

## DISCERNMENT OF SPIRITS

**St. Ignatius, *Autobiography*:** “As he read them over many times, he became rather fond of what he found written there. Putting his reading aside, he sometimes stopped to think about the things he had read and at other times about the things of the world that he used to think about before. Of the many vain things that presented themselves to him, one took such a hold on his heart that he was absorbed in thinking about it for two or three or four hours without realizing it: he imagined what he would do in the service of a certain lady, the means he would take so he could go to the country where she lived, the verses, the words he would say to her, the deeds of arms he would do in her service. He became so conceited with this that he did not consider how impossible it would be because the lady was not of the lower nobility nor a countess nor a duchess, but her station was higher than any of these.

Nevertheless, Our Lord assisted him, causing other thoughts that arose from the things he read to follow these. While reading the life of Our Lord and of the saints, he stopped to think, reasoning within himself: “What if I should do what St. Francis did, what St. Dominic did?” So, he pondered over many things that he found to be good, always proposing to himself what was difficult and serious, and as he proposed them, they seemed to him easy to accomplish. But his every thought was to say to himself, “St. Dominic did this; therefore, I have to do it. St. Francis did this; therefore, I have to do it.” These thoughts also lasted a good while, but when other matters intervened, the worldly thoughts mentioned above returned, and he also spent much time on them.

This succession of such diverse thoughts lasted for a long time and he always dwelt at length on the thought before him, either of the worldly deeds he wished to achieve or of the deeds of God that came to his imagination, until he tired of it and put it aside and turned to other matters. Yet there was this difference. When he was thinking about the things of the world, he took much delight in them, but afterwards, when he was tired and put them aside, he found that he was dry and discontented. But when he thought of going to Jerusalem, barefoot and eating nothing but herbs and undergoing all the other rigors that he saw the saints had endured, not only was he consoled when he had these thoughts, but even after putting them aside, he remained content and happy.

He did not notice this, however, nor did he stop to ponder the difference until one time his eyes were opened a little, and he began to marvel at the difference and to reflect upon it, realizing from experience that some thoughts left him sad and others happy. Little by little he came to recognize the difference between the spirits that agitated him, one from the demon, the other from God.”

## THE TEXT OF THE RULES

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.

**First Rule.** The first rule: in persons who are going from mortal sin to mortal sin, the enemy is ordinarily accustomed to propose apparent pleasures to them, leading them to 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 a contrary method, stinging and biting their consciences through their rational power of moral judgment.

**Second rule.** The second: in persons who are going on intensely purifying their sins and rising from good to better in the service of God our Lord, the method is contrary to that in the first rule. For then it is proper to the evil spirit to bite, sadden, and place obstacles, disquieting with false reasons, so that the person may not go forward. And it is proper to the good spirit to give courage and strength, consolations, tears, inspirations and quiet, easing and taking away all obstacles, so that the person may go forward in doing good.

**Third Rule.** The third is of spiritual consolation. I call it consolation when some interior movement is caused in the soul, through which the soul comes to be inflamed with love of its Creator and Lord, and, consequently when it can love no created thing on the face of the earth in itself, but only 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 ordered to his service and praise. Finally, I call consolation every increase of hope, faith and charity, and all interior joy that 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.

**Fourth Rule.** The fourth is of spiritual desolation. I call desolation all the contrary of the third rule, such as darkness of soul, disturbance in it, movement to low and earthly things, disquiet from various agitations and temptations, moving to lack of confidence, without hope, without love, finding oneself totally slothful, tepid, sad and, as if separated from one's Creator and Lord. For just as consolation is contrary to desolation, in the same way the thoughts that come from consolation are contrary to the thoughts that come from desolation.

**Fifth Rule.** The fifth: in time of desolation never make a change, but be firm and constant in the proposals and determination in which one was the day preceding such desolation, or in the determination in which one was in the preceding consolation. Because, as in consolation the good spirit guides and counsels us more, so in desolation the bad spirit, with whose counsels we cannot find the way to a right decision.

**Sixth rule.** The sixth: although in desolation we should not change our first proposals, it is very advantageous to change ourselves intensely against the desolation itself, as by insisting more upon prayer, meditation, upon much examination, and upon extending ourselves in some suitable way of doing penance.

**Seventh Rule.** The seventh: let one who is in desolation consider how the Lord has left him in trial in his natural powers, so that he may resist the various agitations and temptations of the enemy; since he can resist with the divine help, which always remains with him, though he does not clearly feel it; for the Lord has taken away from him his great fervor, abundant love and intense grace, leaving him, however, sufficient grace for eternal salvation.

**Eighth rule.** The eighth: let one who is in desolation work to be in patience, which is contrary to the vexations which come to him, and let him think that he will soon be consoled, diligently using the means against such desolation, as is said in the sixth rule.

**Ninth rule.** The ninth: there are three principal causes for which we find ourselves desolate. The first is because we are tepid, slothful or negligent in our spiritual exercises, and so through our faults spiritual consolation withdraws from us. The second, to try us and see how much we are and how much we extend ourselves in his service and praise without so much payment of consolations and increased graces. The third, to give us true recognition and understanding so that we may interiorly feel that it is not ours to attain or maintain increased devotion, intense love, tears or any other spiritual consolation, but that all is the gift and grace of God our Lord, and so that we may not build a nest in something belonging to another, raising our mind in some pride or vainglory, attributing to ourselves the devotion or the other parts of the spiritual consolation.

**Tenth rule.** The tenth: let the one who is in consolation think how he will conduct himself in the desolation which will come after, taking new strength for that time.

**Eleventh Rule.** The eleventh: let one who is consoled seek to humble himself and lower himself as much as he can, thinking of how little he is capable in the time of desolation without such grace or consolation. On the contrary, let one who is in desolation think that he can do much with God's sufficient grace to resist all his enemies, taking strength in his Creator and Lord.

**Twelfth Rule.** The twelfth: 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.

**Thirteenth Rule.** The thirteenth: 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.

**Fourteenth Rule.** The fourteenth: 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.