

## Her Life



*St. Teresa of Jesus de los Andes (Juanita Fernandez Solar) was born in Santiago, Chile in 1900. She entered the Carmel of Los Andes in May of 1919 and died 11 months later, after having lived a life of deep faith and fervent love.*

*She was canonized by Pope John Paul II in 1993 and was proclaimed patroness of the youth, as a witness to the beauty of belonging totally to God, Who is INFINITE JOY.*

*“In JESUS  
I find everything:  
beauty, wisdom,  
goodness,  
limitless love.  
He is my  
peace.”*

*~St. Teresa of the Andes*

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## St. Teresa of the Andes

1900-1920

*Discalced  
Carmelite Nun*



*“I want to share  
with you a spark  
of the flame that  
is burning in  
my heart...”*

## Thoughts on Carmel by St. Teresa of the Andes

### From her Diary and Letters



How beautiful our vocation is! We are redeemers of souls in union with our Savior. We are HOSTS IN WHICH JESUS DWELLS. In us He lives, prays and suffers for the sinful world.

In Carmel we begin what we will be doing for all eternity: LOVING AND SINGING THE PRAISES OF THE LORD.

A Carmelite is a SISTER TO PRIESTS. Both priest and sister offer a host of holocaust for the salvation of the world.

A sister sanctifies herself, that being more united to God, the blood of the Divine Prisoner which she receives in her soul may circulate through the other members of Christ's Body. In a word, a Sister sanctifies herself to sanctify her brothers.

What makes me love my vocation still more is that the life of a Carmelite is LIKE THAT OF THE HOLY VIRGIN. She only prayed, suffered and loved, and did everything in silence.

All the sacrifices we make are small compared to the value of one soul. God gave His life for them and for us. How careless we are about His salvation! What are the means for gaining the SALVATION OF SOULS? Prayer, mortification and suffering.

Offering up ourselves to the Father with love so that the ADORABLE WILL OF GOD be done, this is the plan of holiness as I conceive it.

But don't be afraid of the cross a Carmelite must embrace. JESUS is there. Everything in Carmel is done joyfully, since everywhere we have our JESUS Who is our infinite joy.

I want to tell you about my happiness, the happiness of belonging entirely to God... but there's no human language that can express it! I've given Him everything, it's true, but I've also come to possess the ONE WHO IS EVERYTHING.

Let yourself be invaded by God. Live in Him through faith. SURRENDER YOURSELF over to Him- He won't fail to take possession of your whole being. HE IS LOVE, and we exist only because of His infinite goodness.

Let's love eternal Love, infinite and immutable love. LET'S LOVE GOD MADLY, for He loved us in His eternity... Have you ever thought deeply about the infinite madness of His love? When I think about His goodness, I am speechless. I adore Him...