



## Mystical Wisdom for the Ages: Insights from Carmelite Saints and Mystics

**Course Summary**—How can two sixteenth century Spaniards and a nineteenth century French woman help men and women of the twenty-first century who are thirsting for deeper meaning and fulfilment in their lives? Over eight sessions, this online course will invite participants to explore the mystical wisdom of Saints Teresa of Avila, John of the Cross and Thérèse of Lisieux - three figures recognized as “Doctors of the Church.” We will consider the significance of each saint in their particular historical context and then contemplate the ways in which their life and writings crackle with relevance for people today seeking to grow in the spiritual life. Throughout the course, there will be opportunities to engage with selections from these mystics’ writings and commentaries on their contemporary importance, as well as scope to reflect upon how Teresa, John and Thérèse are meaningful to us personally.

### Course Outline

- Session One:** General introduction to the course. “Doctors of the Church”: What does this mean and for whom are such figures relevant? Why and how do we study the past?
- Session Two:** Teresa of Avila: Her context, life, and writings
- Session Three:** Teresa of Avila: Mystical wisdom for today
- Session Four:** John of the Cross: His context, life, and writings
- Session Five:** John of the Cross: Mystical wisdom for today
- Session Six:** Thérèse of Lisieux: Her context, life, and writings
- Session Seven:** Thérèse of Lisieux: Mystical wisdom for today
- Session Eight:** Other mystical teachers in the Carmelite tradition. Conclusion to the course.