



Teresa of Ávila



Fifth Avenue Presbyterian Church



Spanish identity
emerged from the
Christian reconquest

711-1492 CE

A religious painting depicting a group of mystics in prayer. In the center, a woman in a blue and red robe (likely the Virgin Mary) is surrounded by men in various colored robes. They are all looking upwards with expressions of awe and devotion. Above them, a large, dark, dome-like structure is visible, with a bright light emanating from the top where a white dove is perched. The scene is set in a dark, cavernous space, possibly a cave or a large church interior.

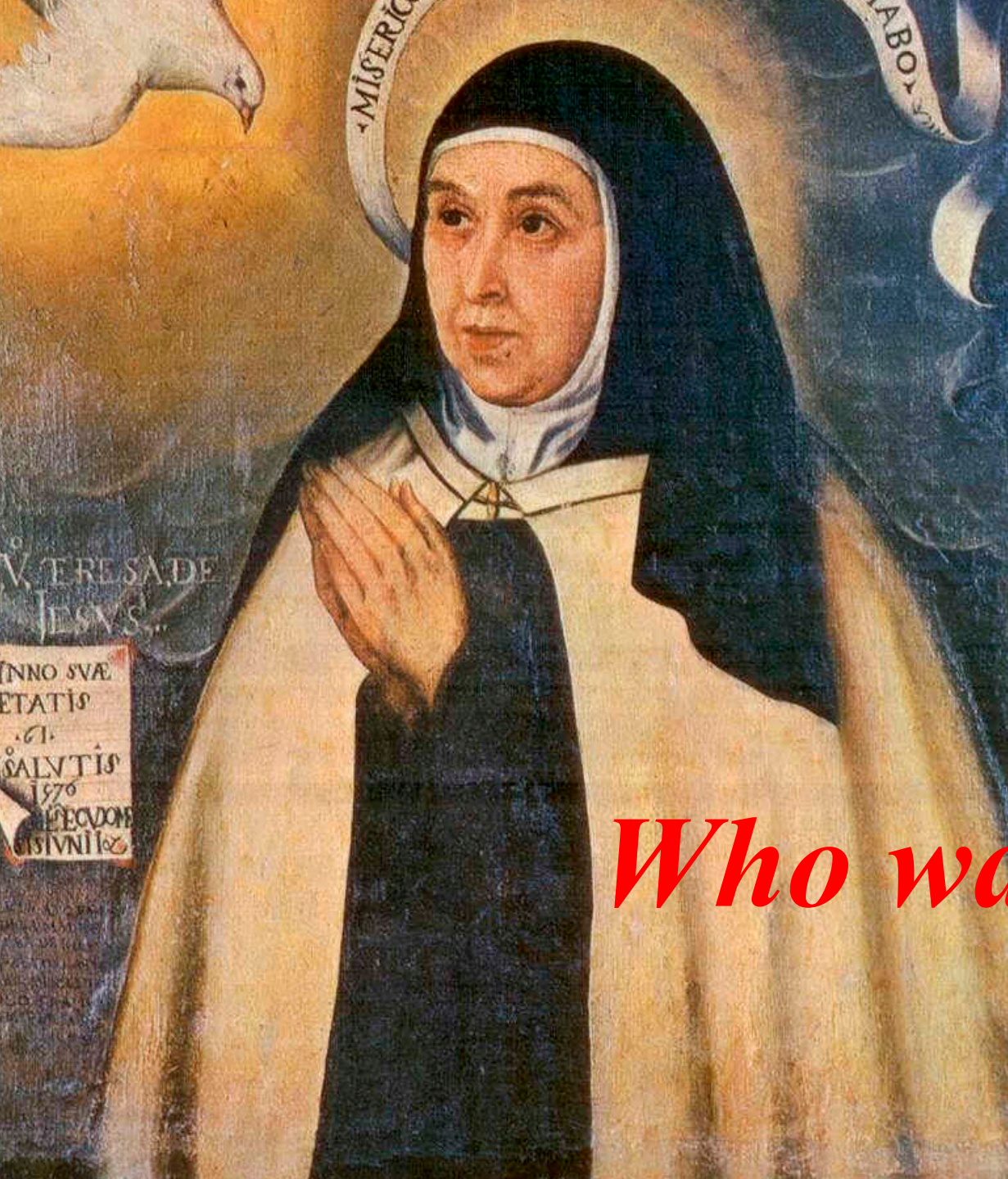
The Golden Age of Spanish Mysticism

- García de Cisneros *1455-1510*
- Bernardino de Laredo *1482-1540*
- Ignatius of Loyola *1491-1556*
- Francisco de Osuna *c. 1497-c. 1541*
- Peter of Alcántara *1499-1562*
- Juan de Ávila *1500-1569*
- Luis de Granada *1504-1588*
- Teresa of Ávila *1515-1582*
- Diego de Estella *1524-1578*
- Luis de León *1528-1591*
- Juan de los Angeles *1536-1609*
- John of the Cross *1542-1591*



Christianity in 16th-Century Spain

The Inquisition
The Reformation
The Counter-Reformation



Who was
Teresa?



Essential Writings

La Vida (Autobiography)

The Way of Perfection

The Interior Castle

Letters, Prayers & Poetry

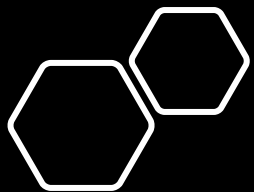
The Interior Castle

Soul,
if by chance you forget where I am,
do not rush around here and there.
If you want to find me, seek me inside yourself.

