

Friends of Carmel: The Way of Perfection

1	Purpose of the Teresian Carmel (reformed)	Goal pursued at St. Joseph: serve God and His Church and not the world (end of chap.1- chap.2) Getting everything from God: place of poverty in convents	Chs. 1-3
2	Teresian Virtues: Foundations of Prayer-Love of Neighbor, Detachment, Humility	The 3 Virtues	4-15
		Brotherly Charity	4-7
		Detachment	8-9
		Detachment from external things	8-9
		Detachment from myself and humility	10-14
		Humility	15-16
		Game of Chess	16, 1-4
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		Why talk about virtues when she was asked to talk about contemplation? Contemplation to stop sinning.	
		Humility continued: the foundation of mental prayer gladly accepting with joy the path the Lord has planned for us.	17-18
3	The Our Father, the guide book to spiritual life		19-42
	3a. Principles of Spiritual Life: Mental Prayer & Determination		19-23
		Generalities of Mental Prayer	19- 20, 22
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