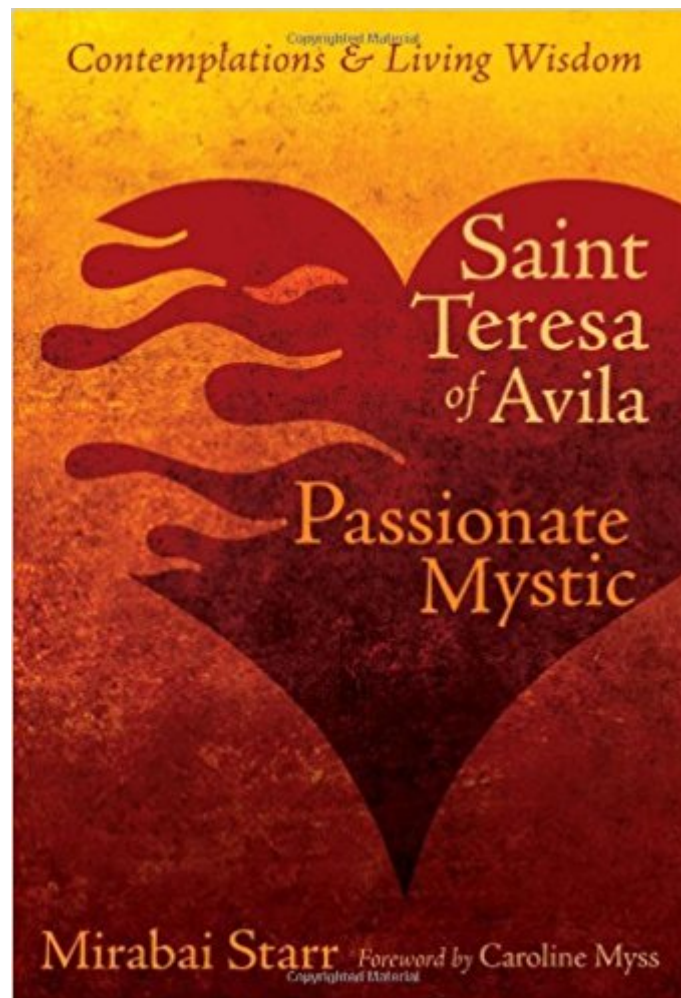




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# Saint Teresa Of Avila: Passionate Mystic (Contemplations & Living Wisdom)



## Synopsis

"The important thing is not to think much, but to love much, and so to do whatever best awakens us to love." — St. Teresa of Avila  
Journey to the 16th century to discover the fiery passion of Saint Teresa of Avila, one of Christianity's most inspiring saints. A tireless reformer and the mentor of Saint John of the Cross, Teresa's greatest legacy is her revelation of ecstatic love for God — a love so powerful that it pierces the heart like a burning sword. Through illness, hardship, and persecution by the Inquisition, this courageous mystic lit the way with her unquenchable spirit to an "interior castle," a place of unimaginable beauty and light where no darkness can touch us. Saint Teresa of Avila gives you a direct link to the living presence of this brave and gentle woman, to draw upon her strength in your own times of need.

## Book Information

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## Customer Reviews

"The important thing is not to think much, but to love much, and so to do whatever best awakens us to love."  
— Teresa of Avila  
"As I read this magnificent book, I felt the familiar grace of Teresa of Avila sparkling all around me."  
— Caroline Myss

Mirabai Starr  
Mirabai Starr teaches philosophy and world religions at the University of New Mexico, and is the author of new translations of *Dark Night of the Soul* by John of the Cross and *The Interior Castle* and *The Book of My Life* by Teresa of Avila. She lives in Taos.  
Caroline Myss  
Caroline Myss

is the author of four New York Times bestsellers: *Anatomy of the Spirit*, *Sacred Contracts*, *Invisible Acts of Power*, and *Why People Don't Heal and How They Can*. A leading voice in the field of energy medicine and human consciousness, she holds degrees in journalism, theology, intuition, and energy medicine. She has appeared on two highly successful public television programs, and on *The Oprah Show*.

Teresa of Avila is my favorite saint and I enjoyed this little book, which is mainly comprised of quotes from and about her. Even though I treasured reading again some of the best-loved passages written by St. Teresa, I have a few reservations about recommending the book for everyone. The book offers a short biography of Teresa of Avila, which is engagingly written and emphasizes Teresa's vivacious and fun-loving nature. Unfortunately, the author does not limit herself to known facts, and tries to make the saint suit her own image and more relatable to modern readers, such as, for example, slyly suggesting the teenaged Teresa could have given up her virginity. The trouble is that Teresa's writings extensively detail her faults, weakness, and sins, the worst of which were wasting time with idle socializing and reading silly novels, not sexual impropriety. The author also draws connections between Teresa's theology and Buddhism, Islam, new age thought, modern feminism, etc. Some of these connections might have validity but some seemed, again, trying to change Teresa into what the author wants her to be rather than the thoroughly Catholic theologian she was, one of the few women to earn the title of Doctor of the Church because of her writing on Christian theology. In some of the author's prior works, she notified the reader that she altered Teresa of Avila's Christian references to make her words more inclusive of other religions, and it appears she has done the same thing here but without giving the same warning to the reader that the saint's words have been changed to fit the author's purposes and outlook. I would rather read what Teresa wrote, but failing that, a disclosure of these modifications should be provided. Readers should know this book is quite brief. Because I was already familiar with most of the quotes, I read it through in less than an hour. For the person who is not familiar with Teresa of Avila, this little book could make an introduction, but some of the material should be taken with a grain of salt and hopefully the reader will move on to a closer study of this amazing saint, such as reading *The Interior Castle*. For the person who has read much about Teresa of Avila previously, there is not much new here besides the author's own spin. Still, in the end, I did love refreshing my memory on some of the saint's insights and guidance, and, for that experience, I am glad I read the book.

I love this little book. It's great bedtime reading and a good primer for those interested in the works

of St. Teresa who don't want to slog through older language or who have read St. Teresa's works and enjoy the highlights Mirabai has so skillfully selected and wrapped in her own poetic language.

Thru the writing of mirabai Starr and this translation of the writing of Teresa of Avila the true beauty of this lovely being, Teresa come forth. One can see the love she had for her lord, Jesus and the compassion she had for her fellow beings in this life journey. It is clear how she felt about the church that would love to burn her at the stake, but couldn't bring themselves to do it.

this is a wonderful little book that grabs the essence of saint teresa and portrays her spiritual brilliance, service to her community and to the world. highly recommended-clear, direct and simple

Rather than reading St.Teresa's own books, I opted for Mirabai Starr interpretation and impressions. Authors own enviable and inspiring devotion, expressed in the most poetic and illustrative language of her soul seems to resonate with my needs.

Great to be able to just pick up the book and open it anywhere to find words of wisdom relevant to the moment.

Excellent reading. Easy to understand. Amazing to translate! I can't imagine myself doing it!! But really good to read and know. :)

Learning more about this oft-mentioned saint that was the subject of a lot of artwork, e.g. sculptures.

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