

Spiritual Testimonies 2

**Detachment & other  
Virtues from God's Favors**

Toledo (probably), 1562

Saint Teresa of Avila

1. I think more than a year has passed since I wrote on my **spiritual state** and **manner of prayer**. God has kept me in His hands ... and I see much **improvement**. May He be praised for everything.

2. The **visions** and **revelations** have not ceased but are more **sublime**.

The **Lord taught me** a **mode of prayer**. It allows me to make more progress and be more **detached** from this life. I also have more **courage** and **freedom**.

The **raptures** have increased. At times, they come with an **impulse** ... and happen when I am in the company of others ... and cannot be **concealed** ... Although I try to **resist** them initially, sometimes I am unable.

3. As for poverty, God has given me **great favor** ... I have a strong desire to ... live only on **alms**.

It seems that when I am sure **not** to lack food or clothing, I do not fulfill the **vow** or the **counsel of Christ** as perfectly. The blessings gained through **true poverty** are many and I wouldn't want to lose them.

I am often aware of a **great faith** within me that God cannot **fail** anyone who **serves** Him ... I feel very **sad** when they counsel me to have an **income**; and I turn to God.

4. It seems I have more **compassion** for the **poor** than I used to ... If it were up to me I would give them the clothes off my back.

I feel no repugnance whatsoever toward speaking to or touching them. This is a gift from God. I used to give alms ... but didn't have the **natural compassion** ...

5. With regard to gossip about me, engaged in by many and to my detriment, I have also improved. What they say makes little to no impression upon me. It seems sometimes or almost always that they are right ...

When I go to prayer, **no** feelings of **hostility** toward my critics remain in me. When I first

hear about some criticism, it causes me a little feeling of **opposition** but **no disquiet** or **disturbance**.

When others take pity on me... I **laugh** to myself as all the **insults in this life** are of **little consequence**. I imagine myself going about in a **dream**. Upon awakening it will all **amount to nothing**.

6. Through **visions**, God has given me ... a greater inclination toward **solitude**, and a much greater **detachment**.

These **visions** have allowed me to **understand** what everything is and even made me give up friends and relatives ... the smallest sacrifice; relatives tire me very much. Since it is to serve God a little more, I give them up with **complete freedom** ... and so I find **peace** everywhere.

7. ... From the viewpoint of my being **favored** by God, I am much improved; but as for me doing my part to **serve Him**, I am much more **wretched**; I have had more **consolation** ... and done less **penance**. The great honor shown me is often directly contrary to my desire. amen