

The Way of Perfection

by Saint Teresa of Avila

may be divided as follows

Introduction	Origins	
	Historical Context	
	Central Theme	
	Foundation of Prayer: Love of Neighbor, Detachment, Humility	
	A Method of Prayer	
Purpose of the Teresian Carmel		chs. 1-3
Foundations of Prayer: Love of Neighbor, Detachment, Humility		chs. 4-15
Diversity of Paths in Contemplative Communities		chs. 16-18
Prayer in General	Souls who cannot reason with the intellect	ch. 19
	In one way or another we never lack consolation on the Road of Prayer	ch. 20
	Importance of setting out on the Way of Prayer with Determination	ch. 21
	Explains Mental Prayer	ch. 22
	Importance of not turning back	ch. 23
	Vocal prayer practiced with perfection is closely related to mental prayer	ch. 24
	Great gain may be had when a soul practices vocal prayer perfectly	ch. 25
	Discusses methods of recollecting one's thoughts, how to do this, Good for beginners	ch. 26

Commentary on the Our Father	Our Father Christ as Master and Guide in Prayer	chs. 26-27
	Who art in Heaven Prayer of Recollection	chs. 28-29
	Hallowed be Thy Name Prayer of Quiet & Prayer of Union	chs. 30-31
	Thy will be done Abandonment to God's Will & Rapture	ch. 32
	Give us this Day The Eucharist	chs. 33-35
	Pardon us our Offenses Pardon of offenses & Detachment from Honor & Esteem	chs. 36-37
	Deliver us from evil Deliverance from Deception & Illusions	chs. 38-41
	Desires for Eternal Life	ch. 42