

# Saint Teresa of Jesus from the Andes

1900 - 1920

PARADISE

**S**aint Teresa of Jesus from the Andes, discalced Carmelite from Chile, lived an intense union with God. In her *Diary*, incidentally, font of spiritual richness, we find several mentions of Paradise: “I read Elizabeth of the Trinity. She enchants me. Her soul resembles mine. Since she was a Saint, I will imitate her and I will be holy. I want to live with Jesus in the intimacy of my soul. I want to defend Him from His enemies. I want to live a life of Heaven – as Elizabeth said – being a praise of glory:

**1.** Living a divine life. Loving God with pure love. Giving myself to Him without reserve. Living in an intimate communion with the Spouse of my soul.

**2.** Doing everything to fulfill the will of God. Completing my duty with joy in every instant. Nothing should disturb me. Everything must be peace like that which inundates the Angels in Heaven.

**3.** Living in silence, because in this way the Holy Spirit draws harmonious sounds and the Father with the Holy Spirit will form in me the image of the Word.

**4.** Suffering, since Christ suffered all His life and was the praise of glory of His Father. I will suffer with joy for my sins and for sinners.

**5.** Living a life of faith. Looking at everything from a supernatural point of view. Reflecting Christ, as in a crystal, in our actions.

**6.** Living in a continual giving of thanks: that our thoughts, desires, and acts are a perpetual action of thanks.

**7.** Living in a continual adoration, like the Angels, repeating: Holy, Holy, etc... And since we cannot be continually in prayer, at least before every exercise to renew the intention and in this way we will be a laud of glory and we will live a life in Heaven. Indeed, we must inflame ourselves more with zeal for the divine glory.”

“Let us go into the solitude.”  
(Retreat of 1917) August 8<sup>th</sup>.

Today I enter into retreat. I hear the voice of Jesus which says to me: “Let us go into the solitude.’ ‘I will bring her into solitude and there I will speak to her heart.’ I retreat with Him into the intimacy of my soul and there, as in another Nazareth, I will live in His Company, with my Mother and Saint Joseph. Jesus told me that He will check His little house to see what is missing to cleanse it.



How grand I consider myself after having seen my beginning: God Himself! And my end, and infinite God! But there is a point between the beginning and the end and that is the life. What should I do then while I live? Serve, honor, love, and glorify my Creator. And how? Here my will comes into play. If I am generous I give myself totally to Jesus, who gave everything for me. The creatures, all that I own, God gave them to me. That is why I must use of them as if they did not belong to me. In everything, then, I must fulfill the will of God, of my Creator, of my Savior, of my Everything. I belong to Him.”

