

Maxim of the Little Institute	St. Joseph University, Brooklyn, NY Sister Susan Wilcox, CSJ's Students' Makeover
1. Keep always in mind the aim of your vocation which is sublime; and never do anything which contradicts the commitment to a life full of modesty, gentleness, and holiness.	Dude! Stay focused on what's important in life. Don't let the crazy stuff distract you.
2. Take it as a general rule for your inner being, for your virtues, and for your actions, that "you must be made perfect just as your God is perfect" (Mt. 5:48); that is to say, embrace in all things what will bring about the greater glory of God, be more conformable to God's holy will, and be more pleasing in God's sight.	You are made in God's image. It's a pretty spectacular heritage. Live up to it!
3. Empty yourself continually in honor of the Incarnate Word who emptied himself with so much love for you (Phil.2:7). Make your commitment to live in the practice of the most sincere, true, and profound humility possible to you. Do so on all occasions, to everyone but especially to God, from who must come all the blessings of your institute.	Learn to see your ego and how it operates and then choose love. Gentleness can rule the day!
4. Live, as much as you can, in such a way that your life, in honor of the Holy Spirit, may be a continual act of the most pure and perfect charity that you are able to practice toward God.	Keep your relationships sacred! It's all that really matters, right?
5. Esteem the world and its vanities no more than dung. (Phil. 3:8) Let the world be crucified to you and you to it; (Gal.6:14) that is to say, "despise the world which is only illusion" (1 Cor.7:31) and reject its maxims which are full of deceit and impiety.	Don't worship money, status and power. It always ends badly
6. "Put aside your old self" so that you can put on the new," (Eph. 4:22-24) and accordingly lead a life dead to the world and to self-love, full of gentleness, humility of heart, true sincerity, modesty, interior and exterior peace, and of charity toward the neighbor; in a word,(a life) completely modeled on the holiness and the pleasing virtues of Jesus which you should develop in yourself. Thus you can by grace draw many people who will profit by your example and your conversations.	Keep evolving yourself. Other people find that attractive. *
7. In the manifestation of zeal characteristic of your very humble vocation, imitate the fervor of the most zealous and embrace in desire the salvation and perfection of a whole world in a spirit replete with a true humility and a generous courage. This will bring you to wish to do everything, to suffer everything, and to undertake everything for the advancement of the glory of God and the salvation of the dear neighbor.	Be courageous! Don't wimp out just because it's impossible.

<p>8. Root the strength of your resolutions and the hope of the success of your undertakings in the knowledge of your great weakness and the total mistrust of self, as well as in the firm and assured confidence you ought to have in God, for whom nothing is impossible and who will always assist you in everything you undertake for God's glory through the movement of God's grace and according to the orders of obedience.</p>	<p>Nobody achieved anything all alone. A gratitude check is standard wellness practice. *</p>
<p>9. Shun always and with repulsion all vanity, self-complacency, and infidelity to grace as plagues which infect good works and interfere with the action of divine grace on the living out of your life.</p>	<p>Avoid the plague of the unaware self. It can be very ugly. *</p>
<p>10. Speak neither well nor ill of yourself without necessity; have no esteem of yourself nor of what you do, since what you are and can do is nothing before God, and since anyhow you are full of imperfections which would make you despise yourself were they known to you.</p>	<p>Forget yourself. Be transparent. It's so much easier.</p>
<p>11. Always speak favorably of others and value highly the good in them, excusing and covering up, in the best way you can, the deficiencies they might have.</p>	<p>Look for the good in people. Even if it's hard. It's there somewhere.</p>
<p>12. Choose to bear all the evils of time rather than the least of eternity, all the evils of nature rather than the least deprivation of grace, since all kinds of reasons illumined by faith teach you to live according to this truth.</p>	<p>Remember, God's love is holding you up, every second, no matter what.</p>
<p>13. Consequently, accept without hesitation the loss of all good and the suffering of all evil, rather than the failure; however slight, to fulfill the holy will of God.</p>	<p>Adopt a positive worldview.</p>
<p>14. Be completely humble since whatever you are, whatever you have, and whatever you do for yourself and others depends on a pure mercy and an infinite condescension of God. If you are not humble in every way, you make yourself unworthy of these and of the assistance of God's graces.</p>	<p>Go out there and make the creator of the universe look amazing! You can contribute something to 14 billion years of evolution!</p>
<p>15. Likewise, be very faithful to the grace of the Holy Spirit, listening attentively, obeying promptly and entirely, attributing to the Holy Spirit, as is indeed just, the honor resulting from the success of your good actions.</p>	<p>Wait for it...Listen for what you are being called to. Then just do it!</p>
<p>16. In everything and everywhere, have only God, God's will and God's glory before your eyes, and make no account of anything else.</p>	<p>Practice love and gratitude. Everywhere.</p>

