

Summary and General Declaration

—OF THE—

RULE OF THE THIRD ORDER

—OF THE—

MOST BLESSED MOTHER OF GOD, V. M. OF MOUNT CARMEL;

WITH AN ACCOUNT OF THE PRIVILEGES AND INDULGENCES GRANTED TO SAID ORDER,
TOGETHER WITH MANY OTHER THINGS CONCERNING THE SAME.

Issued by order of Most Reverend Prior Luigi Maria Galli, General of the Carmelite Order.

SIXTH DAY.

That the Habit of Mount Carmel is
a Sure Defence for the Soul.

I. The Sacred Habit, brought to us as Mary's gift, is a pledge of salvation; and this, not to the body alone, but to the soul as well. Wherefore, it is always a great comfort to us and a potent defence against our common enemies. Thy solicitude, O Mary, for our needs—how plainly it shows thee fain to deal with us ever like a loving Mother! How it ought to strengthen our faith in thy most powerful protection! Pater, Ave and Gloria.

II. If subjects ask aid only of their Queen, sons, only of their own Mother, to whom should the Brothers of Mount Carmel have recourse with greater confidence, in severe and painful spiritual conflicts—whence should they more earnestly expect strength and assistance to bear and to quell the cruel assaults of our common spiritual foes and from whom, we ask, but from thee, O Mary, and thy most holy Habit? Pater, Ave and Gloria.

III. Many in number and very terrible are the foes, that with cruel attack continually besiege us, without, within and on all hands. All within us is tumult, all is confusion, all is up in arms, to sweep away the beautiful peace of our hearts. None the less, let the afflicted Brothers and Sisters of Mt. Carmel lift their eyes to their propitious Star! Let them invoke the

Blessed Virgin of Carmel with all fervor! Then, their troubles and their stress of anguish will, of a sudden, find surcease. Pater, Ave and Gloria.

IV. Who can better curb the force of evil passions within us, calm their ill-controlled expression or subject them to the sway of reason? Who can keep us from being overcome by a delusive world and its vain allurements? Who can turn our hearts away from their clinging to vile pleasures, here on this earth, and thus rushing straight to ruin? Who, if not our great Mother Mary, with her extended hand of love and power? Pater, Ave and Gloria.

V. With loving foresight, O most clement Advocate, thou hast wished thy Holy Habit to cover the heart,—that it might be a mighty shield against those unseen foes, who seek and strive in such manifold ways to seduce us and prevail against us. Oh, never refuse us thy grace and protection, that our hearts may be always closed against our fierce enemies and only open to thee, O Mary, and to thy love! Pater, Ave and Gloria.

VI. Encouraged by the mighty influence of the sacred Habit of Mary, how many Brothers and Sisters of Carmel have gained the victory and triumphed over strong temptations! By merely pressing it to their hearts, they have been kept faithful to God in the midst of great perils, when they were on the brink of losing Divine grace. O Vir-