

The Bachelor thesis with the title *The journey toward freedom: Inspired by Saint John of the Cross* sets oneself a goal to inform readers about spirituality and teaching of Saint John of the Cross. It tries to interdigitate two the most famous writings of Saint John of the Cross – it is the book *The Ascent of the Mount Carmel* and the book *The Dark Night* – with the Bible. The topic of the freedom is the main topic of the Bachelor thesis, especially the process of liberation the man from something and toward something. In the first part of the Bachelor thesis the reader gets to know the basic informations about life of Saint John of the Cross; about roots of Saint John's teaching; what is the foundation of the man and at the same time what is the aim of the one's life and for which he is calling. Next what is the cause for necessary free oneself. In the next chapters the reader learns about the important symbols, counsels and rules of Saint John's teaching and toward which he is inviting the man with his teaching. The second part of the Bachelor thesis deals in detail with individual parts of the process of liberation leads through the „dark night“ all the way to the „transcendental union“ the soul with the God, ergo to the „absolute freedom“.