



# Meditations with Teresa of Avila: A Journey into the Sacred

*Megan Don*

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## **Meditations with Teresa of Avila: A Journey into the Sacred** Megan Don

*Meditations with Teresa of Avila* invites you to explore the depths of your inner being by following the pathway of the beloved mystic Teresa of Avila. Born into Spanish nobility in 1515, Teresa entered the monastic life at twenty and was eventually guided to reform the Carmelite Order. She blended a rich mystical inner life with everyday work in the secular world, and she remains an unparalleled source of inspiration for living deeply and effectively in both realms.

Always concerned with the practical application of her beliefs, Teresa sought to understand what her visions and experiences meant and whether she was doing all she could. Rejected by many of her contemporaries, she struggled against the many male clerics who tried to invalidate her mystical experiences. Her spiritual exploration formed the basis of the prolific body of writing she left to the world.

Megan Don makes Teresa's timeless wisdom fully contemporary through translations of Teresa's words followed by practical interpretations and brief, inviting meditations. In this award-winning book, Teresa of Avila and Don guide you to explore the voice of the Beloved and knowledge of the self, the restlessness of the mind and the care of the body, doubt, loss, intimacy, and more.

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