

### Spiritual Testimonies 3

#### General Account of her State of Soul

Avila, St. Joseph's, 1563

Saint Teresa of Avila

1.... Not turning back from the favors God granted me, it seems I have received ... much greater freedom.

Up until now, I thought I **needed others**, and had more **trust** in help from the world. Now, I understand clearly that this help is like little sticks of dry rosemary; being **attached** to it there is **no security**; for when a **contradiction** or **criticism** comes along, these little sticks **break**.

The **true remedy** against a fall is to be attached to the cross and **trust in Him** who placed Himself upon it. I discovered that He is the **true friend**, and through this friendship ... I could resist... anyone who might be against me.

2. ... I used to be very **fond of being liked**, ... now it seems in part to **weary** me **except** with my **confessor**, so that they would bear with me or with a person I am thinking of helping, so they would be inclined to believe what I tell them about the **vanity** of everything.

3. God has given me great courage these past months during **severe trials** and **persecutions** and **opposition** ... I never tired of **suffering**. Toward persons who spoke evil of me, I bore **no harsh feelings** but it seemed I gained a **new love** for them... a blessing given by the hand of the Lord.

4. Usually when I desire something, my desire is **impulsive**. Now, my desires bear with them **quiet**, that when fulfilled, I don't even know if I rejoice.

**Sorrow** and **rejoicing**, except in matters of prayer, are **softened** in intensity...

5. The impulses to do **penance**, that I sometimes have, are great. If I do penance, I feel it little because of the desire, so it seems the penance is a special **favor**. I don't do much since I am quite sickly.

6. It is the greatest pain to have to go to eat, especially when I am in prayer. Sometimes this pain causes me to weep and utter words of distress ...but I am not at all like a woman in such matters, for I have a robust spirit.

7. I feel in me the greatest desire that God have persons, especially learned men, who serve Him with complete detachment ... I am aware of the great needs of the Church ... I don't do anything but pray to God for these persons. One perfect person would do more with a fervent love of God than many with lukewarmness.

8. In matters of faith ... I have great **fortitude** ... I would stand up alone against all Lutherans to make them see their error. I grieve over the perdition of so many souls. I see many advanced souls. God has desired their progress by means of me ... Through His goodness my soul increases each day in loving Him more.

9. ... Even if I were able to experience vainglory I wouldn't be able to ... think that any of these virtues were mine ... I don't do anything but receive favors, without serving ... I sometimes become fearful that I may be deceived ... From these **revelations** and **raptures** ... there comes to me these **benefits** which give me **assurance** and make me **calmer**. I place myself in God's arms, and trust in my desires... to die for Him and lose all repose, come what may.

10. ... I go about as though outside of myself, and so **life** is the **severest pain** for me. The greatest thing I offer God as a **principal service** to Him is that since it is so painful for me to live separated from Him, I **desire to live out of love for Him**. I would desire to live with **great trials** and **persecutions** ... I should like to be good for **suffering** so those in the world might receive a little more **merit** or better **fulfillment of His will**.

11. I haven't seen any promise in prayer that isn't fulfilled though perhaps years later. There is much I see and understand about the grandeurs of God and His providence.

When I think about it, my intellect fails me as when one sees things far beyond their ability to understand; I remain in **recollection.**

12. God guards me from offending Him. For I think I see the great care He takes of me without my doing hardly anything. I was a **sea of sins** and **iniquities** before receiving these favors ...and not enough master of myself to avoid them. I want this known that one might **know the great power of God.** May He be praised forever, amen.

13. My confessor and another priest found that none of my experiences lacked in **conformity with Sacred Scripture.**

This puts me at **peace.** But as long as God leads me by this path, I cannot **trust myself** in anything. I always **consult** others, though I find it difficult.

Remember all of this must be kept under the **secrecy of confession,** as I begged you  
Reverence.           amen