# TABLE OF CONTENTS

## The First Treatise

On	the Esteem and Affection We Ought to Have for Wh ever Relates to Our Spiritual Advancement; and on Many Other Things Conducive to It	at-
	The Great Value We Ought to Set on Spiritual Things	3
2.	Of the Affection and Desire That We Should Have for Virtue and Perfection	11
3.	That an Excellent Means and a Very Great Preparation to Receive Favors from the Lord Is to Keep Up a Great Desire of Spiritual Improvement	16
4.	That the More a Man Gives Himself to Spiritual Things, the More Hunger and Desire He Has of Them	21
5.	That a Desire of Growing and Going Forward in Self- Improvement Is a Great Sign of One's Being in the Grace	05
	of God	25
6.	Showing How Not to Advance Is to Go Back	27
7.	That It Is a Great Aid to the Attainment of Perfection to Forget Any Good Done in the Past, and Fix Our Eye on What Remains Still to Be Done	32
8.	That It Is a Great Aid to Perfection to Fix Our Eyes on Lofty and Exalted Things	39
9.	How Important It Is to Set Store by Little Things and Not Despise Them	46
10.	Another Weighty Reason for Setting Great Store by Little Things	50
11.		55
12.		

13.	Of Three Other Means That Will Enable Us to Advance in Virtue	62
14.	That It Will Help Us Much Always to Behave As We Did the First Day We Entered Religion	66
15.	That It Will Be a Great Help for Everyone to Ask Himself Frequently: "What Did You Enter Religion for?"	71
16.	Of Some Other Things That Will Help Us to Go On in Self-Improvement and Gain Perfection	76
17.	Of the Perseverance We Ought to Have in Virtue, and What Will Aid Us Thereto	81
18.	Of Another Means to Advance in Virtue; Namely, Spiritual Exhortations and Conferences, and How to Profit by Them	84
	The Second Treatise	
	On the Perfection of Our Ordinary Actions	
1.	That Our Advancement and Perfection Consists in Doing Ordinary Actions Extraordinarily Well	95
2.	That It Ought Greatly to Animate Us to Perfection, That God Has Put It in Something That Is Very Easy	99
3.		101
4.	Of Another Means to Do Our Actions Well, Which Is to Do Them as if We Had Nothing Else to Do	105
5.	Of Another Means, Which Is to Do Every Action as if It Were to Be the Last of Our Life	108
6.	Of Another Means of Doing Our Actions Well, Which Is to Take No Account of Anything beyond Today	113
7.	Of Another Means to Do Our Actions Well, Which Is to Get into a Way of So Doing Them	116
8.	Of How Great Importance It Is for a Religious Not to Slow Down in the Way of Virtue	
9.	How Important It Is for Novices to Make Progress during the Time of Their Novitiate, and Accustom Themselves to	
	Do the Exercises of Religion Well	122

#### The Third Treatise

# On the Integrity and Purity of Intention We Ought to Have in All Our Actions

1.	That In Our Actions We Ought to Shun the Vice of Vain-	
	glory	
2.	In What the Malice of Vainglory Consists	133
3.	Of the Loss That Vainglory Entails	136
4.	That the Temptation to Vainglory Assails Not Only Beginners, but Also Those Who Are Well-Advanced in Virtue	139
5.	Of the Special Need That There Is to Beware of the Vice of Vainglory in Those Who Have the Office of Helping Their Neighbor	142
6.	Of Sundry Remedies against Vainglory	
	Of the End and Good Intention That We Ought to Have in Our Actions.	
8.	In Which It Is Explained How We May Do Our Actions with Great Rectitude and Purity of Intention	153
9.	That the Reason Why We Find Ourselves Sometimes Distracted and Thrown Back in Our Spirituality by Exterior Occupations Is because We Do Them Not as We Should.	155
10.	Of the Great Benefit and Gain to Be Found in Doing One's Actions in the Manner Aforesaid	158
11.	A Further Declaration of the Rectitude and Purity of Intention Which We Ought to Have in Our Actions	161
12.	Of Some Signs Whereby It Will Be Known When One Goes After Things Purely for God, and When One Goes After Them for Oneself	166
13.	How We Ought to Go on Growing and Mounting in Rectitude and Purity of Intention	170
14.	Of Three Degrees of Perfection Whereby We May Ascend to Great Purity of Intention and Great Love of God	176

