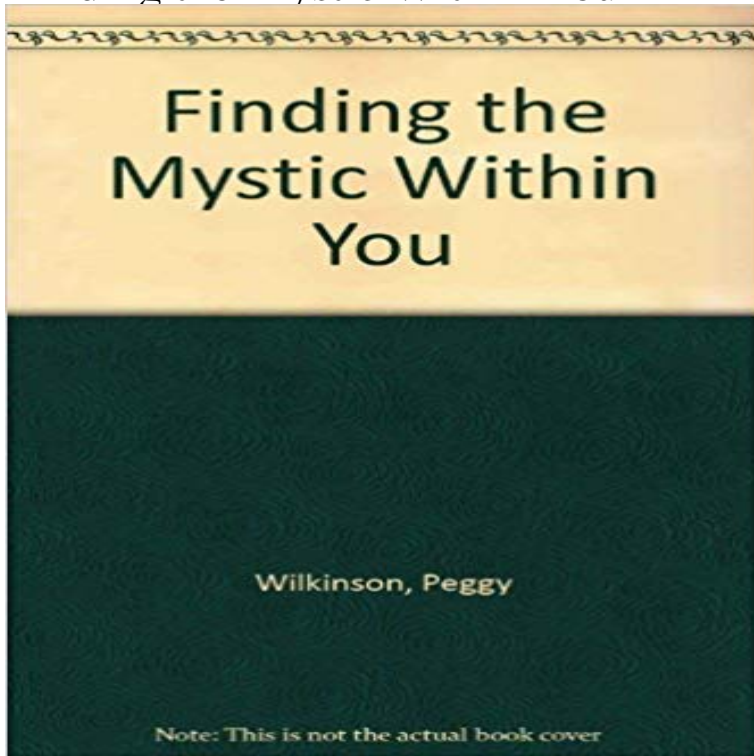


Finding the Mystic Within You



This book is a reprint of popular introduction to the mystical way, based on the teachings of Teresa of Avila and John of the Cross, and written by a Secular Carmelite especially for lay readers. To those without time or inclination for intensive spiritual reading and study, this handbook is a find! The work is firmly grounded in Scripture and Christian teachings on growth through contemplation. The wisdom of St. Teresa of Avila and St. John of the Cross has been distilled to help us understand the stages and experiences of the inner journey. The reader is guided through the classic works of these time-tested directors, in a logical, easily understood fashion. Enlightenment, encouragement, and energy are drawn from these pages, and a sense of adventure beckons the reader to new perspectives. For over a quarter century the author, married and mother of eight, has been nourished by these masters and by the way of life of the Secular Order of Discalced Carmelites. Drawing on her experience in counseling and teaching contemplative meditation, she meets the need for a practical modern guidebook.

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