

One kind of rapture is that in which the soul even though not in prayer is touched by some word it remembers or hears about God. ... All burnt up, the soul is renewed like the phoenix ... Now that it is so pure, the Lord joins it with Himself, without anyone understanding what is happening except these two; nor does the soul itself understand in a way that can afterward be explained. Yet, it does have interior understanding, for this experience is not like that of fainting or convulsion ... What I know in this case is that the soul was never so awake to the things of God nor did it have such deep enlightenment and knowledge of His Majesty. . . . When the soul is in this suspension, the Lord likes to show it some secrets, things about heaven, and imaginative visions. It is able to tell of them afterward, for these remain so impressed on the memory that they are never forgotten.

Source: Teresa of Avila, *The Interior Castle*, 1588