

Rule I. As to the past and all past confessions, whatever be the doubts and fears that arise in your mind, you ought never to think of them, never return to them in your accusations, looking upon them as non-existent before your last confession.

Rule II. Once for all, when you do not see evident and certain sin, when you only fear and doubt, despise your anxiety and act against it in all freedom and liberty, as if you were, so to speak, impeccable.

Rule III. Hold for certain that you have never committed mortal sin whenever you acted with the fear of committing it.

Rule IV. As to the evil thoughts that afflict you, whether against faith, or purity, or whether they be thoughts of blasphemy, etc., believe firmly that you have not consented, consequently, not sinned, if you cannot swear to it, your hand on the Crucifix.

Rule V. You should never make the examen of conscience. This exercise, so useful to other souls, would be poisonous for you, scrupulous soul.

Rule VI. If you have not in your mind a sin which you can swear to be mortal and to have committed with full deliberation, then, O scrupulous soul, accuse yourself in confession of nothing in particular, but be content with a general accusation in these terms ; *Father, I accuse myself of all my present and past sins, especially of those committed* (here it is well to specify a particular virtue, against which you have sinned in the past, *for example, against purity, or obedience, or patience, etc.*) ; and this in order to present, for greater security, a matter certain and sufficient for sacramental absolution.

If you blindly and constantly obey your confessor, O Christian soul, by faithfully observing these *six rules*, not only will your confessions become very short, but I promise you still more that, with the help of God, by degrees you will be cured of your infirmity, you will enjoy great peace and tranquillity of mind, and "divine consolation will fill you with joy in proportion to the spiritual sorrow that you have endured," so that in your daily Communions "you will taste and see how sweet is the Lord."