<p>17. Desire little in this world, and what you do desire, desire that very little. And better yet, live without desire and without set plans. Abandon yourself, surrendering very gently, to the very loving Providence of God your Love.</p>	<p>Abandon the desires of the ego. Be led.... by love.</p>
<p>18. Make so perfect a sacrifice of self and of will that you are empty of self from this time on, and thus you will no longer be able to choose deliberately anything except that God's will be completely and perfectly accomplished in you, by you, and among all others.</p>	<p>Be ONE with Love's Design! History and Practice of Joy 101</p>
<p>19. Recognize and cherish tenderly this very loving will in all that happens in your life, whatever this may be, and in all the orders of your superiors, unless something manifestly sinful is commanded.</p>	<p>Synchronicity happens. Cherish it and it will keep on happening. Synchronicity: meaningful coincidence.</p>
<p>20. Apply yourself seriously and totally to perform with perfection the present will of God without diverting yourself from it, to the detriment of your obligations, by considering uselessly what will be intimated and manifested to you in due time and place.</p>	<p>Be serious to the task of being awake to your soul. Seriously!</p>
<p>21. Desire neither praise nor reward for your good works in this life and you will have deeper and fuller life in eternity.</p>	<p>Don't worry about getting credit for your good work, just enjoy the beauty of it. *</p>
<p>22. On the contrary, behave in such a manner that your good actions are hidden in time and known to God alone, to appear only in eternity and even never to appear, if God so wills.</p>	<p>Desire a sense of self that doesn't need publicity.</p>
<p>23. Love nothing but God and what can be called divine.</p>	<p>Seek a heart fully engaged! It's full throttle, baby.</p>
<p>24. Be utterly given to God by a holy self-surrender, utterly for God by a love pure and completely unselfish, utterly in God by a continuing effort to be more conscious of God's presence, utterly according to God by a will, a life and everything conformed to God.</p>	<p>Find God in all things. It's like being a treasure hunter. *</p>
<p>25. Be happy in all things about God's glory solely, regardless of who furthers it, and be happier yet when others seem noticeably to advance that glory more than you do.</p>	<p>When someone takes off with what you have started, be grateful and joyful!</p>

<p>26. Seek in everything God's contentment and not anything else, and the better to practice this, remember in the entire living out of your life, in desolation, in sickness, etc., to desire God's greater contentment without giving a thought to your own interests.</p>	<p>Keep heart, action and desire in alignment with Love's Design. *</p>
<p>27. Seek out the interior and hidden life of Jesus in so far as the activities of zeal allow.</p>	<p>Avoid mediocrity. It's really boring. *</p>
<p>28. Be sad over the world's notice of you or affection for you and be convinced that such notice and affection are wasted on anyone who so little merits it; and, on the contrary, desire only that the preoccupation and affection of people be, like that of the angels, of God alone and for God alone.</p>	<p>On occasion give yourself a reality check- "I am not the center of the world." *</p>
<p>29. Believe with St. Teresa the truths of your religion with a firmer faith when they are more difficult to understand. (Autobiography, Ch. XIX.)</p>	<p>In times of darkness, dig in deeper to find the light within you. It's there. Really!</p>
<p>30. And do the same in the practice of hope. When in your actions and plans there is little likelihood of success of human aid and more difficulties oppose you, trust in God far more.</p>	<p>When someone tells you, "can't be done" prove them wrong :)</p>
<p>31. In your greatest troubles and dangers hope with a firm confidence not that God will comfort or deliver you but that God will effect in you and through you God's holy and loving will and live perfectly at peace with this hope.</p>	<p>In times of trouble, just open yourself to be an instrument of Love's Design. *</p>
<p>32. When you happen to be abandoned by creatures, and even by God if God takes away sensible graces, remember the abandonment of the dear Savior on the cross and tenderly cherish your own in consideration of his.</p>	<p>Don't reject or judge what life is offering you. Be present to it. It makes all the difference.*</p>
<p>33. If it glorifies God, desire to be as pleasing to God by each of your actions as the (holiest) persons in this world would be by the practice of the same action.</p>	<p>Do have role models, but choose enlightened ones. Enlightened: having a loving understanding of how people and creation should be treated.</p>
<p>34. In your undertakings, see to it that God alone is their inspiration and their goal; that in their execution you never turn aside from God's holy will, and as for the result, remain completely indifferent whether they succeed or not, desiring that in all and by all the will of God would be perfectly fulfilled, a will that you should equally recognize and love when your plans are delayed and even destroyed and when you see their advancement and successful development.</p>	<p>Nothing that you do for good is wasted even if it seems like it fell flat. *</p>

