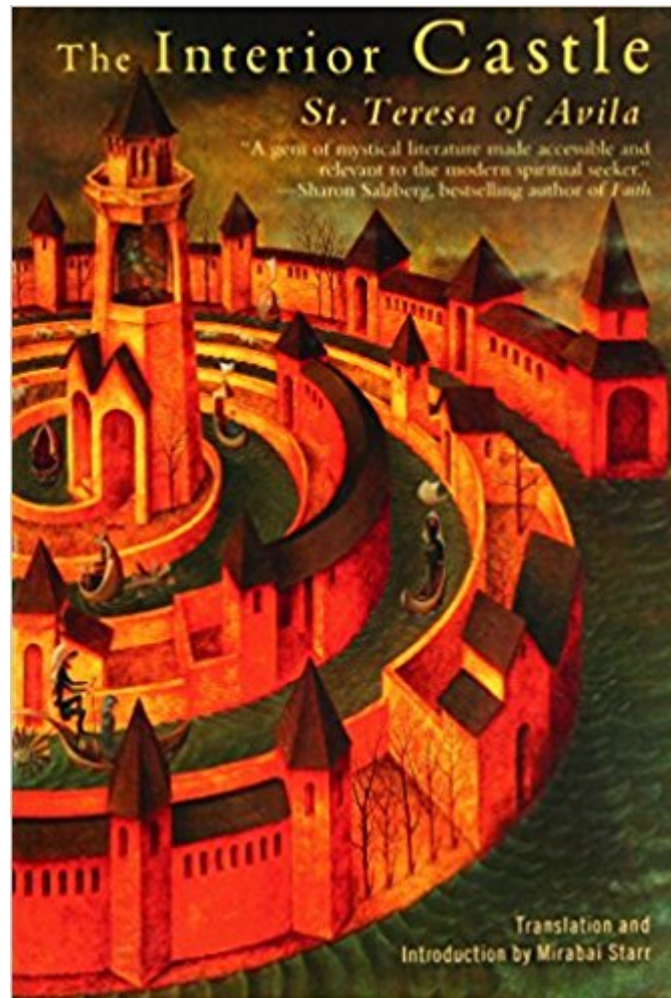




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# The Interior Castle



## Synopsis

The Æ acclaimed modern translation of Æ Æ St. Teresa of Avila's Æ Æ classic book on spiritual awareness and Æ Æ guidance Celebrated for almost five centuries as a master of spiritual literature, 16th-century saint Teresa of Avila is one of the most beloved religious figures in history. Overcome one day by a mystical vision of a crystal castle with seven chambers, each representing a different stage in spiritual development, Teresa immediately wrote *The Interior Castle*. Probably her most important and widely studied work, it guides the spiritual seeker through each stage of development until the soul's final union with the divine. Free of religious dogma, this modern translation renders St. Teresa's work a beautiful and practical set of teachings for seekers of all faiths in need of spiritual guidance. It also places this classic book on spirituality Æ Æ Æ Æ "a gem of mystical literature Æ Æ made accessible and relevant to the modern spiritual seeker" Æ Æ Æ Æ Sharon Salzberg Æ Æ Æ Æ in a contemporary context, reasserting its literary importance even after more than 400 years.

## Book Information

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## Customer Reviews

Æ Æ Æ Æ "A gem of mystical literature made accessible and relevant to the modern spiritual seeker. Æ Æ Æ Æ Æ Æ Sharon Salzberg, bestselling author of *Faith* Æ Æ Æ Æ "Mirabai Starr is revolutionizing our relationship with the great mystics. Her gorgeous translation of *The Interior Castle* is an instant classic. Starr has the poet Æ Æ Æ Æ Æ Æ's ear and meditative depth to do perfect justice to Teresa Æ Æ Æ Æ Æ Æ's priceless guide. Æ Æ Æ Æ Æ Æ Æ Æ Æ Æ Tim Farrington, author of *The Monk*

## Downstairs

Text: English, Spanish (translation) --This text refers to an alternate Paperback edition.

