

Key concept: Carmel, Pedagogy, mental prayer, Teresa of Jesus, Christian experience, love, humbleness, dispense

Short characterization:

This diploma theses tells about pedagogy of prayer according saint Teresa of Avila. The theses is divided to three parts. The first part is focused on history context where Teresa grows up and lives. This context has direct influence on her life of mental praying, her personal Christian experience with the Good that she made during prayer. Also this part deals with Teresa's personal perception of prayer, with the meaning of prayer for Teresa and also about the manner how Teresa prays. The second part of theses detailedly describes needed conditions for mental prayer that were important for Teresa and which Teresa taught her sisters in community and more described in her book *The Way of Perfection*. It is mainly mutual love, dispense from all created and real humbleness. The third part treats of connection interior prayer and Christian live and there are practical recommendation according saint Teresa of Jesus, what we shall to do when we would like to have practice in mental prayer with progress.