

	Pre-Postulancy	Postulancy	Noviciate	Post-noviciate (4yrs)
Itinerarium	Prologue Desire – Mirror – Eyes – Contemplation – Peace.	Ch I → seven fold properties of creatures witness to Power/Wisdom/Goodness of God Ch II → senses, vestiges (Trinity/Incarnation). Aware, delight, judge. Artist	Ch III → Memory (Eternity/Father)/Intellect (Truth/Son)/Will (Good/Spirit) Ch IV → 3 virtues, spiritual senses restored/Bible (3) – 3 ways – Hierarch – Deiformity, Grace	Ch V → Being (unity) [Cf. designs in book: Being, non-Being] Ch VI → Good (diversity/persons) 3 rd year → read everything until Ch VI. Before that we don't say where does it come from Ch VII → extasi/darkness/beyond/silence/ peace
LM	Prologue	I-II → Purgative Way V → Austerity and <u>creatures</u> comfort to him VIII → Piety and irrational <u>creatures</u> moved toward him XI → Understanding of Scripture and Sp of prophecy	III-IV → Illuminative Way VI → Humility and <u>obedience</u> (% Hierarch) IX → <u>Charity</u> (% 3 virtues) + Desire for <u>Martyrdom</u> XII → Preaching and <u>Healing</u> (% Spiritual Senses restored)	XIII-XIV-XV → Unitive (4 th year) 3 rd year → read: I to XII VII → Love for <u>Poverty</u> (% good) X → Prayer (% God) XIII → Stigmata
Francis	- Prayer to the Crucifix - Prayer in the LOrd - F's Heart's Desire: LM III/1 - F enflamed with desire: LM I/4 - LMinst → looking into your eyes	- Canticle (1 st part)	- Canticle (2 nd part) → forgiveness - Comment Pater (2 nd part) - Testament of Francis → Memory/Intellect/Will of Francis	- Praises to Br. Leo - Comment Pater (1 st part) - Consid. on Stigmata 4: Who are you/am I? - My God, my all (All in All) - Prayers + texts where → Good - Adm (Good) - Canticle (3 rd part) → death
Clare	- 4 LAg 4/27-30 → desire - F/Cl eating in the wood: forest burning (Fio)	- Read the letters of Clare and underline the "Senses" mentioned	- Testament (or Rule) of Clare → Memory/Intellect/Will of Clare - 4 LAg → touch embrace (Canticle of Canticles)	- LAg → You are greater than heavens. You can contain him
Bible	- Mk 10: Young rich man (Desire, not in peace, eyes, Christ mirror of God's goodness)	- Canticle of Daniel - Some Ps of praise for creation.	- Canticle of Canticles → "touch" words - Acts → Memories of community (especially 2 nd part: we) - 1 Cor 13 → 3 virtues - Exodus → My father was an errant Arameus → memory of people - Blind → what do you WANT me to do?	- Ex 3/14 → I am who I am - Lk 18/18 → good master - Jn → good shepherd - Jesus in the tomb - Ps 139: darkness for you aren't dark
Experiences	- Get in touch with your Desire - Why aren't you in Peace? - What reflects God to you like a Mirror? - Look face to face at people (eyes) - What is contemplation for you?	- Live the canticle in nature (each time focus on 1 element) - Bring something from creation that carries the vestige of God and speak about it - Try to see the Power/Wisdom/Beauty in: origin/greatness/multitude/beauty/fullness/activity/order of things (one element each time) - Using 5 senses imagine that process of "copy" of creation in you through the senses. Realize that this happens between (Father and Son, Word and Christ) - Take your time and your senses in Euchar./Confes./food/drink/touching your brothers - When your senses catch a person in your community, do you move to delight? Do you experience the Artist?	- Make an exercise of <u>Memory</u> . Remember an event from your childhood. Write it. Read it and wonder. Prayer of thanksgiving (ex. Ps 136) - Reflect on 1 event you couldn't <u>understand</u> in the past, and now you can see his love → Meditate - Meditate on an important <u>decision</u> . How did your deliberation proceed? You can do this as you contemplate the relationship between Memory/Understanding/Will - Look at a person who is deiformitas - Think of 3 virtues/ 3 ways in your life - Climb a mountain (Hierarch) - Experience the reformed spiritual senses in your prayer	- Draw a cartoon, contemplate God as Being. Put the greatest thing in the Balloon - Draw an acuedot, fill it with your meditation on God - Where are you in your % with the brothers on left (non-being) or right side (being)? - In the community do have balance between (Intimacy, Mission), (conformity, distinct personality)? - See the Good in the brothers, like Francis, John of La Verna - Are you able to see the Good in yourself and to return it back to God? - Experience surrender (diving, swim, or music and close eyes). What feelings? - What prevents you from surrender to God?