35. Convince yourself that wherever you are and whatever you do God sees you clearly and distinctly; do not do in God's presence what you would not dare to do in the presence of a person you should esteem.	God knows you fully. So no need to act a fool unnecessarily.
36. Let your affections and actions be guided by reason and duty and not by caprice and natural inclinations.	Tell yourself stories that keep your goal in sight. Stay on track... *
37. Ask nothing and refuse nothing, unless you judge it absolutely necessary after having prayed to God. Even in that case let it be done as a simple proposal together with a complete resignation whether this proposal is accepted or not.	Do the best you can and then let it go.
38. Never complain about anyone but yourself.	Don't complain about anyone except yourself. Yes, really.
39. Be nothing to yourself and be utterly given to God and to the neighbor.	Be of service to the world! The best service is one that shares your gifts and gives you life!
40. Love nothing that is not eternal.	Devote yourself to what lasts forever. Everything else is as temporary as that last common hour anyway.*
41. Tend solely and lovingly to resemble the dear Savior perfectly and in all things. Let him live in you and you live utterly in him.	Be gentle with yourself, the dear neighbor and creation. We are all still evolving. *
42. Long solely and constantly for the great love of God and of our Savior Jesus, but long for it without over eagerness.	Live in the creative tension rather than your own headstrong impulses. There are less headaches. *
43. Be, at least in desire, the poorest of people, the most humble and humbled, the most pure and obedient, in order to become like the One who was all that, the divine exemplar according to whom you should form yourself.	The way to the front of the line is to keep putting others ahead of you. I know...it's a mystery.
44. Never do anything which contradicts the pursuit of holiness.	Remember, you're in a journey of love, not a rat race. *
45. Always be serious when you are with others, but let it be a joyful seriousness, courteous and full of a gentle and reserved simplicity.	Mind your intentions when you are with others, but DO have parties!

<p>46. Live with the Lord on the cross. Die to pleasures and to vanity. Live only for God and die completely to self.</p>	<p>Let go of your ego to free your whole self. It's way less complicated. *</p>
<p>47. When there is question of many things to be done at the same time in the community and the choice is given to you, choose what is more lowly and difficult, and leave to others what is easier and brings more honor.</p>	<p>Let someone else be the star! It won't kill you. *</p>
<p>48. Pursue above all the pure glory of God, your salvation and perfection, the salvation and perfection of the neighbor, and not the satisfaction and consolation often found in these pursuits.</p>	<p>Don't forget the end game: Love's Design</p>
<p>49. Whenever there is no danger that God will be offended or less honored, manifest all the compliance possible towards the neighbor. Whatever difficulty you may experience in that, do not let it appear, showing a joyful countenance full of gentleness, as if you found great happiness in what is painful to you. Whatever you do for the dear neighbor, do it with the same feeling of devotion and of charity as if you were doing it for the very person of Jesus Christ.</p>	<p>Act, if only in behavior toward everyone, the same way you would act towards your beloved. Just don't be creepy with anyone.</p>
<p>50. Prefer always the will and the contentment of others to your own will and contentment and do so even with a happy and joyful heart, provided, of course, as has been said, that God is not offended by it not less honor</p>	<p>Orient yourself towards giving. It can be contagious!</p>
<p>51. Give all the happiness you can to those who give you a great deal of unhappiness, and give it willingly.</p>	<p>If someone disregards you, know that they probably have issues. Meet their disregard with regard! It changes the dynamic.</p>
<p>52. Interpret all things from the best possible point of view.</p>	<p>Interpret all things from the best possible point of view. The universe will return the favor!*</p>
<p>53. Keep an ever free heart which clings to nothing terrestrial, whatever might be the appearances of good.</p>	<p>Don't judge good or bad. Remember, God knows something you don't know. Plus it's better to think outside a binary system.</p>
<p>54. Empty yourself of all human respect and of the least blameworthy concession, and declare, with a generous heart, never to yield in anything that would be against God's will.</p>	<p>Yeah, you look good and are doing well, but strive for greatness of heart! It's way less trivial. *</p>

