Correctly implemented educational process aims at self-education as its most mature phase. It is based on the subject’s activity reflected in the involvement in the creation of one’s self. Man’s contact with God is a specific area of the implementation of self-education where man’s powers are being prepared to achieve complete deification. The broad perspective of man’s involvement in the process of purification based on Ascent of Mount Carmel by St. John of the Cross makes it possible to relate mystical experiences to educational theory. In this way, the understanding of self-education becomes deeper and broader in scope.