## **CONTENTS**

INTI	RODUCTION	11			
THE	THIRTEEN STANZAS	19			
EXPLANATION OF THE STANZAS					
I	Man's desire for happiness: on her own the soul of "good will" blindly seeks the lost happiness where it is not – in the creature rather than in the Creator.				
		29			
II	The Guide: God places at your disposala "Vehicle," the Spirit of Truth and Goodness, who				
	alone can take you back to Him.	35			
III	Obedience to the "Voice" of the Guide: obey the voice of your conscience regardless of the consequences, and think of nothing else.				
TT 7		37			
IV	Faith in the Guide: do not analyze or judge the ways of the Spirit of Truth—trust your conscience even though you make mistakes.				
	science even though you make mistakes.	39			
V	A time of testing: in a forced situation of suffering, do not abandon your conscience to follow the way of convenience in order to free yourself from the suffering.				
	-	47			

VI	Falling in the temptations: if you fall, repent at once with heartfelt sorrow, thinking only of your Guide who will lift you up.	51
VII	The purification of the senses: when life becomes a dark, never-ending agony, surrender yourself to the action of the Invisible Guide who is purifying your senses of their attachments.	57
VIII	I The purification of human love: the Guide takes away your sentimental attachments to creatures in order to prepare your heart so that Love alone may rest in it.	63
IX	Foretaste of the mystical death: the Baptism of self-denial" dying to your disordered passions, you unite yourself to the Immaculate Victim who begins to offer your self-sacrifice to the Father.	75
X	Foretaste of the Resurrection: a "Tabor experience": rest in the joy without becoming attached to it, drawing closer to Jesus and Mary through prayer and solitude.	81
XI	The "Gethsemane" moment of decision: choosing to enter into the Cross of the Redeemer, accepting the chalice of the Father's Justice: "Not my will but Thy Will be done."	87

XII THE CRUCIFIXION AND DEATH OF THE		
EGO, THE "OLD MAN": with your gaze fixed		
on God alone, the sword of Divine Justice		
severs all your attachments to self and creatures:		
freely dying for Him who died for you in order		
to give you the Life	93	
XIII THE RESURRECTION TO THE DIVINE LIFE,		
THE "NEW MAN": "I," in Christ Arisen: living		
each "moment-situation" according to the		
Divine Will in a perfect communion of love	95	
with God.		
Index of Biblical citations		