<p>55. When you work for the neighbor do it with a very unselfish love which expects no reward for its services, and aim at nothing other than helping him or her and being at the same time pleasing to God.</p>	<p>Be in service to the dear neighbor without reward. Love's Design has it's own reward!</p>
<p>56. Be troubled instead of being complacent if it happens that what you do satisfies people, since, according to St. Paul, it seems that those who are pleasing to others are not the servants of Jesus Christ.</p>	<p>Don't go along to get along. It's more trouble than it's worth.</p>
<p>57. At the end of your good works, give all the glory to our dear Savior, who by his death has truly become the inspiration of your life and of your good works.</p>	<p>When things are popping in your life, don't think it's you that made it happen. *</p>
<p>58. Convince yourself of this truth, that you scarcely do anything in this world but place drawbacks in the path of God's grace.</p>	<p>Laugh at yourself. It frees the heart for service.</p>
<p>59. Believe, after success in your good works, that the sins you have committed while doing them will have caused much less progress than God had reason to expect from your cooperation.</p>	<p>Being with God and the dear neighbor and all of creation is the same movement. Who knew? *</p>
<p>60. Love and strive after, especially, the interior gentleness of your soul, living in peace and in the tranquility of all your passions, and outwardly doing all things without over eagerness and bearing what you must bear without any complaint or murmuring or anxiety whatsoever.</p>	<p>Life has tension. Choose peacefulness. It lowers your blood pressure.</p>
<p>61. Strive also wholeheartedly after the peaceful and intimate union with God, very cordial charity and forbearance towards the neighbor, really innocent purity of heart, very perfect fidelity to grace joined to a peaceful death to all natural inclinations, very true humility, simplicity and sincere candor, the obedience of a child who looks for no reason, poverty completely stripped, continual joy of spirit appropriate to your Institute, IN A WORD, attain the pure and perfect love of God which explains all these things.</p>	<p>Be present to the moment. The goal is a social order of love. Minus the -isms.</p>
<p>62. Be constant in the way of life and virtue you have chosen, changing nothing about it except to improve it.</p>	<p>You're an incomplete work of art. Don't ever stop working on yourself</p>
<p>63. Do not consider unfortunate events as obstacles but as aids and cherish them, whatever they may be, as effects of the gentle and loving Providence of God.</p>	<p>Don't consider unfortunate events as obstacles. Be creative. Ask yourself- what is the opportunity here?*</p>

64. Strive to be kind always to everyone and unkind to no one.	Make a practice of being kind all the time. Directions: Reflect on your actions and attitudes and let your past inform the present.
65. Be exact and diligent to do what you are advised or what is required by your duties, especially when these are useful or necessary for the neighbor.	Be a responsible person. It pays off in the end.
66. Be courageous to undertake what God wants of you and constant to persevere in what you undertake, never giving up, whatever difficulties occur and whatever obstacles may be placed in your path unless you become totally powerless against them	Don't give up on Love's Design until it's totally obvious that this is the wrong direction. Obstacles are to be expected when you're trying to change the world *
67. Accordingly, pursue to the very end and with gentleness and vigor what you have once and for all resolved and what you prudently believe corresponds to the greater glory of God.	Remember who you are.
68. Consider as suspect any desire that is overeager and capable of distracting you from more necessary and obligatory occupations.	There are a lot of distractions out there. Try not to get caught up in them. Tweeting it, is not the same as doing it. *
69. Never think of tomorrow unless it has some necessary link with today, but entrust it entirely to Providence.	Stay present to the moment and the future will take care of itself. *
70. Never be curious regarding the decisions superiors have in mind for you, but await them all from God's hand, and desire this knowledge only at God's appointed time without over eagerness to be informed sooner.	God's timing is the priority. You will know what you need to at the right time. It's still a good idea to turn your assignments in on time. *
71. Live content with the work obedience gives you, applying yourself to do it carefully, unwilling to tolerate the slightest thought of change, until obedience orders it.	Generally, respond to life with a joyful simplicity and with a sense of contentment. Needless worrying and complexifying solves nothing anyway.
72. Be always ready to obey peacefully, indifferent to all that is not against God's will: to live or to die, to be healthy or ill, happy or unhappy, loved or persecuted, finding always your complete contentment solely in fulfilling God's will.	Align your desires with Love's Design. Be Peace! * <i>Nothing is so strong as gentleness...</i> (St. Francis de Sales)

