SANTA TERESA DE JESÚS
España (1515-1582)

PARA PEDIR PACIENCIA EN LAS ADVERSIDADES

Nada te turbe,
nada te espante;
todo se pasa,
Dios no se muda.
La paciencia
todo lo alcanza.
Quien a Dios tiene
nada le falta.
Sólo Dios basta.

Renacimiento y Barroco (Siglos XV y XVI),
Lira Mística: Santa Teresa de Jesús, San Juan De La Cruz,
Madrid: Editorial de Espiritualidad, 1977, p

SANTA TERESA DE JESÚS
Spain (1515-1582)

TO ASK FOR PATIENCE IN THE ADVERSITIES

Let nothing disturb thee,
Nothing affright thee;
All things are passing;
God nevr changeth;
Patient endurance
Attaineth to all things;
Whoever has God
In nothing is wanting;
Alone God sufficeth.

Trans. Henry Wadsworth Longfellow
From: Women in Praise of the Sacred
by Jane Hirshfield

Let nothing upset you,
let nothing startle you.
All things pass;
God does not change.
Patience wins
all it seeks.
Whoever has God
lacks nothing:
God alone is enough.

The complete poetry of St. Teresa of Ávila: a bilingual edition
Eric W. Vogt; foreword by Jaime L. Sin. New Orleans
University Press of the South, 1996. (xxxix, 114 p.)

Let nothing trouble you.
Let nothing scare you
All is fleeting
God alone is unchanging.
Patience
Everything obtains.
Who possesses God
Nothing wants.
God alone suffices.

From The Collected Works of St. Teresa of Ávila
Volume Three translated by Kieran Kavanaugh and Otilio
Rodriguez (c) 1985