

DAY 2 · SUNDAY 11 OCTOBER · TOLEDO

The Ways of Gentleness and Love

“What do you think that abode will be like where a King so powerful, so wise, so pure, so full of all good things takes his delight? I don’t find anything comparable to the magnificent beauty of the soul and its marvellous capacity.”

Interior Castle, I.1.1



Gathering in the Plaza de Zocodover, Toledo



Outside the Museo de Santa Cruz, Toledo



A talk for the pilgrims in Toledo

Our first full day was spent in Toledo, where Teresa began *The Interior Castle* in the monastery of St Joseph. With the Solemnity of our Holy Mother only days away, our first reflection asked a simple question: how do we prepare?

Teresa’s own answer is in *The Way of Perfection*. Before she teaches her sisters a single method of prayer, she names three things that must be in place: love for one another, detachment, and humility. They became the anchoring points of the day.

Detachment is not coldness. It is the open hand that lets God give what He wants to give. **Humility**, for Teresa, is simply walking in the truth about ourselves, our poverty and our dignity together. And **love of God and neighbour** is the test of everything else. If prayer does not make us kinder to the person beside us on the coach, something is missing.

None of this is reserved for nuns behind a grille. Teresa insists it belongs to *everyone who prays*. In Toledo we began to see that a pilgrimage is not a change of scenery but a change of heart, practised one gentle choice at a time.

PAUSE AND PRAY

Which of the three is the Lord asking you to make room for today?

Watch on Instagram: [The reflection](#)

Let nothing disturb you, let nothing frighten you. All things pass; God never changes. Patience obtains all things. Whoever has God lacks nothing. God alone suffices. — St Teresa of Jesus