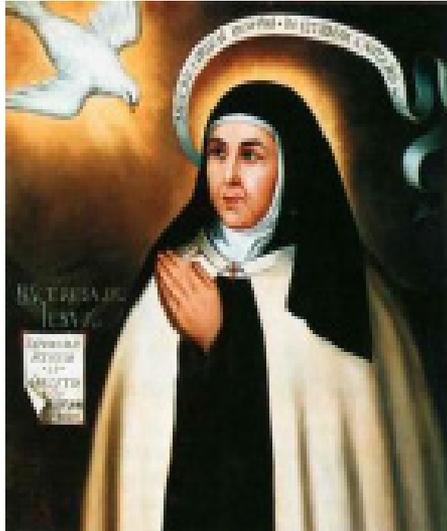


ST. TERESA OF AVILA



**Mental prayer in my opinion
is nothing else than an intimate sharing between friends;
it means taking time frequently to be alone with Him
who we know loves us.**

ST. TERESA OF AVILA

Our Lord does not care so much for the importance of our works as for the love with which they are done.

We can only learn to know ourselves and do what we can— namely, surrender our will and fulfill God's will in us.

It is love alone that gives worth to all things.

To have courage for whatever comes in life - everything lies in that.

Accustom yourself continually to make many acts of love, for they enkindle and melt the soul.

To reach something good it is very useful to have gone astray, and thus acquire experience.

We shall never learn to know ourselves except by endeavoring to know God; for, beholding His greatness, we realize our own littleness; His purity shows us our foulness; and by meditating upon His humility we find how very far we are from being humble.

Our body has this defect that, the more it is provided care and comforts, the more needs and desires it finds.

The most potent and acceptable prayer is the prayer that leaves the best effects. I don't mean it must immediately fill the soul with desire . . . The best effects [are] those that are followed up by actions— when the soul not only desires the honour of God, but really strives for it.

I would never want any prayer that would not make the virtues grow within me.

Vocal prayer . . . must be accompanied by reflection. A prayer in which a person is not aware of Whom he is speaking to, what he is asking, who it is who is asking and of Whom, I don't call prayer—however much the lips may move.

You pay God a compliment by asking great things of Him.

Suffering is a great favor. Remember that everything soon comes to an end . . . and take courage. Think of how our gain is eternal.

Remember that you have only one soul; that you have only one death to die; that you have only one life, which is short and has to be lived by you alone; and there is only one Glory, which is eternal. If you do this, there will be many things about which you care nothing.

Pain is never permanent.

Anyone who truly loves God travels securely.

ST. TERESA OF AVILA

Our souls may lose their peace and even disturb other people's, if we are always criticizing trivial actions - which often are not real defects at all, but we construe them wrongly through our ignorance of their motives.

We can only learn to know ourselves and do what we can - namely, surrender our will and fulfill God's will in us.

The feeling remains that God is on the journey, too.

To have courage for whatever comes in life - everything lies in that.

To reach something good it is very useful to have gone astray, and thus acquire experience.

Accustom yourself continually to make many acts of love, for they enkindle and melt the soul.

I do not fear Satan half so much as I fear those who fear him.

God has been very good to me, for I never dwell upon anything wrong which a person has done, so as to remember it afterwards. If I do remember it, I always see some other virtue in that person.

Our body has this defect that, the more it is provided care and comforts, the more needs and desires it finds.

All things must come to the soul from its roots, from where it is planted.

For prayer is nothing else than being on terms of friendship with God.

Don't let your sins turn into bad habits.

More tears are shed over answered prayers than unanswered ones.

God gave us faculties for our use; each of them will receive its proper reward. Then do not let us try to charm them to sleep, but permit them to do their work until divinely called to something higher.

The tree that is beside the running water is fresher and gives more fruit.

I know the power obedience has of making things easy which seem impossible.

Untilled ground, however rich, will bring forth thistles and thorns; so also the mind of man.

Be gentle to all, and stern with yourself.

ST. TERESA OF AVILA

O my God, what must a soul be like when it is in this state! It longs to be all one tongue with which to praise the Lord. It utters a thousand pious follies, in a continuous endeavor to please Him who thus possesses it.

It is here, my daughters, that love is to be found - not hidden away in corners but in the midst of occasions of sin. And believe me, although we may more often fail and commit small lapses, our gain will be incomparably the greater.

Let nothing perturb you, nothing frighten you. All things pass. God does not change. Patience achieves everything.

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

It is love alone that gives worth to all things.

Whoever has God lacks nothing; God alone suffices.

