

Saint Teresa of Avila was a woman “for God,” a woman of prayer, discipline, and compassion. Her heart belonged to God. Her ongoing conversion was an arduous lifelong struggle, involving ongoing purification and suffering. She clung to God in life and in prayer. Her writings on prayer and contemplation are drawn from her experience: powerful, practical, and graceful. She was a woman of prayer; a woman for God.

Teresa was a woman “for others.” Though contemplative, she spent much of her time and energy seeking to reform herself and the Carmelites, to lead them back to the full observance of the primitive Rule. She founded over a half-dozen new monasteries. She traveled, wrote, fought—always to renew, to reform. In herself, in her prayer, in her life, in her efforts to reform, in all the people she touched, she was a woman for others, a woman who inspired and gave life.

Her writings, especially *The Way of Perfection* and *The Interior Castle*, have helped generations of believers.

In 1970, the Church gave her the title she had long held in the popular mind: Doctor of the Church.

St. Teresa’s Academy and Avila University are named in her honor.

An audiobook of *The Interior Castle* can be found [HERE](#)