



The Interior Castle

Mirabai Starr, Teresa of Avila

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The acclaimed modern translation of St. Teresa of Avila's classic book on spiritual awareness and guidance

Celebrated for almost five centuries as a master of spiritual literature, 16th-century saint Teresa of Avila is one of the most beloved religious figures in history. Overcome one day by a mystical vision of a crystal castle with seven chambers, each representing a different stage in spiritual development, Teresa immediately wrote **The Interior Castle**. Probably her most important and widely studied work, it guides the spiritual seeker through each stage of development until the soul's final union with the divine. Free of religious dogma, this modern translation renders St. Teresa's work a beautiful and practical set of teachings for seekers of all faiths in need of spiritual guidance. It also places this classic book on spirituality —"a gem of mystical literature made accessible and relevant to the modern spiritual seeker" —Sharon Salzberg—in a contemporary context, reasserting its literary importance even after more than 400 years.

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