

MORNING - DAY 1

➤ Out of all His flock, He has lovingly chosen you to be one of His special friends. He has led you to sweet meadows and nourished you with His love, strengthening you to press-on so as to take possession of your heritage in His kingdom.

➤ Pursue your course relentlessly. If you wish to keep growing, you must nourish in your heart the lively longing for God. Though this loving desire is certainly God's gift, it is up to you to nurture it.

➤ All He asks of you is that you fix your love on Him and Him alone. Our Lord is always ready. He waits only for your cooperation.

Cloud of Unknowing – Chapter 2

<<>>

MORNING - DAY 2

- Lift your heart up to the Lord, with a gentle stirring of love, desiring Him for His own sake **Center all your attention and desire on Him** and let this be the sole concern of your mind and heart.
- The contemplative work of the spirit ... gives God the greatest delight. **Your own spirit is purified and strengthened by this contemplative work.** Without His grace, it is quite beyond you.

C. of U. - Chapter 3

<<>>

MORNING – DAY 3

➤ This work is ... the shortest you can imagine; as brief as an atom. Your principal spiritual faculty, the will, needs only this brief fraction of a moment to move toward the object of its desire.

➤ Truly this is the unending miracle of love: that one loving person, through his love, can embrace God, whose Being fills and transcends the entire creation. And [this marvelous work of love goes on forever](#), for He Whom we love is eternal.

➤ He who, *with the help of God's grace*, **becomes aware of the will's constant movements and learns to direct them toward God** ... even in this life and, certainly, in the next, he will savor it fully.

<<>>

**To wait within is the hardest ...
doomed to all that slowness.**

<<>>

➤ When it is genuine, it is simply a spontaneous desire springing suddenly toward God like spark from fire. [It is amazing how many loving desires arise from the spirit of a person who is accustomed to this work.](#)

➤ Perhaps only one of these [loving desires] will be completely free from attachment to some created thing. But no matter. No harm is done; for such a person quickly returns to deep recollection.

➤ For the love of God, never strain your mind or imagination, for truly you will not succeed this way. Leave these faculties at peace.

➤ I have not said “cloud,” but *Cloud of Unknowing*. For, [it is a darkness of unknowing that lies between you and your God.](#)

MORNING - DAY 4

➤ To take up *the contemplative work of love* -- you must fashion a *cloud of forgetting* beneath you, between you and every created thing.

➤ The *cloud of unknowing* will perhaps leave you with the feeling that you are far from God. But no, if it is authentic, only the absence of a *cloud of forgetting* keeps you from Him now.

➤ I tell you that everything you dwell upon during this work becomes an obstacle to union with God. For if your mind is cluttered with these concerns there is no room for Him.<>>

➤ Let your mind rest in the awareness of Him in His naked existence and ... love and praise Him for what He is in Himself.

C. of U. – Chapter 5

MORNING - DAY 5

➤ **God alone I seek and desire, only Him.**

➤ Whenever you feel drawn by grace to the contemplative work and are determined to do it ... simply **raise your heart to God with a gentle stirring of love**. A naked intent toward God, the desire for Him alone, is enough.

➤ **Gather all your desire into one simple word.**

Choose one that is meaningful to you. Then fix it in your mind, so that it will remain there, come what may. This word will be your defense in conflict and in peace. **Use it to beat upon the cloud of darkness above you** and to subdue all distractions, consigning them to the *cloud of forgetting* beneath you.

➤ Should some thought go on annoying you, demanding to know what you are doing, answer with **this one word** alone. Remind yourself that ... **its value lies in its simplicity.**

C. of U. – Chapter 7

<<>>

MORNING - DAY 6

➤ You must reject all **clear conceptualizations** whenever they arise, and they inevitably will, during the blind work of contemplative love. **If you do not conquer them, they will surely conquer you.**

➤ I tell you this, **one loving blind desire for God alone** ... is more valuable in itself, more pleasing to God ... than anything else you could do.

➤ With great longing for Him, enter into this cloud. Or rather, I should say,

**let God awaken your longing
and draw you to Himself in this cloud,
while you strive ... with the help of His grace
... to forget everything else.**

➤ Surely ... if you are seeking God alone, you will never rest contented with anything less than God.

C. of U. – Chapter 9

<<>>

MORNING – DAY 9

➤ **It would not even occur to a person to desire contemplative love were it not already alive within him.**

➤ It is in the nature of this gift that one who receives it receives also the aptitude for it.

➤ You possess [the reality of contemplative prayer] it **to the extent that you will and desire to possess it**, no more and no less.

<<>>

➤ Remain blind during this time cutting away all desire to know, **Forget everything but God, and fix on Him your naked desire**, let your longing be stripped of all self-interest.

➤ Be full of confidence that it really is **God** who, **all alone, awakens your will and desire.**

C. of U. – Chapter 34

<<>>

MORNING - DAY 10

➤ This little *prayer of one syllable* ...: a man who prays like this prays with all the **height and depth and length and breadth of his spirit**.

➤ It is with this prayer that a person comes to understand, with all the saints, the length and breadth and height and depth of the eternal, gracious, almighty, and omniscient God, as St. Paul says (Ephesians 3:18). Not completely, of course, but partially and **in that obscure manner characteristic of contemplative knowledge**.

➤ **Length** speaks of **God's eternity**, **breadth** of **His love**, **height** of **His power**, **depth** of **His wisdom**.

C. of U. – Chapter 38

<<>>

MORNING – DAY 11

The English author of *The Cloud of Unknowing* writes of an *holistic* dimension in contemplation:

➤ “ I tell you the truth when I say that this work [of contemplation] demands great serenity, an integrated and pure disposition in soul and body. ... God forbid that I should separate what God has coupled: the body and the spirit.”

C. of U. Ch. 41, 48]

<<>>

MORNING – DAY 12

➤ In *love* take no measure. Indeed, I wish that you had never to cease from *this work of love*.

➤ I counsel you to remain at it always, either in earnest or, as it were, playfully. What I mean is that *through desire* you can remain with it even when other things intervene.

➤ I am serious when I say that **this work demands a relaxed, healthy, and vigorous disposition of both body and spirit.**

C. of U. – Chapter 41

<<>>

MORNING – DAY 14

➤ **It is so important that we concentrate *our whole energy and attention* on this gentle stirring of love in the will.**

➤ God in His great wisdom determines what is best for each one. *There are [those] so spiritually virile that ... they find enough consolation in the reverent offering of this gentle, little love and in the sweet harmony of their hearts with God's.*

C. of U. – Chapter 50

<<>>