

Participant Testimonies

St. Teresa of Avila doesn't teach us a method of prayer, she simply relates what happened to her and assures us that it can happen to us too. In essence Teresa shares her prayer testimony with us.

The personal prayer testimony is an essential element in the School of Carmelite Prayer. Participants share their personal experience with Silent Prayer and the impact it has had in their lives which is **key** to encouraging others to persevere on this divine path of silent prayer, the Royal Road to heaven.

Writing your own Carmelite Prayer Testimony

Consider including the following elements when writing your own personal Carmelite prayer testimony:

-Background information: family situation, religious upbringing, etc.

-Describe your spiritual **path** that led you to Carmelite prayer.

- Share your Daily Prayer Practice:

1/ **Logistics** or where do you practice prayer; have you set up a prayer corner in your home; do you use candles, a Bible passage, pictures etc.

2/ How do you **prepare** to enter into prayer? Do you sing, light a candle, kneel etc.?

3/ How do you deal with **distractions**?

4/ Describe the **fruits** of the practice of Carmelite prayer in your life?