

“Seriously concentrate on the effort to abide continually in the deep center of your spirit, offering to God that ... naked, blind awareness of your being.”



“ Greater and more perfect attention advances continually towards that which lies further within; it is there that it sees God.”

“The grace of Contemplative Prayer induces a spiritual sleep for our restless spiritual faculties,

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Imagination and Reason.
These are securely bound
and utterly emptied.
The spirit, then, is freed to
sleep soundly and rest quietly
in loving contemplation
of God, simply as He is.”



“Bind up your faculties by refusing to work with them and be absorbed, instead, in offering to God that naked, blind awareness of your own being.”