

Carmelite Spirituality

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Defining Characteristics of Carmelite Prayer



- There are many schools of prayer in the Catholic tradition;
- St. Ignatius taught us a method of prayer as did St. Benedict;
- So, what distinguishes the Carmelite Way from the other traditions?

The Carmel offers
A **Way** of Prayer



Carmel
is the
Direct Path
to the
Heart

Cornerstone of Carmelite Spirituality



- God resides in the heart;
- I can reach Him, touch Him, embrace Him there through the virtues of Faith & Charity;
- A **relationship** then develops that answers the thirst for love within us all;
- It's a **Leap of Faith** into the Invisible!

Other Forms of Prayer



- Silent prayer doesn't compete with other forms of prayer;
- Silent prayer, an **exchange of friendship** with God, can be present in the other types of prayer;
- Silent prayer will help us to live other forms more 'interiorly';
- The opposite is also true, other forms of prayer will help us to enter into Silent Prayer.

Adoration, Confession, Thanksgiving, Supplication,
Vocal, Rote, Lectio Divina, Meditation

Remain in Christ's Presence



- St. Teresa recommended her sisters find **company** in prayer to transform the loneliness of the meditator into solitude;
- What better company than Jesus, the Master?
- Carmelite prayer is about being seen by Jesus and looking at Him in His humanity with the eyes of your soul.

Teresa's Way of Prayer



I tried as hard as I could
to keep Jesus Christ,
our Lord and our God,
present within me,
and that was my
Way of Prayer

Teresa of Avila (v 4 7)

A Life of Silent Prayer



A Life of Silent Prayer
has to be fed &
so continually sends us back
to meeting
Christ in the Sacraments
in
Community with the Faithful

Habit of Recollection



Regularly cultivated prayer
Introduces the
Habit of Recollection
into our lives
leading us into an
Interior Silence
which, one day when it pleases God,
will take over our
Deepest Self

Transformed in Love



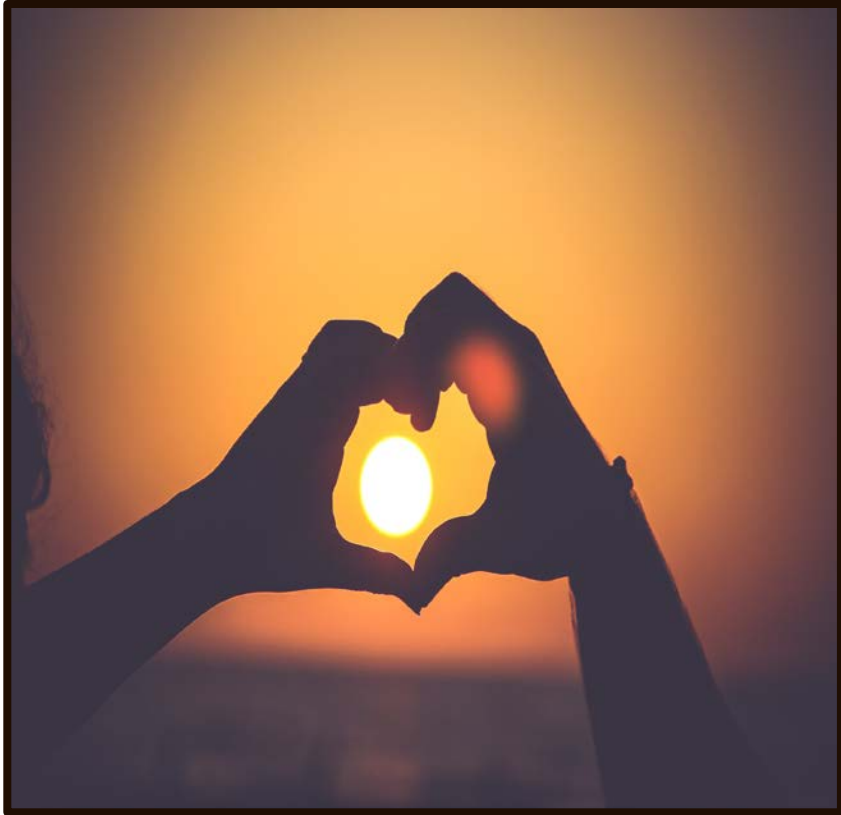
Carmel always orients us towards
God,
To accept his proposition of marriage,
of union;
to come under His gentle authority
by an act of faith;
to become one with Him;
I am made to be transformed
by Him in Love.

When Love is First



- Where love is first, Teresa tells us we will find a way;
- Through this way of prayer we experience passage into a new life;
- We stay for God, not for His consolations;

New Way of
Being Together



It is good to
be together for this practice
to encourage one another
to experience this
new way of being together