

## **Prologue** **The Book of her Foundations**

by Teresa of Avila

### **Prologue**

#### **JHS**

**1/**...I have seen the great good that comes to a soul when it does not turn aside from **obedience**. It is through this practice that I think one advances in **virtue** and gains in **humility**. In obedience lies **security** against the dread that we might stray from the path to heaven. Here one finds the **quietude** that is so precious in souls desiring to please God. For if they have truly resigned themselves to holy obedience... the devil will see that he is losing ... The **restless stirrings** within that make us fond of doing our own will ...stop. Those who practice obedience remember that their will is resolutely surrendered to God's will, using submission to the one who stands in God's place to achieve this surrender.

Because his Majesty, has given me light to know the treasure contained in this precious virtue, I have striven ... to obtain it....

**2/** While at St. Joseph's in Avila in 1562, Fr. Garcia de Toledo, a Dominican, my confessor, ordered me to write about the monastery's foundation and other things ... Now, eleven years later, in Salamanca, 1573, Fr. Rector Ripaldo, my confessor from the society ... thought it would be of service to our Lord if I wrote about the other seven monasteries since founded along with the first monastery of discalced Fathers.

It seems impossible for me to do so because I am so busy ... with other necessary occupations ... but while in prayer, the Lord said to me: "daughter, obedience gives strength."

**3/** ... May He grant me the grace to be able to recount for His glory the favors He has granted this order through these foundations ... may it please His Majesty not to let me out of His hand.

Each foundation will be mentioned. I will try and be brief...

**4/** ... May it please our Lord that anyone who reads this will not think of attributing praise to me ... but let us, my daughters, give all our thanks to the divine goodness for

the many favors granted us. I ask the reader to recite a Hail Mary out of love for Him ...

**5/** ... Many very important things will be left unsaid and other things included that could have been omitted ... They are also ordering me to deal with some things about prayer and how souls could be kept from making progress.

**6/** In all things I submit to the holy Roman Church. I begin in the name of the Lord, taking for my help His glorious Mother, whose habit I wear and, also, my lord, St. Joseph.

**7/** In the year 1573, feast day of St. Louis, king of France, August 24. May God be praised. Amen