### The Fourth Treatise

#### On Union and Fraternal Charity

1.	Of the Merit and Excellence of Charity and Fraternal Union	189
2.	Of the Need We Have of This Charity and Union, and of Some Means to Preserve Us in the Same	101
3.	Of Some Reasons from Holy Scripture Binding Us to Keep	191
	Charity and Union with Our Brethren	200
4.	Of the Manner and Character of the Union Which We Ought	
	to Have with Our Brethren	204
5.	Here We Begin to Declare in Particular What It Is that	
	Union and Fraternal Charity Requires of Us, and What	005
_	Will Help Us to Keep It	
6.	Of Two Other Conditions of Charity and Union	211
7.	Of Another Thing That Charity Requires, and Which Will	
	Help Much to Preserve It, Which Is to Have and Show a Great Esteem for Our Brothers and Always Speak Well	
	of Them	915
8.		210
٥.	and-So Has Said This and That of You," Where It May	
	Give Him Any Offense	218
9.	That Good and Fair Words Help Very Much to Preserve	
	Charity, While Their Contraries Have a Contrary Effect	221
10.		
	Words That May Offend Our Brother or Give Him Any	
	Displeasure	224
11.	That We Ought to Beware of Wrangling, Contradicting, and	
	Reprehending	225
12.		
	of Charity Should Be Exercised	230
13.	·· ·· ·· ·· · · · · · · · · · · · ·	000
14.	of Arms or Disagreement with Our Brother Of Three Directions to Be Observed When Another Has	200
14.	Given Us Some Occasion of Annoyance	237
<b>1</b> 5.		
	Gravity Consists	242
16.	Of the Causes and Roots Whence Rash Judgments Proceed,	
	and Their Remedies	
17.	In Which the Above Is Confirmed by Sundry Examples	252

	TABLE OF CONTENTS	xvii
18.	Of Other Manners of Union and Friendships Not Good	258
19.	Of the Second Manner of Friendships and Associations That Are Not Good	
20.	Of a Third Sort of Union and Association Very Harmful to	
	Religion	200
	The Fifth Treatise	
	On Prayer	
1.	Of the Value and Excellence of Prayer	281
2. 3.	Of the Need in Which We Stand of Prayer	
	Us a Thing at Once So Excellent and So Necessary	287
4.	Of Two Sorts of Mental Prayer	289
	How Holy Writ Lays Before Us These Two Sorts of Prayer	292
6.	Wherein This Doctrine Is Further Explained and Confirmed.	298
7.	Of Ordinary Mental Prayer	301
8.	Of the Necessity of Meditation	304
9.	Of One Good Result and Great Advantage That We Should Draw from Meditation, and of the Method to Adopt in	
10.	Order to Profit Thereby	
11.		
12.	How Important It Is to Dwell on the Acts and Affections of the Will.	
13.	Satisfying the Complaint of Those Who Say They Are Unable, and Have No Idea How, to Meditate and Reason with the Understanding	
14.		
15.	·	
16.	How We May Dwell Long in Meditation on One and the Same Thing; and a Very Profitable, Practical Method of Meditation by Descending to Particular Cases	

#### TABLE OF CONTENTS

17.	That in the Consideration of the Divine Mysteries We Should Also Proceed Leisurely, and Not Pass Over Them Superfi- cially; and of Some Means to Help Us to Do This	340
18.	Showing in Practice How It Is in Our Power Always to Make a Good Meditation and Gather Fruit From It	345
19.	Of Some Other Easy Means and Methods How to Make a Good and Profitable Meditation	349
20.	That We Must Be Content with the Prayer Described, and Not Repine or Complain at Not Reaching Anything Higher	357
21.	Of the Causes of Distraction at Prayer, and Remedies for It	361
22.	Of Other Means of Keeping Up Attention and Reverence at Meditation	
<b>23</b> .		
24.	Of the Temptation to Sleep, Whence It Comes, and the	0.0
	Remedies to Meet It	372
25.	How Proper It Is to Take Some Extraordinary Times to Give Ourselves More to Prayer	374
26.	Of the Fruit That We Should Gather when We Betake Ourselves to These Exercises	
27.	Some Directions That Will Help Us to Profit More by These Exercises	385
28.	Of Spiritual Reading, How Important It Is, and of Sundry Means That Will Help Us to Make It Well and Prof-	
	itably	388
	The Sixth Treatise	
	On the Presence of God	
1.	Of the Excellence of This Exercise and the Great Benefits That It Contains	401
2.	In What This Practice of Walking Always in the Presence of God Consists	
3.	Of the Acts of the Will, in Which This Exercise Chiefly Consists, and How We Are to Practise Them	
A	Further Explanation of This Exercise, and a Method of	110
4.	Walking in the Presence of God Very Easy and Profitable	47.4
	and Leading to Great Perfection	414

