



# Treatise on Prayer and Meditation

*Peter of Alcantara*

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# Treatise on Prayer and Meditation

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## **Treatise on Prayer and Meditation** Peter of Alcantara

In this famous Treatise, St. Peter of Alcantara assists the Catholic soul to find devotion, that supernatural affection that removes distaste for spiritual effort and urges one on to serve God joyfully and generously. St Peter made this book short and simple, yet packed into it "all that is necessary to know about prayer." It is full of saintly counsels on prayer, which is the key to the entire spiritual life. The reader of the Treatise will access the classic Catholic wisdom on mental prayer, including what to think about, how to follow a method, when to disregard a method, the importance of the heart over the head, what to do in times of spiritual dryness and much more. This introduces souls to mental prayer as a means of obtaining all spiritual goods. St. Peter of Alcantara was a 16th - century Spaniard and a spiritual director of St. Teresa of Avila, the great Doctor of Prayer. He was known for his severe penances and after he died, he is said to have appeared to St. Teresa and exclaimed: "O blessed penance that has led me to Heaven!"

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Spent a free the perfect time to be fun activity to do! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, about to beach, or picnic inside park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled Treatise on Prayer and Meditation can be great book to read. May be it is usually best activity to you.

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Playing with family in a park, coming to see the water world or hanging out with close friends is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Treatise on Prayer and Meditation, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its called reading friends.

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