

**THE ART OF KNOWING  
OURSELVES: OR, THE  
LOOKING-GLASS WHICH  
DOES NOT DECEIVE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649437450

The Art of Knowing Ourselves: Or, the Looking-Glass Which Does Not Deceive by Luigi La Nuza & John Peter Pinamonti & John Baptist Manni

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Cover @ 2017

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**LUIGI LA NUZA & JOHN PETER PINAMONTI & JOHN BAPTIST MANNI**

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**THE ART OF KNOWING OURSELVES;**

8c., 8c.

ROEHAMPTON:  
PRINTED BY JAMES STANLEY.

THE  
ART OF KNOWING OURSELVES :

*Or, the Looking-Glass which does not deceive.*

BY

*FR. JOHN PETER PINAMONTI, S.J.*

WITH

TWELVE CONSIDERATIONS ON DEATH,

BY

*FR. LUIGI LA NUZA, S.J.,*

AND FOUR ON ETERNITY,

BY

*FR. JOHN BAPTIST MANNI, S.J.*

TRANSLATED

BY THE AUTHOR OF ST. WILLIBRORD.

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Permissu Superiorum.  
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LONDON:  
BURNS AND OATES, PORTMAN STREET,  
AND PATERNOSTER ROW.

1877.

141. m. 610.





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**OR**

**THE LOOKING-GLASS WHICH DOES NOT DECEIVE.**



## PREFACE.

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THIS little work of Father John Peter Pinamonti may be truly said to be a golden treatise, containing in brief the sum of spirituality expressed by St. Austin in the well-known words, "Noverim me, noverim Te; ut contemnam me et amem Te"—*Let me know myself, let me know Thee; that I may despise myself and love Thee.* This is one of those truths which the intellect assents to but does not so easily comprehend. But so far as it is comprehended it is a proof of progress in perfection. "Abyss," says the Psalmist, "calls upon abyss." The abyss of our nothingness on the abyss of Goodness. Man is nothing. God alone is great and all in all. The spiritual world turns upon these two poles. Father Pinamonti, a profound and most experienced spiritualist, has in this work opened to us abundant matter for meditation on this necessary knowledge of ourselves, and in proportion as we master it and make it our own, we may be called blessed. It is a work which has been long well known and highly valued in Italy under the name of the "True Looking Glass, or the Looking Glass that does not deceive."

*Vigil of SS. Peter and Paul, 1877.*