

## Spiritual Testimonies 29-30-31-32-33 Saint Teresa of Avila

### 29. Infused Knowledge of the Blessed Trinity

(Avila, Incarnation, Sept.22, 1572)

1. One day, after the feast of St. Matthew, being in the state I'm usually in since I've seen the **vision of the Blessed Trinity** and how it **dwells in a soul in the state of grace**, a very **clear understanding** of this **mystery** was granted to me ... in an **imaginative vision**.

At other times knowledge of the Blessed Trinity was given me in an **intellectual vision**. After a few days the **truth** no longer remained with me so that I could think about it and find consolation in it, as I can now...

2. To us ignorant people it appears that **all three Persons** of the blessed Trinity are ... **in one Person** ... We can be scared away because the **mystery seems impossible** ...

3. What was represented to me were **three distinct Persons**. We can behold and speak to each one ... These Persons love, communicate with and know each other. If **each one is by Himself** how is it we say all three are **one essence**, and believe it? In **all three Persons** there is no more than **one will, one power and one dominion** ... one cannot do anything without the others ... There is only **one Creator** ... There is only **one all-powerful God** and **all three Persons are one Majesty**.

Could one love the Father without loving the Son and the Holy Spirit? No, but anyone who **pleases** one of these three divine Persons, pleases all three, and the same goes for anyone who might **offend** one.

Could the Father exist without the Son or without the Holy Spirit? No, because the **essence is one**; and where one is, all three are, for they **cannot be separated**.

How do we see that the three Persons are separate? How did the Son take on human flesh and not the Father or the Holy Spirit?

This I haven't understood ... I know that in that work **all three were present**.

I don't get involved in thinking a lot about this. I simply conclude that **God is all-powerful** and that whatever He wanted to do He did. ...He is able to do all He desires. When I understand less, I believe more; and this belief gives me greater devotion. May He be blessed forever. Amen.

### 30. Her Mission in Carmel

(Place and Date Uncertain)

If our Lord hadn't granted me the **favours** He did, it doesn't seem that I would have had the **courage** for the **works** that were done; the **strength** to support the **trials** suffered along with the **statements** and **judgments** made against me.

Once the **foundations** underway, the **fears** I previously had thinking I was deceived, left me. I grew **certain** that the work was God's and so threw myself into difficult tasks, but always with **advice** and under **obedience**.

As a result, I understood that our Lord wanted to **revive** the **original spirit** of this order ... and He took me as His means. His Majesty thus had to provide me with what was lacking—which was **everything** -to get the results and better **manifest** His greatness through so wretched a thing as myself.

### 31. Spiritual Marriage

(Avila, Incarnation, Nov. 18, 1572)

In the second year I was prioress at the Incarnation, on the octave of St. Martin, while receiving **Communion**, Father John of the Cross **broke the host** to provide for another sister.

I thought ... that he wanted to mortify me because I had told him I was very pleased when the hosts were large (not that I didn't understand that size made no difference as the Lord was wholly present in even a small particle of host).

His Majesty said to me: "**Don't fear, daughter, for no one will be a party to separating you from me.**" ...

Then He appeared to me in an **imaginative vision**, as at other times, very interiorly, and He gave me His right hand and said:

**“Behold this nail; it is a sign you will be My bride from today on. Until now you have not merited this; from now on not only will you look after My honor as being the honor of your Creator, King and God, but you will look after it as My true bride. My honor is yours, and yours Mine.”**

... I couldn't contain myself, and remained as though **entranced**. I asked the Lord to raise me from my lowliness ... for it didn't seem my nature could bear it. I remained absorbed the whole day.

Afterward I felt great **gain**, greater **confusion** and **affliction** seeing I don't render any **service** in exchange for such amazing **favours**.

### **32. The Way of Suffering and Love** (Probably Avila, 1572)

1. One day the Lord asked me this:  
**“Do you think, daughter, that merit lies in enjoyment? No, rather it lies in working and suffering and loving. Haven't you heard that St. Paul rejoiced in heavenly joys only once and that he often suffered? Look at my whole life filled with suffering, and only in the incident on Mount Tabor do you hear about my joy. When you see My Mother hold Me in her arms, don't think she enjoyed those consolations without heavy torment. From the time Simeon spoke those words to her, My Father gave her clear light to see what I was to suffer. The great saints who lived in deserts, since they were guided by God, performed severe penances; and besides this, they waged great battle with the devil and with themselves, They spent long periods without any spiritual consolation. Believe, daughter, that My Father gives great trials to anyone whom He loves more; and love responds to these. How**

**can I show you greater love than by desiring for you what I have desired for Myself?**

**Behold these wounds, for your sufferings have never reached this point. Suffering is the way of truth. By this means you will help me weep over the loss of those who follow the way of the world, and you will understand that all your desires, cares, and thoughts must be employed in how to do the opposite.”**

2. When I began prayer I had such a bad headache I thought it would be impossible to pray. The Lord said the following to me:

**“In this way you will see the reward that comes from suffering, for since you did not have the health to speak with Me, I have spoken with you and favored you.”**

It is certain that I must have been recollected about an hour and a half. During this time He spoke the above words to me ... I was not distracted, but neither did I know where I was; and I was so happy I don't know how to describe it. My headache went away and I was left with a great desire for suffering. It is true... that our Lord didn't have any joy in life other than this once, nor did St. Paul. The Lord also told me to keep in mind the words He spoke to His apostles, that the servant must not be greater than the lord.

### **33. A Prophetic Vision of Victory for her Carmel** (Place Uncertain, 1572-73)

I saw a great **tempest of trials** and as the children of Israel were persecuted by the Egyptians, so we would be **persecuted**; but **God would bring us through ...** and our enemies would be swallowed up by the waves. Amen