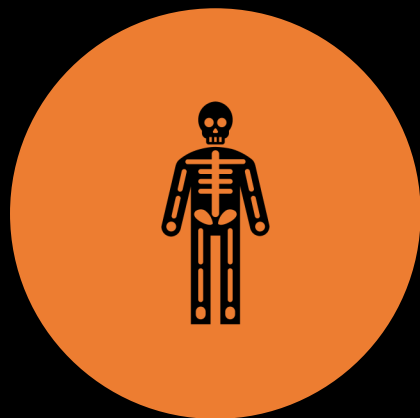
Soul,
you are my room,
you are my house,
you are my dwelling.
If, through your distracted ways,
I ever find your door tightly closed,
do not seek me outside yourself.

To find me,
it will be enough simply to call me,
and I will come quickly.
Seek me inside yourself.

~Teresa of Avila



The Mansions: From Sin to Virtue



1ST MANSION
SELF-KNOWLEDGE

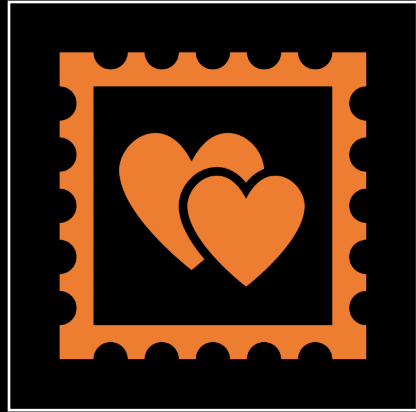


2ND MANSION
PRAYER

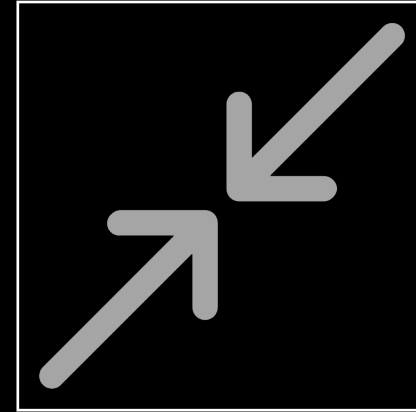


3RD MANSION
HIGHER LOVE

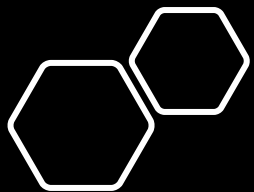
The Mansions: From Intimacy to Unity



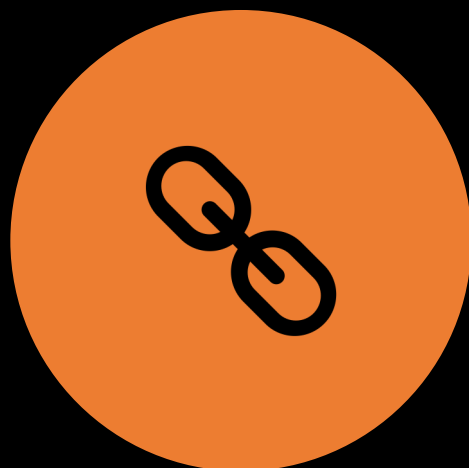
4th Mansion
INTIMACY



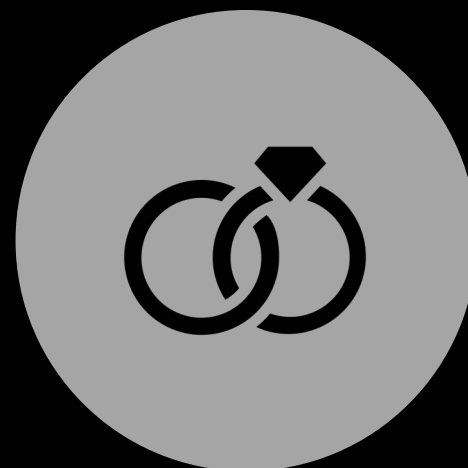
5th Mansion
UNITY



The Mansions: From Love to Marriage




6TH MANSION
SPIRITUAL BETROTHAL



7TH MANSION
SPIRITUAL MARRIAGE



What Teresa taught me....

- God is near.
 - Prayer is necessary.
 - Our devotion must be continuous.
 - The spiritual journey requires hard work and commitment.
 - True intimacy with God is possible.
- 

Teresa, the Lover

O my Lord and my Spouse!

This is the longed-for hour.

It is time now

that we should see each other,
my Beloved and my Lord.

It is time now

that I should go to Thee.

Let us go in peace,

and may Thy holy will be done.

Now the hour has arrived

for me to leave this exile,
and to enjoy Thee

Whom I have so much desired.

Sometimes I observe people so diligently trying to orchestrate whatever state of prayer they're in that they become peevish about it. They don't dare to move or let their minds be stirred for fear of jeopardizing the slightest degree of devotion or delight. It makes me realize how little they understand about the path to union. They think the whole thing is about rapture.

But no, friends, no!

What the Beloved wants from us is action.

What he wants is that if one of your friends is sick, you take care of her. Don't worry about interrupting your devotional practice. Have compassion. If she is in pain, you feel it, too. If necessary, you fast so that she can eat.

Teresa,
the Activist

Teresa, the Peacemaker

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do
good,
Yours are the hands with which he blesses all
the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.



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