St. Teresa of Avila's Spirituality of Interior Prayer

Hoo Jung Lee

I. St. Teresa's Life and Work
II. Interior Prayer in “The Way of Perfection”
III. Mystical Prayer of Union in the “Meditations on the Song of Songs”
IV. Interior Prayer Synthesized in “the Interior Castle”

Primary Sources
Secondary Sources

1. St. Teresa of Avila's Spirituality of Interior Prayer
2. A History of Theological Thought in the Korean Church
3. Studien zu Ps 50 für die Predigt anlässlich des Laubhüttenfestes
4. Hebrews and the Old Testament Quotations
5. God and Emptiness
6. St. Teresa of Avila's Spirituality of Interior Prayer

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The Interior Castle, or The Mansions, (Spanish: El Castillo Interior or Las Moradas) was written by St. Teresa of Ávila, O.C.D., the Spanish Discalced Carmelite nun and famed mystic, in 1577 as a guide for spiritual development through service and prayer. Inspired by her vision of the soul as a diamond in the shape of a castle containing seven mansions, which she interpreted as the journey of faith through seven stages, ending with union with God. O Saint Teresa, seraphic Virgin, beloved spouse of thy crucified Lord, thou who on earth didst burn with a love so intense toward thy God and my God, and now dost glow with a brighter and purer flame ...  St. Teresa of Avila Pendant (Sterling Silver). @ $59.99. FREE Prayer Classes. Shop Prayers. Light Virtual Prayer Candle. Prayer Books. Prayer Cards. St. Teresa of Avila spent most of her life in a convent, was never formally schooled, and was repulsed at the idea of attaining public fame. Yet no other books by a Spanish author have received such widespread admiration as Life and Interior Castle by St. Teresa of Avila. She “established new foundations for her order, carried on the spiritual direction of souls…wrote brilliant treatises for the edification of her fellow nuns, and reached the very summit of personal sanctity through a life of prayer, humility, and charity” (Peers, 1). What caused her to earn such an exceptional reputation? The