

"Thus there is a silence of the tongue, a silence of the whole body, the silence of the soul, the silence of the mind, and there is the silence of the spirit.

The **silence of the body** is when the entire body is in a sort of death, unoccupied by anything.

The **silence of the mind** is when the mind is purified from cunning and inventive craftiness.

The **silence of the soul** is when there are no thoughts bursting forth within it, hindering recollection.

The **silence of the spirit** is when all its movements are stirred solely by Being; in this state, it is aware ...

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that the silence which is upon it is, itself, *silent*."

Abraham of Nathpar

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" Most of my prayer is completely inarticulate. I just, mentally, keep slipping the catch that yields my whole soul to love."

Thomas Merton