

St. Teresa of Avila's Seven Mansions

| Mansion(s) | Prayer | Virtue | Souls Traits |
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| First | A few times a month. No recollection. Vocal prayer. | Lacks humility and self-knowledge. | Attached to worldly affairs. Deaf and dumb to things of God. |
| Second | Has begun to practice it regularly. Recollection comes gently. | Infantile virtues. Needs perseverance and inner peace. | Grief over inability to do God's will. Hears God's call. Faculties war against the soul. |
| Third | Spends hours in recollection. Prayer is becoming simpler. | Practiced, but not yet confirmed in it. Avoids even venial sins. | Always ready for battle. Uses time well. |
| Fourth | Beginnings of infused contemplation: recollection and prayer of quiet. | Sudden growth in virtue, seemingly without effort. | Loses craving for temporal things. |
| Fifth | Prayer of union. Faculties suspended. | Must continue to work on humility and love of neighbor. | Blind and deaf. Can't understand what's happening. Feels like a stranger in the world. |
| Sixth | Extraordinary phenomena: ecstasies and raptures, locutions and visions. Spiritual betrothal. | Great courage needed. | Vehement desire for God and for self-sacrifice in order to reach greater union. |
| Seven | Spiritual marriage/transforming union. | To live is Christ and to die is gain. | Ecstasies and raptures cease. The soul sees and understands. |

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| Temptations | Advice | Other |
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| False humility that keeps the soul paralyzed with fear. | Focus on God and His greatness. Cut out all unnecessary affairs. Start meditating on Scripture. | |
| Fear of penance. Clinging to earthly pleasures and esteem of others. | Reflect on the shortness of life. Choose godly companions. Consult experienced people. Embrace the cross. Conform to God's will. | |
| Concerned about health. Still tempted by wealth and esteem. Shocked by bad behavior. | Be patient with your progress. Humbly accept trials and setbacks. Do light penances. | |
| Trying to achieve or prolong infused prayer by one's actions. Excessive use of vocal prayer. | Be receptive in prayer. Don't think much--love much. Ignore distractions. Practice detachment and solitude. | |
| | Perform ordinary tasks carefully. | |
| Interior and exterior trials cause the soul to question whether God rejects her. Ordinary occupations become burdensome. | Never leave the side of Christ, even in the highest forms of prayer. | |
| Profound interior peace helps soul deal with exterior trials. | Do with love the work that is at hand, great or little. | |