73. Live out your life with one desire only: to be always what God wants you to be, in nature, grace, and glory, for time and for eternity.	Get caught up in Love's Design and revel in it! You'll wake up joyful like a young child.
74. Obey promptly, joyfully, and simply, without allowing, if you are able, a single thought of reluctance or refusal or without interjecting a single word between the order and the execution, unless it would obviously be a sin.	Don't resist Love's Design. Clue: If there's resistance, there's unchecked ego
75. Desire that people have a modest opinion of you and a good one of others; be uneasy when you are considered important and very much at ease when others are.	Resist being put on a pedestal! You could fall and break your neck.
76. Hide, as well as is possible to you, the ever so little grace God bestows on you; reveal, should an opportunity offer, what allows you to be less esteemed, but do this with discretion.	Keep your rewards to yourself unless you are asked. Bragging is not attractive anyway.
77. Fulfill all the duties of the great and true love of God, and you will fulfill the rest.	Always keep in mind the goal of creating a social order of love and don't get lost in details!*
78. "Glory" in contempt, and accept embarrassment not only patiently but also joyfully and gratefully. It is, as a matter of fact, in embarrassment and in contempt that great souls find an endless source of grace, merit, and heavenly blessings.	Embarrassment and criticism sometimes serves to temper the ego. Don't worry or stress, it pretty much happens to everyone.
79. Be undisturbed if others have more intelligence and ability than you, more grace and even more virtue when God has so willed it, finding your contentment only in the accomplishment of God's contentment.	Don't stress if you notice that others are doing a better job than you in Love's Design. It's a joint effort, not a competition.
80. Consider as certain that, when you commit fewer faults and practice virtue more easily, you are not more holy but only more indebted to God and to God's grace, such grace often makes beginners more devoted in good works and less prone to faults than holiness consists in something utterly hidden and known to God alone.	When good things happen to you, pay it forward! And don't forget to act on behalf of our Mother Earth *
81. Whatever the virtue you recognize in yourself, never turn away from a true fear of God, conscious that God's judgments are unfathomable and that God's appraisals are quite different from ours.	Always remember that God knows something you don't know. This is what we call mystery.

<p>82. Consider as certain that in the practice of zeal there is nothing so good as peaceful and disinterested desires for God's glory. God mercifully grants these desires to completely unworthy creatures.</p>	<p>We're all subject to the flaws of being human. God empowers us anyway. It's good to be mindful... ..you can cause a lot of damage otherwise.</p>
<p>83. However pure your intentions and your views seem, convince yourself that, in some hidden recess of these intentions, you are still seeking self.</p>	<p>Have good intentions in whatever you do but always mind your ego.</p>
<p>84. Never go ahead of grace by an imprudent eagerness, but quietly await its movements, and, when it comes to you, go along with it with great gentleness, humility, fidelity, and courage.</p>	<p>Put on the brakes! And wait for grace.</p>
<p>85. Advance good works until they are almost finished; and then, whenever possible, let them be completed by someone else who will receive the honor.</p>	<p>Lead a project through and then step out and let someone else finish and get the credit. It's too cool for words. *</p>
<p>86. Be above everything that is not God, not allowing yourself to be dominated by any earthly creature but keep all subject to reason.</p>	<p>Be reasonable and don't go off the deep end unless it's for Love's Design. *</p>
<p>87. Put no more value on any apparent virtues you may notice in yourself than on deceptive images, reminding yourself always that what is in you and from you is only illusion and sin, and that, even when you have done all, you are an "unprofitable servant." (Lk. 17:10)</p>	<p>Don't project on yourself or others. Projections aren't accurate anyway.</p>
<p>88. Be careful about the good use of time which is so precious, not losing a minute of it, devoting and offering it to God unreservedly with very pure and noble intentions.</p>	<p>The moments of your life are precious. Use them well.</p>
<p>89. Profit from the opportunities that arise to practice the general virtues in their highest degree.</p>	<p>Be your best as much as possible! The returns are highest. *</p>
<p>90. Accomplish with great diligence and perfection everyday actions and unexpected ones.</p>	<p>Love's Design calls you to your whole self to the best you are able. The best things always do.*</p>

