

The Way of Perfection

Part 5: Our Father

The Eucharist : Entering within Yourself
to be alone with Your God

Chapter 35 (summary)

Saint Teresa of Avila

Chapter 35 With a prayerful exclamation to the Eternal Father concludes the subject that was begun.

Because this matter is so **important**, I have greatly enlarged upon it. In discussing the **prayer of recollection**, I spoke of the importance of **entering within ourselves to be alone with God**.

If for some reason you are not able to receive communion, you can make a **spiritual communion**. Spiritual communion is highly **beneficial**; through it you can **recollect** yourselves in the same way after Mass, for the **love** of this Lord is then deeply impressed on the soul.

If we **prepare** ourselves to receive Him, He never fails to give in many ways that we do not understand. It is like **approaching a fire** ... But it is something else if we desire to approach Him. If the soul wants to get **warm**, and if it remains there for a while, it will **stay warm** for many hours.

2. In the beginning, you may not fare well. It could be the devil. He knows the **damage** that will be caused him by **recollection**.

He will make you think you will find more **devotion** in other things and less in recollection after Communion. **Do not abandon this practice**; the Lord will see in it how much you love Him.

Remember, there are only a few souls who **accompany Him** and **follow Him in trials**. Let us **suffer** something for Him; His Majesty will **repay** you for it. Remember too those many who rudely reject Him. We have to **suffer** something for Him to understand that we desire to see Him.

Since He suffers and will suffer all to even find one soul that will **receive Him** and lovingly **keep Him within**; **let your desire be to do this**.

If there is no one to do it, the Eternal Father will rightly refuse to let Him remain with us. But, the Father is so **fond of friends** ... that in

seeing the will of His good Son, He doesn't want to hinder this **excellent work**; in it the Son's love for Him is fully demonstrated by this **admirable means** in which He shows how much **He loves us** and **helps us suffer our trials**.

3. Well, holy Father, since You desire and accept your Son's work ... there has to be someone who will **speak for Your Son** since He never looks out for Himself.

Let us be the ones, daughters, though a bold thought. Let us beseech His Majesty in the name of Jesus, that ... He might in His compassion be pleased to provide a **remedy** that His Son may not be this **badly treated**.

4. Well, what is this, my Lord ! Either bring the world to an end or provide a **remedy** for these very serious **evils**. No heart can suffer them. Eternal Father, that You suffer them no longer. Stop this fire, Lord ... Your Son is still in the world. Through His reverence may all these ugly things **cease**.

In his beauty and purity, He doesn't deserve to be in a house where there are things of this sort. Answer for Your Son's sake ... Having a loved one like this here below appeases You. Since a means must be had, may Your Majesty provide it.

5. To be able to ask for this **great favor** ... What is there for me to do, my Creator, but to offer this most blessed bread to You, ... and ask that through the merits of Your Son that You grant me this favor, since He has merited it in so many ways.

Make the **sea calm**! May this **ship**, which is the **Church**, not always have to journey in a **tempest** like this! **Save us, Lord, for we are perishing.** AMEN