

The Four Waters of Prayer



Taken from the Autobiography of St. Teresa of Avila, beginning in Chapter 11.

For "those who are beginning to be servants of love."

(Vida 11:1)

- **First Water** is from a well and carried in a bucket to the garden- refers to beginners, using discursive prayer of meditation, w/ some fatigue and aridity
- **Second Water** in which the gardener secures water through use of a windlass and bucket; "prayer of quiet," a passive prayer, gift of God
- **Third Water** uses irrigation from stream or river; "sleep of the faculties." (closely related to "quiet")
- **Fourth Water** is God given: the rain; state of union in prayer in which the soul is apparently passive.

Seven Dwelling Places

From the Interior Castle, or “Moradas” – dwellings- of
St. Teresa of Avila

Ascetical Prayer

- Vocal Prayer
- Discursive Meditation (Reason)
- Affective Prayer*
- Simple Prayer

Mystical Prayer

- Prayer of Quiet and Union
- Conforming Union
- Transforming Union

