

Spiritual Testimonies 9-10-11-12-13

Saint Teresa of Avila

9. Public Raptures

Place unknown; probably 1570

Once while wondering why I almost never had **raptures** in public any more, I heard: **“It’s not necessary now; you have enough approval for what I intend; let us look at the weakness of the suspicious ones.”**

10. Surrender and Joy in God

Salamanca or Alba, 1571

One day while I was anxiously desiring to help the order, the Lord told me: **“Do what lies in your power; surrender yourself to me, and do not be disturbed about anything; rejoice in the good that has been given you, for it is very great; my Father takes His delight in you, and the Holy Spirit loves you.”**

11. Take Courage, the order of the Blessed Virgin will Flourish

Salamanca, February, 1571

One day the Lord told me; **“You always desire trials, and on the other hand you refuse them. I dispose things in conformity with what I know is your will and not in conformity with your sensual nature and weakness. Take courage, since you see how I help you. I have desired that you win this crown. In your days you will see the order of the Blessed Virgin flourish.”**

I heard this from the Lord in the middle of February, 1571.

12. Transpiercing of the Soul

Salamanca, April 15-16, 1571

1. All day yesterday I felt very **lonely**, except when I received Communion. I benefitted little from the fact that it was Easter Sunday. At night with all the Sisters, a song was sung about how hard it is to

endure life without God ... Since I was already **afflicted**, the **effect** on me was so great that my hands began to grow **numb**. My **efforts to resist** were not enough, but just as I am carried out of my senses through the **joyous raptures**, so in the same way through **extreme affliction** my soul is **suspended**; it is left **enraptured**.

It seems I have not been experiencing **impulses** as before. Could it be that previously the **affliction** was not great enough to make me go out of myself? It is so **intolerable**, and still being in possession of my senses, I cried out loudly without being able to avoid doing so. Since the pain has increased, it has reached this extreme of **transpiercing the soul**. I can better understand now what our Lady experienced ... The body remains so torn apart that even as I write it causes suffering, my hands are as though disjoined and in pain.

2. Your Reverence can tell me ... whether **pain** can cause **suspension** ... or whether I am being **deceived**.

3. This morning I felt the pain, for while in prayer I experienced a **great rapture**. It seemed that our Lord brought my spirit next to His Father and said to Him: **“This soul You have given to Me, I give to you.”** It seemed that the Father took me to Himself.

It was **not** an **imaginative vision**. It caused great **certitude** and had a **delicacy** so spiritual that I cannot describe. He spoke some words I do not recall ... He kept me near Him for some time.

4. When your Reverence left so quickly yesterday... I was afflicted for a while. ... Perhaps it was the **loneliness** I mentioned as I don’t think I am **attached** to any earthly creature. I feared though lest I lose this **freedom**.

Today though, our Lord told me not to be surprised because just as humans desire companionship to **communicate** the joys of their **sensual natures**, so too does the **soul**

desire to **communicate** its joys and pains; it becomes **sad** when there is no one...

5. Our Lord remained with me some time... He told me there is a **difference** between **this vision** and the **imaginative ones**. He said there couldn't be a fixed rule about the favors He grants us because sometimes it was fitting that they take place in one way and at other times in another way.

6. One day after Communion, it seemed that the Lord was sitting beside me. He began to console me with great favors. He said to me: "**See Me here, daughter, for it is I; give me your hands.**" It seemed He took them and placed them on His side and said: "**Behold My wounds. You are not without Me. This short life is passing away.**"

From certain things He told me, I understood that once **ascended into heaven**, He never came down to earth to commune with anyone but the most **Blessed Sacrament**.

He told me that **immediately after His resurrection**, He went to see **our Lady** as she had great need. The **pain** she had experienced so **absorbed** and **transpierced** her **soul** that she did not return to herself right away to rejoice in that joy.

By this time, I understood how **different** this transpiercing was from the one of my soul.

What must have been the transpiercing of the Blessed Virgin's soul!

He also said that He had remained a long time with her because it was necessary to console her.

13. An Intellectual Vision of the Blessed Trinity

Avila, St. Joseph, May 29, 1571

On the Tuesday following Ascension Thursday, having remained a while in prayer after Communion, I was grieved because I was so **distracted**... My *soul* began to **enkindle** ... and I knew clearly in an

intellectual vision that the entire **Blessed Trinity** was present.

In this state my soul understood... how **God is three and one** ... All three Persons were represented distinctly in my soul and they spoke to me, telling me that from this day I would see **improvement** in myself in respect to **three things** and that each one of these Persons would grant me a **favor**: **one**, the favor of **charity**;

two, the favor of being able to **suffer** gladly; and **three**, the favor of experiencing **charity** with an **enkindling** in my soul.

The Lord told me that the **three divine Persons** would be with my **soul in grace**.

2. While, afterward, thanking the Lord for so great a favor ... I saw clearly how much the Lord did on His part ... to bring me to Himself... Hence the excessive love God has in **pardoning** us for all this failure when we want to return to Him was made clearly manifest to me ...

3. It seems those three Persons, being only one God, were so fixed within my soul that I saw that if this **divine company** were to continue it would be impossible not to be **recollected**.

4. Once ... when I was about to receive Communion ... I saw a kind of **dove** that was noisily fluttering its wings ... It caused a **suspension** of my **faculties**.

Much effort was required to receive the host. ... Father Francisco de Salcedo gave me the Blessed Sacrament.

5. On another day, while hearing his Mass, I saw the **Lord glorified** in the **host**. He told me that Father Francisco's sacrifice was pleasing to Him. Amen