

Spiritual Testimonies 19-20-21-22-23

Saint Teresa of Avila

19. Penance & Obedience

(Probably Avila, 1571)

Once while thinking about ... the desires for **penance** the Lord sometimes gives me, I could have done more were it not for obedience to my confessors. I thought it might be better not to obey them any longer. The Lord told me: "**That's not so; you are walking on a good and safe path. Do you see all the penance Dona Catalina de Cardona does? I value your obedience more.**"

20. Intellectual Vision of a Soul in Grace & in Sin

(Avila, probably 1571)

Once while in prayer, the Lord showed me an **intellectual vision** of a soul in the **state of grace**. I saw this with the **Blessed Trinity**.

From this company the soul received a power by which it had **dominion** over the whole **earth**...

I was shown that a soul in **sin** is **without power**, but like a person completely bound, tied, and blindfolded ... like a person in **great darkness**.

Souls in this condition make me feel such **compassion** that any burden seems light if I could free one of them.

Understanding this condition as I did ... it wasn't possible for me to desire anyone lose so much good or remain in so much evil.

21. Vision of Our Lady in Choir at the Incarnation

(Avila, Incarnation, Jan. 19, 1572)

1...The first year I was prioress at the Incarnation... I saw the **Mother of God** descend with a great **multitude of angels** and sit in the prioress'choir stall where there was a painting of our Lady ... My **faculties** were soon held in **great suspension**.

The angels were **not** in bodily form, for this was an **intellectual vision**.

She remained for the whole of the *Salve*, and she told me: "**You were indeed right in placing me here; I shall be present in the praises they give my Son, and I shall offer these praises to Him.**"

2. After this I remained in the kind of prayer where I keep my soul present with the Blessed Trinity.

It seems the Father drew me to Himself and spoke pleasant words. Among them ... He told me: "**I gave you my Son, the Holy Spirit and the Blessed Virgin. What can you give me?**"

22. Eucharistic Experience

(Probably Avila, March 30, 1572)

1. On Palm Sunday after Communion, my **faculties** remained in such deep **suspension** that I couldn't even swallow the host; and, holding it in my mouth, after returning a little to myself, it seemed my **mouth** was **filled with blood**.

I felt my **face** and **body** were **covered in blood**, as if the Lord had just shed it. It seemed warm, and the sweetness I experienced was extraordinary.

The Lord said to me: "**Daughter, I want my blood to be beneficial to you, and don't be afraid that my mercy will fail you. I shed it with many sufferings, and you enjoy it with the great delight you are aware of; I repay you well for the banquet you prepare me this day.**"

He said this because for more than thirty years I have received Communion on this day when possible, striving **to prepare my soul to give hospitality** to the Lord.

It seemed **cruel** of the Jews, after having given Him such an **enthusiastic welcome**, to have let Him go so far away to eat; and I imagined inviting Him to remain with me, which was **very bad lodging** for Him ...

This is one of the visions I hold to be very **certain**; and so the Communion was **beneficial** to me.

2. Previous to this, for three days, I bore great **suffering ...** of being **separated from God ...** I struggled to endure it.

One evening it was too late to eat supper ... but because of the vomitings, not eating earlier made me very weak. With great effort I put the bread in front of me to force myself to eat it.

At once the **Christ appeared ...** He broke the bread and was about to place it in my mouth when He said: **“Eat, daughter, and bear up as best you can. What you suffer grieves me, but it suits you now.”**

That **suffering** was taken away and I was **consoled**. It seemed He was with me and the next day as well.

This experience **satisfied my desire** for His **presence**.

The words, **“grieves me”** made me stop to think. It doesn't seem He can be sorrowful over anything anymore.

23. Am I not your God?

(Place & date uncertain)

“Why are you disturbed, little sinner? Am I not your God? Don't you see how badly I was treated there? If you love me, why don't you grieve for me? Amen