I love this book but I imagine it's not something everyone would enjoy. I'm a Christian but I'm not a Roman-Catholic. I found it an interesting insight into the mind of a 16th century nun, but for me the greatest value of this book is her spiritual perspective on prayer, which is the main theme of the book. She is obviously a seasoned veteran of prayer with great personal experience of communion with God. Reading her accounts of ecstatic experiences and her love of God is inspiring to me, as I'm sure it would be to anyone interested in deepening their relationship with God. There are moments wherein the writing is somewhat clunky and awkward but there are great heights of rapturous communion with God.

Love the book. Just disappointed that the print is TOO SMALL and too light. Forced me to purchase lighted magnifying glasses.

I read the Interior Castle while on a trip to Spain where we visited Avila and one of the convents she founded. The biography explains her deep devotion to the Lord and the conflicts it caused this strong and remarkable woman. Seeing some of her accomplishments in person made the story of her life more astonishing.

a bit heavy on spirituality...but nonetheless, i truly enjoyed learning the stages of prayer and mediation...and i am sure it has helped me in my spiritual life...

Although a timeless treasure, this is not always a book that all people can just pick up and read without an introduction. The reason for this is that Saint Teresa is describing her own spiritual and mystical experiences. In a sense, Saint Teresa is laying out the steps, or the course of action, that a person must take to discover all that God has planned for it in the Spiritual Life, right up to Divine union. Likewise, she says, "my intention is only to explain in turn the different experiences which occur on this road." However, throughout the book, she admits there can be gaps of understanding as to what we are reading. She tells us things like, "to explain to you what I should like is very difficult unless you have had personal experience..." or "When this experience comes to you, remember that it belongs to this innermost mansion..." and "Anyone who has experience of this, and

possesses more ability than I, will perhaps know how to express it." She also cautions the reader, again from her own experience and what she has known from others, "You will think this absurd, but it is what actually happens..." and also about being prepared, "You will laugh at my saying this and call it ridiculous, for you will all think courage is quite unnecessary...." Many aspects of introduction and commentaries can be found through the Institute of Carmelite Studies, in Washington, DC and on their website, for instance: [Carmelite Spirituality in the Teresian Tradition](#). There are also books like Dr. Susan Muto's [Where Lovers Meet: Inside the Interior Castle](#). This just might be a perfect companion or introduction to Saint Teresa's classic work. Dr. Muto states in the Preface, "There are few spiritual classics as essential to understanding the life of prayer as *The Interior Castle*. Its clarity, order, and beauty are undeniable, yet many readers have asked me to write a "translation" of the translation! I ask them to read this companion text side by side with the *Castle* itself. It is the masterpiece of a mystic whom I consider a personal mentor, of a saint and Doctor of the Church, who has taught as if she were still here." Having long been known for her numerous writings on the Spiritual Life and its formation, Dr. Muto is worth reading along with the *Castle* itself, letting an expert be a guide. On , you can take a look at the Chapter Headings of her book and get a look at the lay of the land. Saint Teresa's work, highly regarded by the experts, is a book of richness from which we can benefit greatly. With the above caveat, and on the feast of Saint Teresa of Avila, I highly recommend this great work. May it awaken in all of us the desire to ask the King for the courage to embark or persevere on this journey. Muto describes this as the courage to "open the door and penetrate the depths of this divine dwelling," and the "inner strength and the courage we need to continue our journey despite the obstacles strewn on our path;" because, in the *Interior Castle*, Muto she says Saint Teresa "teaches us the essential lessons we need to learn if we hope to enter heaven." Not bad for starters and the more advanced!! I have read it book form previously, but encountered a whole new experience listening to it as an audiobook.

Nothing more can be added to what has already been said in the other reviews. However, I do want to lend my voice in support of this translation by Allison Peers. The *Interior Castle* that I first read was this translation. I still prefer it to all others, although I also enjoy the Kavanaugh translation. I experienced a true conversion of heart reading the "*Interior Castle*," for in it I found validation in the spiritual experiences I had been having up till that point. This is why I heartily recommend this book.

Quotes from Teresa of Avila have always been inspirational to me. The book in its entirety was directed towards her sisters, and was less systematic in its presentation than I would have

expected--would be difficult to outline. That being said, it is a classic written by a saint and Doctor of the Church.

Delivered very quickly. Print is very acceptable. I'm so pleased, I expect to order another one for a friend.

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