



The Way of Perfection by Saint Teresa of Avila (A Christian classic!)

Saint Teresa of Avila

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Teresa of Avila, Saint: The Way of Perfection is about making progress in the contemplative life written by St. Teresa of Ávila for the sisters of her reformed convent of the Carmelite Order (Discalced). St. Teresa was a major figure of the Catholic Reformation in 16th Century Spain.

Forty years after her death, she was canonized, in 1622 by Pope Gregory XV. The Cortes exalted her to patroness of Spain in 1617, and the University of Salamanca previously conferred the title Doctor ecclesiae with a diploma.

The title is Latin for Doctor of the Church, but is distinct from the papal honour of Doctor of the Church, which is always conferred posthumously and was finally bestowed upon her by Pope Paul VI in 1970 along with Saint Catherine of Siena making them the first women to be awarded the distinction.

Teresa is revered as the Doctor of Prayer. The mysticism in her works exerted a formative influence upon many theologians of the following centuries, such as Francis of Sales, Fénelon, and the Port-Royalists.

A great example of life in a simpler time.

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