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Dei soliis sup ōia gtemplatio

In spualib) exēcitij delectatio

Scripturaꝝ meditatio

Mentis pacificatio

Suipi) ad se studiosa recollectio

Cordis purificatio

Seculi contemptatio

Carnis discreta mortificatio

Admirando eiꝰ infinitam maiestatem

Cogitando primi principitatem

Attendendo eaꝝ suauitatem

Compessando passionu veritatem

Excludendo oem vanitatem

Eradicando viciorꝝ enormitatem

Contemnendo bonorꝝ firmositatem

Fugiendo voluptatem

Hanc scalam si ab inferi) relaxa ueis supius tota ruet Stringe ig fortiter inferius ut ad suma leuetur

notabile bonu

Fac me prior dne degustare per affectu qd intelligo p intellectum fac me sentire p amorē qd sentio p affectū Nullꝰ summu em bonu in hac vita amplius valde limpide speculat a quibꝰ tn mirme degustatur

Detaud e

Vt ita exercitia spiritalia vsetur eiꝰ tuus

Septim e

Pgtemplatio volatq; hēre summo bono in mutabili deo

Sextus e

Spualiu meditatio sacrarꝝ scripturaꝝ assidua vacatio

Quintus e

In pectore pacis seruatio

Quartus e

Suipi) ad se studiosa recollectio

Tertius e

Domuly cordis plena purificatio

Secundus

Mundi gtemptꝰ et illiꝰ despectio

Primꝰ gradus e ascendi hic

Mactate carnis discreta mortificatio

Sit ipsa mte mortificatio frequentia ieunij labor manuu assiduitas vigliaꝝ

Sit mundi gtemptus honorꝝ voluptatu diuiciaꝝ

Sit pura cordis abluio

Sit studiosa recollectio

Sit pacis spuatio

Sit appetitus virtutu frequentia lacrimaꝝ lectionu meditatio et orationum

Esto pulcher et limo sus in vite innocencia in suauitate verborꝝ in mundicia cordis in caritate dei. in dilectione proximi in appetitu eternorꝝ in vultu angelico

Sis mente serenus animo dulcis spu sobrius contemplatione suspensus deuotione attensus et in oibꝰ feruens

Fructuosus et prius alios et in oibus discretus

Hac scalam si ab inferi) relaxa ueis supius tota ruet Stringe ig fortiter inferius ut ad suma leuetur

Sic me prior dne degustare per affectu qd intelligo p intellectum fac me sentire p amorē qd sentio p affectū Nullꝰ summu em bonu in hac vita amplius valde limpide speculat a quibꝰ tn mirme degustatur

In caritate fide et spe

Ex caritate

nitre e ut ꝗ fiant Alioqn ad ascendendu i celu

no psunt