God has given Francis the gift of this living intuition and with this gift, the grace to conform himself to the Son; a conformation that resulted in the imprinting in his flesh the signs of the Passion of Christ (stigmata).
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Francis rediscovers the Christ who offered EVERYTHING to EVERYONE in order to lead everything and everyone to the Father who is at the heart of the Trinity. His union with Christ becomes ever more intimate until it becomes a total conformation in every sense on LaVerna.
[Francis and his approach to Divinity – 3-23-2011 Page 8 of 16]

LaVerna which he ascended several times a year and where he ultimately received the Stigmata.

Francis went to these deserted places to be present to God, and then to discern what it might be that God would have him do. He was willing to leave behind anything that would encumber his relationship with God. After spending a lifetime in this constant relationship with God, he attained ultimate union with his Savior in receiving the Stigmata on LaVerna in 1224. His response in prayer was the beautiful Praises of God in which he enumerated the virtues of God:

- You are love, charity; You are rest;
- You are wisdom; You are gladness and joy;
- You are humility; You are our hope;
- You are patience, You are justice;
- You are beauty, You are moderation;
- You are meekness; You are all our riches to sufficiency.
- You are security;

Decades later, in 1257, St. Bonaventure also went to this mountaintop. After being elected the seventh Minister General of the Order, he went to LaVerna, seeking a place of peace. He also received a vision of a seraph that led him to a unique understanding of the spiritual journey. There he began writing the Itinerarium: The Soul’s Journey into God.
[The Rule of the SFO – 3-23-2011 Page 8 of 46]

It’s not for the weak or faint hearted, Francis was rewarded with the stigmata after a slow lifelong process of transformation.
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1224 The beginning of Clare’s illness; Francis receives the Stigmata
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[Compiled by Deacon Dave & Thérèse Ream, O.F.S., Revised July 2017]