

# Contemplation and Adoration

## Concerning Selections from "The Life of Adoration".

Selections are from Marie Angot's excellent treatise, "The Life of Adoration." \* Inclusion of these notes is not extraneous to the theme of contemplation.

\* Marie Benoit Angot is Foundress of the canonically- approved [Houses of Adoration](#).

Teresa of Avila once wrote of contemplation's arduous journey in the following words: "Sometimes, in distress, I said: 'Why is it, Lord, that you command things that seem impossible?'"

In truth, contemplation, absent adoration of Jesus Eucharist ( i.e. the loving gaze directed towards Jesus in the Eucharist) will, for most, be demoralizing; time spent fighting off the *monkey chatter* described so aptly by Henri Nouwen ( Day 2 / Compline).

The anonymous Author of [The Cloud of Unknowing](#) over and again asks his reader to abandon Self and gently stir the heart to love. This imperative of radical abandonment of Self in a *cloud of unknowing* is contemplation's heavy and elusive *yoke*\*. That yoke, however, becomes *light and easy* once one consecrates Self to adoration of the Living Jesus in the Eucharist.

\* The Desert Fathers, Teresa and John of the Cross, as well as contemporary mystics, testified to this image of contemplation as a *yoke* over and over.

Adoration is, by its very nature, an act of Self *abandon*. It is letting oneself be taken over by Jesus, Who, Himself, acts through us. Angot writes that adoration /gazing on Jesus in the Blessed Sacrament is:

" ... an impulse which rushes out from all our being in order to align itself, like the needle on a compass, with the living person of Christ ... a meeting of the soul with Jesus."

Perhaps Isaac of Nineveh comes closest to linking the counsel of [Cloud of Unknowing](#) and Benoit's teaching on "Love in Adoration.":

" ... the mind is lovingly involved ... the gaze of its stirring is drawn by the eye of faith inside the veil of the heart, and the entries of the soul and thereby fenced-off, keeping out those alien thoughts, which are called "strangers" who are not permitted by the Law to venture inside the Tent of Witness ...."

While *Between the Clouds* offers many mile-markers for the journey called "Contemplative Love", [Love in Adoration](#) is a light and easy yoke that actually takes as its starting-point the very *summit* of contemplation's journey:

"During Love in Adoration, we rest our gaze upon the Living Jesus in the Eucharist and all of our being turns towards Him. When our gaze turns to Jesus, our hearts and minds are drawn along in the same direction. A conversion takes place in the deepest parts of our being, allowing Christ to effect a transformation of our beings in Him, until we are transfigured." (Marie Angot)

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