Christ has no body now on earth but yours, no hands but yours, no feet but yours; Yours are the eyes through which to look out to Christ's compassion to the world; Yours are the feet with which he is to go about doing good; Yours are the hands with which he is to bless men now.

It is foolish to think that we will enter heaven without entering into ourselves.

Thank God for the things that I do not own.

Let nothing disturb you. Let nothing frighten you. Everything passes away except God.

God save us from gloomy saints!

Accustom yourself continually to make many acts of love, for they enkindle and melt the soul.

For prayer is nothing else than being on terms of friendship with God.

God withholds Himself from no one who perseveres.

ST. TERESA OF AVILA

Love turns work into rest.

The important thing is not to think much but to love much; and so do that which best stirs you to love

Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.

For if the will has nothing to employ it and love has no present object with which to busy itself, the soul finds itself without either support or occupation, its solitude and aridity cause it great distress and its thoughts involve it in the severest conflict.

The closer one approaches to God, the simpler one becomes.

This Beloved of ours is merciful and good. Besides, he so deeply longs for our love that he keeps calling us to come closer. This voice of his is so sweet that the poor soul falls apart in the face of her own inability to instantly do whatever he asks of her. And so you can see, hearing him hurts much more than not being able to hear him... For now, his voice reaches us through words spoken by good people, through listening to spiritual talks, and reading sacred literature. God calls to us in countless little ways all the time. Through illnesses and suffering and through sorrow he calls to us. Through a truth glimpsed fleetingly in a state of prayer he calls to us. No matter how halfhearted such insights may be, God rejoices whenever we learn what he is trying to teach us.

The devil frequently fills our thoughts with great schemes, so that instead of putting our hands to what work we can do to serve our Lord, we may rest satisfied with wishing to perform impossibilities.

It is of great importance, when we begin to practise prayer, not to let ourselves be frightened by our own thoughts.

In light of heaven, the worst suffering on earth will be seen to be no more serious than one night in an inconvenient hotel.

I know a person who, though no poet, composed some verses in a very short time, which were full of feeling and admirably descriptive of her pain: they did not come from her understanding, but, in order the better to enjoy the bliss which came to her from such delectable pain, she complained of it to her God. She would have been so glad if she could have been cut to pieces, body and soul, to show what joy this pain caused her. What torments could have been set before her at such a time which she would not have found it delectable to endure for her Lord's sake?

ST. TERESA OF AVILA

God, deliver me from sullen saints.

Oh my Lord! How true it is that whoever works for you is paid in troubles! And what a precious price to those who love you if we understand its value.

There is no such thing as bad weather. All weather is good because it is God's.

There is more value in a little study of humility and in a single act of it than in all the knowledge in the world.

We need no wings to go in search of Him, but have only to look upon Him present within us.

Let nothing trouble you, let nothing make you afraid. All things pass away. God never changes. Patience obtains everything. God alone is enough.

Dream that the more you struggle, the more you prove the love that you bear your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end.

Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one.

You ought to make every effort to free yourselves even from venial sin, and to do what is most perfect.

To have courage for whatever comes in life – everything lies in that.

To reach something good it is very useful to have gone astray, and thus acquire experience.

We can only learn to know ourselves and do what we can – namely, surrender our will and fulfill God's will in us.

We shall never learn to know ourselves except by endeavoring to know God; for, beholding His greatness, we realize our own littleness; His purity shows us our foulness; and by meditating upon His humility we find how very far we are from being humble.

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Our body has this defect that, the more it is provided care and comforts, the more needs and desires it finds.

The feeling remains that God is on the journey, too.

If Christ Jesus dwells in a man as his friend and noble leader, that man can endure all things, for Christ helps and strengthens us and never abandons us. He is a true friend. And I clearly see that if we expect to please him and receive an abundance of his graces, God desires that these graces must come to us from the hands of Christ, through his most sacred humanity, in which God takes delight. All blessings come to us through our Lord. He will teach us, for in beholding his life we find that he is the best example. What more do we desire from such a good friend at our side? Unlike our friends in the world, he will never abandon us when we are troubled or distressed. Blessed is the one who truly loves him and always keeps him near. Whenever we think of Christ we should recall the love that led him to bestow on us so many graces and favors, and also the great love God showed in giving us in Christ a pledge of his love; for love calls for love in return. Let us strive to keep this always before our eyes and to rouse ourselves to love him. For at some time the Lord should grant us the grace of impressing his love on our hearts, all will become easy for us and we shall accomplish great things quickly and without effort.