

*Secular Order of Discalced Carmelites*

**FORMATION I – YEAR A**

# The Way of Perfection



The writings of St. Teresa of Avila are the expression of the charism of the Discalced Carmelites. The syllabus for this year of Formation introduces St. Teresa's *Way of Perfection*. Each session focuses on one theme or sub-theme to explain the life of prayer experienced and taught by St. Teresa.

*"The Way of Perfection* is an excellent introduction to the understanding of Teresian Carmelite spirituality and its main element of contemplative prayer. Through the sharing of her own experiences, Teresa explains the fundamental elements of prayer, while giving counsel on the weakness of the human condition and its struggles in prayer as one ascends the mountain of Carmel to seek Divine Union with the 'One Whom we know loves us.'" (Courtesy OCDS Washington Province)

The goal of studying *The Way of Perfection* is to become familiar with Discalced Carmelite spirituality, identify the foundations of prayer, and explore the diversity of paths and practical insights presented by St. Teresa of Avila.

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Excerpt from "Introduction to Formation I, Year A"

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