

THE SPIRIT OF THE SPANISH MYSTICS

Selected, translated and edited by Kathleen Pond

St John of the Cross and St Teresa of Avila are universally acknowledged to have attained the heights of mystical awareness of God's presence, but the Spain of their times was so pervaded with this awareness that it extended into every part of life.

Thus Miss Pond's selection includes not only Bernardino de Laredo's meditations on 'The Prayer, Agony and Sweat of Christ, the Lamb of God', Francesco de Osuna on 'The Three Manners of Silence' and Luis de Leon's treatise on the mystical significance of the *Canticle of Canticles*, but also straightforward advice on the ordering of the devotional life, such as Alonso Rodriguez' emphasis on 'The Importance of Spiritual Reading' or Tomas de Jesus on 'Preparation for Mental Prayer'. Many of these writers are here translated into English for the first time and many readers will find it both an introduction to the richness of Spanish mystical writing in the Golden Age and a source of valuable reflection and meditation to assist them in their own spiritual life.

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