



Francis Alice Forbes

The Life of St. Teresa

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By Francis Alice Forbes

Teresa of Ávila, also called Saint Teresa of Jesus, baptized as Teresa Sánchez de Cepeda y Ahumada (28 March 1515 – 4 October 1582), was a prominent Spanish mystic, Roman Catholic saint, Carmelite nun, an author of the Counter Reformation and theologian of contemplative life through mental prayer. She was a reformer of the Carmelite Order and is considered to be a founder of the Discalced Carmelites along with John of the Cross.

In 1622, forty years after her death, she was canonized by Pope Gregory XV and on 27 September 1970, was named a Doctor of the Church by Pope Paul VI. Her books, which include her autobiography (The Life of Teresa of Jesus) and her seminal work *El Castillo Interior* (trans.: *The Interior Castle*) are an integral part of Spanish Renaissance literature as well as Christian mysticism and Christian meditation practices as she entails in her other important work, *Camino de Perfección* (trans.: *The Way of Perfection*). - Summary by Wikipedia

Read by MariaS. Total Running Time: 02:18:43

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