<p>91. Be a person of such greatness that what is not God will be nothing, and embrace gently and eagerly great apostolic undertakings when the Holy Spirit urges you to this; but, according to this same maxim, whatever you do or suffer, let your heart find it a trifle, as indeed it is, in comparison with the grandeur of God and the worth of God's sovereign perfection.</p>	<p>Creating a social order based on love is the big time, so bring your A game!</p>
<p>92. Do not imagine that you have arrived at the true love of God before that holy love has entirely emptied you of every kind of vanity, cowardice, heedlessness, sensuality, earthly attachment and affection; in a word, all natural inclination, in order to bring you to live by the movements of grace and by the maxims of the Church and the Gospel of Jesus Christ.</p>	<p>God is never finished with you. So never think that you've arrived.</p>
<p>93. For the three faculties of your soul desire this perfection: for the memory to forget things and self in order to remember little else but God; for the intellect, to see God in all things: God's glory, God's will, God's contentment solely; for the will, the one freedom to go to God, to love God, to embrace all the dictates of God's Providence with all the love of your heart.</p>	<p>Be dynamic: keep focused, see God in all things, and embrace what comes. Being static is boring anyway. *</p>
<p>94. Be watchful and take care not to be deceived; in living out your life, by the devil masquerading as an angel of light; the devil often incites us to take the movements of nature for the movements of grace and inner, somewhat deceptive instincts for true inspirations or revelations of God.</p>	<p>Deceit is out there, so be awake! Don't overly stress about it though. *</p>
<p>95. Develop fully in yourself indifference and resignation to the will of God; abandonment of self once and for all to the comforting bosom of Providence; a loving acquiescence to all the orders of God's good pleasure, whatever may be the circumstances of your life; a tender affection for the very pure will of God; an ardent desire to be entirely according to God's heart. All these expressions describe for you, in a variety of ways, the perfect conformity of your will to God's which constitutes your entire perfection.</p>	<p>Develop yourself as fully as possible! *</p>
<p>96. When you are fortunate enough to possess the presence of grace and the desirable effects of God's love, remember that this great good is something lent rather than belonging to you, it belongs to the Savior Jesus, from whose merits this good comes, more than it belongs to you, this same Savior may take it away from you when he pleases without doing you wrong, and if he ever withdrew his graces, the goo in you would vanish like smoke.</p>	<p>All your beauties and talents are just borrowed. Remember who owns them. *</p>
<p>97. When you meet contradictions, strengthen yourself against human fears, continuing to hope when everything seems to throw you into hopelessness regarding the success of your undertakings.</p>	<p>Sometimes life is tough, but you can handle it. Develop a courageous heart. *</p>

<p>98. Furthermore, when burdened with great crosses, do not let your heart yearn for death. Let it be enough for you to be crucified with Jesus Christ, as much as and in a way that it is pleasing to God; and, regarding every circumstance of your life and death, let God decide.</p>	<p>When times are tough, find solidarity with those who suffer without having a voice. *</p>
<p>99. For the understanding and the practice of the Maxims of Great Virtue, union with God is absolutely necessary because all virtue, ours and everyone else's, is nothing other than a continual influence of graces accompanied on our part by a faithful correspondence; and because these graces God communicates more or less abundantly according as one is more or less in union with God. Therefore, work tirelessly towards the total union with God. Therefore, work tirelessly towards the total union of your soul with God.</p>	<p>God has a continual evolutionary, unfolding love! It's the sweet spot, reside there. *</p>
<p>100. The virtues which will help you acquire and maintain this union and which will be a summary of your little institute are: a great and, I dare say, boundless purity of heart and of intention; a very profound and genuine humility in all things and in every situation a perfect mortification of self-love, of judgment, of will, and even (with discretion) of the senses, which should go far as emptying self of the slightest traces of natural inclination; a very faithful obedience to all the movements of grace; a sincere simplicity, accompanied nonetheless with a great prudence; a contempt of and total detachment from all creatures and a complete stripping of self; the peace and gentleness that endures and acts without anxiety and without over eagerness; the total self-abandonment into the hands of Providence with a dependence that is absolute; the love of solitude and of prayer, apart from the time set for the works of zeal; the very perfect love of neighbor, which loves every kind of person purely, constantly, and equally in God and for God; finally, the pure love of God which leads souls to dwell in thought of God and makes it difficult for them to live remote from God's presence.</p>	<p>Everything in balance: heart, humility, ego, obedience, detachment, peace, gentleness, solitude, prayer, love of neighbor and God.</p> <p>I see joyful people.</p>

*Adapted from Love's Design by Marcia Allen, CSJ