

The Royal Road School of Prayer

Do not be frightened, daughters, by the many things you need to consider in order to begin this Divine Journey which is the [Royal Road to Heaven](#).

A great Treasure is gained by traveling this road. St. Teresa of Avila

The whole aim of any person who is beginning prayer –and don't forget this, because it's very important—

should be that he work and prepare himself with determination and every possible effort to bring his will into conformity with God's will.

Be certain that, as I shall say later, the greatest perfection attainable along the spiritual path lies in this conformity.

It is the person who lives in more perfect conformity who will receive more from the Lord and be more advanced on this road.

Don't think that in what concerns perfection there is some mystery or things unknown or still to be understood,

for in perfect conformity to God's will lies all our good. Teresa of Avila (C 2,8)

You are the light of the world.

A city set on a hill cannot be hidden;

nor does anyone light a lamp and put it under a basket,

but on the lamp stand, and it gives light to all who are in the house.

"Let your light shine before men in such a way that they may see your good works,

and glorify your Father who is in heaven. Mathew 5: 14-16

It is important to remember that we don't practice silent prayer only for ourselves but to share the love of Christ in the Church and in the World.

The Royal Road School of Prayer is found on *prayingwithteresaofavila.com* developed to give you some

easy-to-use tools to learn to practice Teresian prayer yourself and then to bring it to the people in the pews.

Just pick up these simple tools and use them to begin this journey inward to the heart through

the regular practice of Saint Teresa of Avila's Prayer of Recollection.

Yet I live, no longer I, but Christ lives in me;

insofar as I now live in the flesh, I live by faith in the Son of God

who has loved me and given himself up for me. Galations 20: 2

