ſu exaltat uocem ſuam·

UNDECIMUS HUMILITATIS gradus eſt· ſi cum loquitur mo nachus· leniter & ſine riſu humi liter· cum grauitate uel pauca uerba & rationabilia loquatur· Et non ſit clamoſus in uoce· ſicut ſcriptum eſt· Sapiens uerbis inno teſcit paucis·

DUODECIMUS HUMILITATIS gradus eſt· ſi non ſolum corde mo nachus· ſed etiam ipſo corpore hu militatem uidentibus ſe ſemper in dicet· Id eſt in opere dei· in oratorio· in monaſterio· in horto· in uia· in a gro· uel ubicumque ſedens· uel ambu lans uel ſtans· Inclinato ſit ſemper capite· defixis in terram aſpectibus· reum ſe omni hora de peccatis ſu is aeſtimans· iam ſe tremendo iu

License: CC-BY-NC – St. Gallen, Stiftsbibliothek, Cod. Sang. 394, p. p.%2058 – Calendar, List of the Abbots of the Monastery of St. Gall, Regula S. Benedicti, Rituals (http://www.e-codices.ch/en/csg/0394/p.%2058)