

SISTER TERESA MIRA: TEACHER OF LIFE AND PRAYER

Personal prayer is a very spiritual and healthy resource.

This is how Sister Teresa saw it, as her sister Magdalena tells us: "One day I surprised her in a room and asked her, 'What are you doing here alone and in the dark?' And she, without getting upset at all, told me that she was meditating. I asked her how meditation was done and that she teach me how to meditate, since it seemed difficult to me. She answered me with candor and simplicity.

'It is very easy. If you can't do it in the church before Jesus in the Blessed Sacrament, you can do it at home. You withdraw to a place alone, and put yourself in the presence of God. Your position does not matter, the important thing is to really enter into God's presence, and that nothing in this world distract you. Talk to him about whatever you want and ask him to your heart's content.'

Yes, contemplative prayer is allowing yourself to be possessed

by and merging with the Other, it is giving yourself in order to live fully. It is dying to our ego in order to free our freedom and to be who we really are... that immense potential that so many times we are not even aware of and that fulfills us. True happiness is within us. In order to get the best out of ourselves (and that is what Christ came for and taught us) we have to pray. Prayer transforms us.

Prayer nourished Sister Teresa's spirit and made it overflow for the benefit of those who came into contact with her. All those who knew her, all those who testified, affirmed that she lived united to God and that she demonstrated this union in her treatment of others, her service to others.

Do we not experience joy when we wear ourselves out for love of others?

Always do good to all.

*Sr. Sabina González Forner,
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PRAYER REQUESTING GRACES

O God, who takes pleasure in humble and simple souls! Glorify your Servant Teresa who made her life ideal to love you without ostentation and give herself for your love to those who encountered her, grant that we may know how to serve and love you like her, without reservation, and now the grace we ask you through her intercession.

Through Christ our Lord.

Amen.

WITNESS: She is always right with what she advises

for Positio, 57.

«Her sister Magdalena writes: "You did not lack words of comfort and good advice for all those who asked you. Doña Lola was right when she said: I don't know how this Teresa manages, you can see that the Holy Spirit must blow in her ear what she has to say to each one, because she has not had studies, but she is always right with what she advises»