. On the contrary, let him who is in desolation think that he can do much with the grace sufficient to resist all the enemies, taking strength in his Creator and Lord.

11th Rule in My Words:

The Twelfth Rule
The enemy acts like a woman in being weak when faced with strength and strong when faced with weakness. For as it is proper to a woman, when she is fighting with some man, to lose heart and to flee when the man confronts her firmly, and, on the contrary, if the man begins to flee, losing heart, the anger vengeance and ferocity of the woman grow greatly and know no bounds. In the same way, it is proper to the enemy to weaken and lose heart, fleeing and ceasing his temptations when the person who is exercising himself in spiritual things confronts the temptations of the enemy firmly, doing what is diametrically opposed to them; and, on the contrary, if the person who is exercising himself begins to be afraid and lose heart in suffering the temptations, there is no beast so fierce on the face of the earth as the enemy of human nature in following out his damnable intention with such growing malice. (325)

12th Rule in My Words:
The Thirteenth Rule
Likewise, he conducts himself as a false lover in wishing to remain secret and not be revealed. For a dissolute man who, speaking with evil intention, makes dishonorable advances to a daughter of a good father or a wife of a good husband, wishes his words and persuasions to be secret, and the contrary displeases him very much, when the daughter reveals to her father, or the wife to her husband his false words and depraved intention, because he easily perceives that he will not be able to succeed with the undertaking begun. In the same way, when the enemy of human nature brings his wiles and persuasions to the just soul, he wishes and desires that they be received and kept in secret; but when one reveals them to one’s good confessor or to another spiritual person, who knows his deceits and malicious designs, it weighs on him very much, because he perceives that he will not be able to succeed with the malicious undertaking he has begun, since his manifest deceits have been revealed. 

13th Rule in My Words:

The Fourteenth Rule
Likewise he conducts himself as a leader, intent upon conquering and robbing what he desires. For, just as a captain and leader of an army in the field, pitching his camp and exploring the fortifications and defenses of a stronghold, attacks it at the weakest point, in the same way the enemy of human nature, roving about, looks in turn at all our theological, cardinal and moral virtues; and where he finds us weakest and most in need for our eternal salvation, there he attacks us and attempts to take us.

14th Rule in My Words: