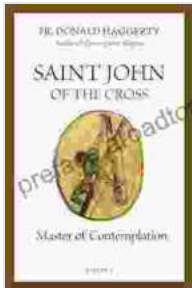


Saint John of the Cross: Master of Contemplation



Saint John of the Cross: Master of Contemplation

by Donald Haggerty

★★★★☆ 4.1 out of 5

Language : English

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Enhanced typesetting : Enabled

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Saint John of the Cross was a 16th-century Spanish mystic, poet, and Catholic priest. He is considered one of the greatest spiritual writers of all time, and his works have been translated into more than 30 languages.

Saint John of the Cross was born in Fontiveros, Spain, in 1542. He joined the Carmelite Free Download in 1563, and he was ordained a priest in 1567. He spent the rest of his life teaching, writing, and praying. Saint John of the Cross died in Úbeda, Spain, in 1591. He was canonized by Pope Benedict XIII in 1726.

Saint John of the Cross is best known for his writings on contemplation. He believed that contemplation is the highest form of prayer, and he wrote extensively about how to practice it. In his book *The Ascent of Mount*

Carmel, Saint John of the Cross describes the three stages of the contemplative life: the purgative way, the illuminative way, and the unitive way. The purgative way is the stage in which the soul is purified of its sins and attachments. The illuminative way is the stage in which the soul is filled with the light of God's grace. The unitive way is the stage in which the soul is united with God in love.

Saint John of the Cross's writings on contemplation have been a source of inspiration for countless people over the centuries. His work is a valuable resource for anyone who is seeking to deepen their relationship with God.

The Life of Saint John of the Cross

Saint John of the Cross was born in Fontiveros, Spain, on June 24, 1542. He was the youngest of three children of Gonzalo de Yepes and Catalina Alvarez. His father was a weaver, and his mother was a devout Catholic. Saint John of the Cross was baptized Juan de Yepes Álvarez.

Saint John of the Cross's parents were poor, but they were determined to give their children a good education. Saint John of the Cross attended the local school, where he excelled in his studies. He was especially interested in literature and poetry.

In 1563, at the age of 21, Saint John of the Cross joined the Carmelite Free Download. The Carmelites are a religious Free Download that was founded in the 12th century. The Carmelites live a life of poverty, chastity, and obedience. They are dedicated to prayer, study, and contemplation.

Saint John of the Cross spent the next few years studying and praying at the Carmelite monastery in Medina del Campo. In 1567, he was ordained a

priest. He then began teaching at the monastery. Saint John of the Cross was a gifted teacher, and his students were soon drawn to his deep spirituality.

In 1572, Saint John of the Cross met Saint Teresa of Ávila. Saint Teresa was a Spanish mystic and reformer. She was the founder of the Discalced Carmelites, a reformed branch of the Carmelite Free Download. Saint John of the Cross was deeply impressed by Saint Teresa's spirituality, and he soon became one of her closest followers.

Saint John of the Cross and Saint Teresa of Ávila worked together to reform the Carmelite Free Download. They founded several new monasteries and convents, and they wrote a number of books on spirituality.

In 1577, Saint John of the Cross was arrested by the Inquisition. He was accused of heresy, and he was imprisoned for nine months. During his imprisonment, Saint John of the Cross wrote some of his most famous works, including *The Dark Night of the Soul* and *The Ascent of Mount Carmel*.

After his release from prison, Saint John of the Cross continued to teach and write. He died in Úbeda, Spain, on December 14, 1591. He was canonized by Pope Benedict XIII in 1726.

The Teachings of Saint John of the Cross

Saint John of the Cross was a master of contemplation. He believed that contemplation is the highest form of prayer, and he wrote extensively about how to practice it. In his book *The Ascent of Mount Carmel*, Saint John of

the Cross describes the three stages of the contemplative life: the purgative way, the illuminative way, and the unitive way.

The purgative way is the stage in which the soul is purified of its sins and attachments. This stage can be difficult, as it involves letting go of everything that we hold dear. However, it is necessary if we want to reach the higher stages of contemplation.

The illuminative way is the stage in which the soul is filled with the light of God's grace. This stage is characterized by joy, peace, and love. The soul begins to see things in a new light, and it develops a deeper understanding of God.

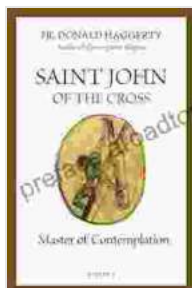
The unitive way is the stage in which the soul is united with God in love. This stage is the goal of the contemplative life. It is a state of perfect happiness and fulfillment. The soul is completely transformed by God's love, and it experiences a foretaste of heaven.

Saint John of the Cross's teachings on contemplation have been a source of inspiration for countless people over the centuries. His work is a valuable resource for anyone who is seeking to deepen their relationship with God.

The Legacy of Saint John of the Cross

Saint John of the Cross is one of the most important figures in the history of Christianity. His writings on contemplation have had a profound impact on the lives of millions of people. He is a true master of the spiritual life, and his work continues to inspire people today.

Saint John of the Cross is a model for all Christians who are seeking to grow closer to God. He shows us that it is possible to live a life of deep contemplation, even in the midst of the world's distractions. His work is a reminder that the spiritual life is a journey, and that it is never too late to begin.

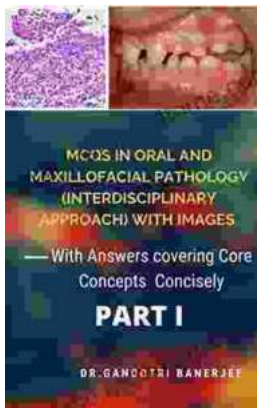


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