

Overview of Journey				Beatific vision	
	Purgative way	Illuminative way	Unitive way		
Teresa of Avila	Mansions one to three; turning away from sin; praying; growing in stable, well ordered, Catholic life.	Mansions four to six; recollection; prayer of quiet, prayer of union; union of wills; preparation for union by gifts and graces, interior and exterior trials.	Mansion seven, “spiritual marriage,” “perfect” but still faults and inadvertent venial sins are possible; great fruitfulness in prayer and action.	Knowing	
John of the Cross	“Beginners”; meditation; “active night of the senses” (<i>Ascent I</i>); “passive night of the senses” (<i>Dark Night I</i>).	“Proficients”; contemplation; “active night of the spirit” (<i>Ascent II, III</i>) (<i>Spiritual Canticle</i> 1-21); “passive night of the spirit”; “spiritual betrothal” (<i>Dark Night II</i>).	“Perfect,” habitual, contemplative union; “spiritual marriage” “transforming union” <i>Living Flame; Spiritual Canticle</i> 22-40).	and loving	
Catherine of Siena	“Slavish fear” (fear based turning to God); embrace of the feet of Christ (conversion).	“Mercenary love” (service of God motivated by reward); growing in prayer, virtue, stability (patience, obedience, humility); contemplating the wounded side of Christ.	“Filial love”; “love as a very dear friend” (love for the sake of the other); kiss of the mouth of Christ; union of contemplation and action.	as we	
Bernard of Clairvaux	“Natural affection” (loving those who love us); prostrate at the feet of Christ (repentance from sins, conversion).	“Liberty of spirit” (loving others as one loves oneself, hoping for gain); kissing the hands of Christ, (virtue, prayer, the fruits of repentance).	“Spousal love”; “friends of the Bridegroom” (universal love, even of enemies).	are known	
Francis De Sales	Turning away from mortal sin, venial sin, and the affection for sin; establishing ordered pattern of prayer; servile fear of hell.	Growing in virtue: humility, obedience, patience, poverty of spirit, detachment, stability of prayer, and love of neighbor; mercenary love, a servant looking for payment.	Ruled by love; spousal love; perfect union of wills, in the following of the commandments, counsels, and inspirations of the Holy Spirit; Jesus living in and through us; perfect love casts out fear but servile and mercenary motives still help in time of temptation.	and loved.	