



From Ash to Fire: A Contemporary Journey Through the Interior Castle of Teresa of Avila (Paperback)

By Carolyn Humphreys

GRACEWING, United Kingdom, 2006. Paperback. Condition: New. New edition. Language: English . Brand New Book ***** Print on Demand *****.This excellent introduction to one of the most important spiritual classics of the Christian tradition is now reprinted in a new edition by popular demand. Full of solid insight, keen intuition and wise counsel for the spiritual journey, the book situates St Teresa s work in the context of the Carmelite tradition and of a contemporary understanding of holistic spirituality. One chapter is devoted to each of the seven spiritual mansions of The Interior Castle. From Ash to Fire is particularly useful for those who are at the beginning of the spiritual journey, but has many valuable insights for all readers. Carolyn Humphreys uses easy to follow, lay person s language to describe each spiritual stage, relating it to the corresponding human dimension. You may recognize yourself in many of her vivid examples that relate to everyday experiences. She delicately brings to light that authentic humanness comes through a person who is dependent on God and interdependent on others, and thus guides you along the way with sound advice. Carolyn Humphreys is a registered occupational therapist and a Secular Discalced Carmelite.



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