5.	Of Some Differences and Advantages Which This Particular Exercise of Walking Always in the Presence of God Has	
	Over Others	416
	The Seventh Treatise	
	On the Examen of Conscience	
1.	The Importance of Examination of Conscience	421
2.	On What Subjects the Particular Examen Should Be Made.	424
3.	Of Two Important Pieces of Advise How to Hit Upon and	
	Choose the Right Subject for Particular Examen	427
4.	That the Particular Examen Must Be Made on One Thing	
	Only	431
5.	How to Divide the Particular Examen According to the	
	Parts and Degrees of Virtue	433
6.	That the Matter of the Particular Examen Should Not Be	
	Lightly Changed, and for What Length of Time It Is Well to Keep It on the Same Subject	119
7.	How the Particular Examen Is To Be Made	
8.	That in the Examen We Should Insist and Dwell Principally	440
٥.	on Sorrow and Purpose of Amendment	449
a	That It Is a Very Helpful Thing to Add Some Penances to	110
	the Examen	453
10.	Of the General Examination of Conscience	
11.	That the Examen of Conscience Is a Means of Putting Into	
	Execution All Other Spiritual Methods and Directions, and	
	the Reason Why We Do Not Profit By It Is That We Do	
	Not Make It As We Ought	462

# The Eighth Treatise

#### On Conformity to the Will of God

1.	In Which Two Fundamental Principles Are Laid Down	467
2.	Further Explanation of the Second Fundamental Principle	471
3.	Of the Great Benefits and Advantages Contained in This Conformity to the Will of God	475
4.	That This Perfect Conformity to the Will of God Is Happiness and Bliss on Earth	479
5.	That in God Alone Satisfaction Is To Be Found, and He Who Shall Set Up His Rest in Anything Else Shall Never Find True Satisfaction	181
6.	Another Way of Showing How Conforming Ourselves to the Will of God Is the Way to Find Contentment	
<b>7</b> .	•	
8.	God Is This Exercise of Conformity to His Will, and the	400
9.	Great Perfection There Is in It	
	ity with the Will of God Easy and Pleasant	501
10.	Of the Paternal and Particular Providence That God Has Over Us, and of the Filial Confidence That We Should Have in Him	504
11.	Of Some Passages and Examples of Holy Scripture to Aid Us in Gaining This Familiar and Filial Confidence in God	
12.	How Profitable and Perfect a Thing It Would Be to Apply Meditation to This Exercise of Conformity to the Will of God; and How We Should Descend to Particulars Until	
12	We Reach the Third Degree of Conformity  Of the Indifference and Conformity Which a Religious Should	520
	Have for Being in Any Part of the World Whither Obedience May Send Him	526
14.	Of the Indifference and Conformity to the Will of God Which a Religious Should Have for Any Office and Occu-	
	pation in Which Obedience May Place Him	532
	Of the Conformity That We Should Have to the Will of God in the Distribution of Natural Gifts and Talents	538
16.	Of the Conformity That We Should Have to the Will of God in Times of Sickness	546

17.	That We Ought Not to Put Our Trust in Doctors or Drugs, but in God; and Conform Ourselves to His Will Not Only	
	in the Sickness Itself, but in All the Incidents of the Same	551
18.	In Which What Has Been Said Is Confirmed by Some Examples	555
19.	Of the Conformity We Should Have to the Will of God in Death as in Life	560
20.	Of Sundry Reasons and Motives for Which We May Lawfully and Holily Desire Death	564
21.	What Has Been Said in the Preceding Chapter, Confirmed by Examples	
22.	Of the Conformity Which We Should Have to the Will of God in the General Afflictions and Calamities Which He Sends Us	
23.	Of a Means That Will Help Us Much to Bear Well and with Conformity the Afflictions That the Lord Sends Us, as Well Particular as General, Which Is the Knowledge and Inward Consciousness of Our Own Sins	581
24.	Of the Conformity That We Ought to Have with the Will of God in Dryness and Desolation in Prayer	58 <b>7</b>
<b>2</b> 5.	Satisfying the Complaint of Those Who Are Dry and Disconsolate at Meditation	592
26.	How to Turn Aridity and Desolation into a Good and Profitable Prayer	596
27.	Other Reasons to Comfort and Conform Us to the Will of God in Dryness and Desolation at Meditation	
<b>2</b> 8.	That It Is a Great Mistake and Grave Temptation to Give Over Meditation for Finding Ourselves in the Condition	
	Aforesaid	601
<b>2</b> 9.	What Has Been Said Is Confirmed by Some Examples	604
<b>3</b> 0.	Of Conformity to the Will of God in the Distribution of Virtues and Supernatural Gifts	608
31.	Of the Conformity That We Should Have to the Will of God as Regards the Good Things of Heavenly Glory	612
32.	Of Conformity and Union and Perfect Love for God, and How We Should Practise This Exercise	
<b>3</b> 3.	How Much This Exercise Is Recommended and Repeated in Holy Scripture	
34.	How We May Further Extend This Exercise	