

Spiritual Testimonies 49-50-51-52-53

Saint Teresa of Avila

49. God's presence in the Soul

(Probably Seville, 1575)

Once while recollected in this company I always bear in my soul, God seemed so present that I thought of St. Peter's words: *You are Christ, Son of the Living God. God was living in my soul.*

This presence is not like other visions. It is accompanied by such living faith that one cannot doubt the **Trinity's presence** in our souls by **presence, power, and essence**. It is beneficial to understand this truth.

Amazed to see such **majesty** in my lowly soul, I heard: "**It is not lowly, daughter, for it is made in My image.**"

I also understood why God delights to be with souls ... but these matters are so subtle that though I understood them at once I am not able to explain them.

50. Father Gratian's Health

(Seville, probably 1575)

Distressed over Father's health, I could not find peace. I begged the Lord one day after Communion that since He had given Father to me, that He not allow me to be without him. The Lord said: "**Don't be afraid.**"

51. The Indwelling of the Blessed Trinity

(Seville, 1575)

Once while in the presence of the Trinity in my soul, I experienced so much **light** I could not doubt the living and true God was there. In this state, the Father gave me **understanding of things** I am unable to speak of such as how the **Person of the Son**, and not the others, **took flesh**.

Some of these things take place so **secretly** in the soul, it seems the **intellect's understanding** resembles that of a person who while sleeping or half asleep thinks he hears what is spoken.

Reflecting on life that deprives us of always being that company, I said "**Lord, give me some means by which I can put up with this life.**" He replied: "**Think, daughter, of how after it's finished you will not be able**

to serve me in ways you can now. Eat for Me, sleep for Me, and let all you do be for Me, as though you no longer lived but I; this is what St. Paul was speaking of."

52. Deep Secrets Revealed in Communion

(Probably Seville, 1575)

Once after receiving Communion, I was given the understanding:

-of how the Father receives within our soul the most holy Body of Christ;

-of how I know and have seen the Trinity's presence;

-of how pleasing to the Father this offering of His Son is because He rejoices with Him here on earth. His humanity is not present in the soul, only His divinity. The humanity is thus so pleasing to the Father and bestows on us many favors;

-of how the Father also receives this sacrifice from a **priest in sin**, but does not grant the **favors** to this priest that He would grant to one in the **state of grace**. It is not because the influences by which the Father receives the sacrifice lose their force but because of a lack on the part of the priest receiving it; just as the lack is not on the part of sun when it fails to shine on a piece of pitch, as it does on crystal, but on the part of the pitch.

...The nature of this communication, for there are deep interior secrets revealed when one receives Communion. It is a pity that our bodies do not let us enjoy them.

53. Intellectual Vision of the Lord's Nearness

(Seville, Nov. 8, 1575)

1. On the octave day of All Saints, I spent two or three very troublesome days over ...fears of my **being persecuted** that had no foundation ...

All the courage I had for suffering left me. Although I wanted to encourage myself ... the fear did not go away ... I had no one to whom I could have recourse in this tribulation.

It seemed to me I was living in great loneliness, which increased when I saw that

there was no one but Father Gratian who might give me comfort. He had to be absent most of the time, which was a great torment to me.

2. The next night ... while thinking of how present our Lord had previously been to me. He had so truly seemed to be the living God. ... He appeared in an **intellectual vision**, very deep within me, as though on the side where the heart is and said: "**Here I am, but I want you to see what little you can do without Me.**"

3. I felt reassured right away, and all my fears were gone. While at Matins that same night, the Lord, through an **intellectual vision so intense** it almost seemed to be an **imaginative one**, placed Himself in my arms ... This vision caused me great fear. It was so clear. He was so close to me that I wondered if it was not an illusion. He told me: "**Don't be surprised by this, for My Father is with your soul in an incomparably greater union.**"

This vision has so remained up till now. What I said of our Lord lasted more than a month. Now it is gone. Amen.