

Carmelite Spirituality

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Defining Characteristics of Carmelite Prayer

- There are many schools of prayer in the Catholic tradition.
- St. Ignatius, St. Benedict offered methods of prayer.
- The Carmel offers a **way** of prayer. It is a **direct path to the heart**.
- What **defines Carmel** is the belief that God lives in the heart and that we can reach Him there through the **Theological Virtues** of faith, hope and charity.
- A relationship results, **satisfying a person's thirst to be loved, loved by God**.
- I find Him within through faith & love;
- I have trust in Him. It is a **leap into the invisible**.

Other Forms of Prayer

- By other forms of prayer is meant Adoration, Confession, Thanksgiving, Supplication, Vocal, Rote, Lectio Divina, Meditation.
- 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 Silent Prayer.

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.

-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)

Personal Mystery

- A life of interior prayer must be fed;
- It continually sends us back to fraternal communion ... the meeting of Christ in the Sacraments in community with the faithful!

Goal of Prayer

- Regularly cultivated prayer will introduce habitual recollection into our lives;
- Our prayer leads us into silence, interior silence, like a conquest, like a gift;
- One day when it pleases God, silence will overtake our deepest selves;
- A loving silence is the only language that pleases Him;
- A silent love says John of the Cross.

Unification

- The place of unification of my being is within;
- All aspects of my being must come under the gentle authority of Christ by an act of faith...The gift of the whole self;
- Carmel always orients us towards God. To accept God's proposition of marriage, of union;
- I am made for this-to become one with God, to be transformed by Him, in love.

Conclusion

- A life of prayer is a passage into a new life; we stay here for God not for his consolations;
- It is good to be together for this practice to encourage one another---A new way of being together;
- Where love is first we will find a way** says St. Teresa of Avila.

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