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The Way of Perfection

St. Teresa of Avila

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The Way of Perfection by Sister Teresa of Ávila was originally written for the sisters of her reformed convent of the Carmelite Order but this work has since become classic text in Christian spirituality and mysticism, especially in the realm of prayer. St. Teresa set out to teach how to progress through prayer and Christian meditation. The first 18 of the 42 chapters discuss the rationale of being a nun, the rest deal with purpose and approaches to spiritual life. Herein she describes ways of attaining spiritual perfection through prayer and its four stages, as in meditation, quiet, repose of soul and finally perfect union with God, which she equates with rapture. Written in a direct and accessible style.

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