

SPIRITUALITY

“I was left with a consuming desire to work for the Lord and to seek nothing else but Him alone.”

MEMOIRS Chapter 13, No °13

This is the personal maxim of Magdalene of Canossa that summarizes for us the essential guidelines of Canossian spirituality born of her foundational charism. This gift, charism, is infused by God into the person through the exercise of prayer - “mental prayer of the heart”, that enables contemplation and action - “inspice et fac” (look and do likewise). Moreover, Love cannot be other than a fixed gaze on the Beloved and a tangible participation in the imitation of the One who is being loved. This is how Magdalene contemplated Calvary, finding there Jesus Crucified, Mary Most Sorrowful and ... all of us!