

TERESA'S TEACHINGS ON PRAYER:

1. MOVE BEYOND "RECITING" OR READING PRAYERS

**2. VOCAL PRAYER -- be mindful/aware of the One to
whom you speak**

3. MEDITATION: pondering, reflecting, considering...

4. CONTEMPLATIONS: imagery prayer

5. RECOLLECTION: gather yourself, tranquil, silent

6. PRAYER OF QUIET: mind & senses quiet, stillness

**7. CONTEMPLATIVE PRAYER or UNION:
 oneness, infused, God's
 gift**