

St. Romuald's Brief Rule

1. Sit in the cell as in paradise;
2. cast all memory of the world behind you;
3. cautiously watching your thoughts, as a good fisherman watches the fish.
4. In the Psalms there is one way. Do not abandon it. If you, who have come with the fervor of a novice, cannot understand everything, strive to recite with understanding of spirit and mind, now here, now there, and when you begin to wander while reading, do not stop, but hasten to correct yourself by concentrating.
5. Above all, place yourself in the presence of God with fear and trembling, like someone who stands in the sight of the emperor;
6. destroy yourself completely,
7. and sit like a chick, content with the grace of God, for unless its mother gives it something, it tastes nothing and has nothing to eat.