

Opening the eyes of the soul...

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...those who seek the LORD lack no good thing. - Psalm 34:10b



"After having received the Lord, since you have the Person Himself present, strive to close the eyes of the body and open those of the soul and look into your heart.

For I tell you again, and would like to tell you many times that you should acquire the habit of doing this every time you receive Communion and strive to have such a conscience that you will be allowed to enjoy this blessing frequently.

Though He comes disguised, the disguise as I have said,
does not prevent Him from being recognized in many ways, in conformity
with the desire we have to see Him. And you can desire to see Him so much
that He will reveal Himself to you entirely." ~ *St. Teresa of Avila: Way of Perfection 34:12.*

St Teresa of Avila

Spain ~ 1515-1582

**Carmelite Contemplative, Reformer, Mystic,
Prolific Writer***

****Way of Perfection , Interior Castle,
The Life of Teresa of Jesus (Autobiography)***

DOCTOR of the CHURCH

Feast Day - October 15

Painting: *St Teresa of Avila Receiving Communion* - Claudio Coello

"Christ has no **body** on earth but yours, no **hands** but yours,
no **feet** but yours. Yours are the **eyes** through which Christ's
compassion for the world is to look out; yours are the **feet**
with which He is to go about doing good; and yours are the
hands with which He is to bless us now." ~ *St Teresa of
Avila*

[Click here: St. Teresa of Avila - YouTube \(2 mins\)](#)

[Click here: Discovering our Saints - St Theresa of Avila -
YouTube \(2:22 mins\)](#)



St Teresa of Avila, pray for us!