

***The following are quotations about the nature and experience of contemplation, drawn primarily from Christian mystics and authors throughout the centuries.***

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Christ filling the hearing, sight, touch, taste, and every sense

***Origen***

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Divine wakefulness  
with pure and naked intuition

***Gregory of Nyssa***

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With the flash of one trembling glance, my mind  
arrived at  
THAT WHICH IS,  
but I could not fix my gaze thereon

***Augustine***

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Utter pureness,  
myriad lightnings,  
flashing forth,  
beyond all being

***Pseudo-Dionysius***

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The mind, gazing upon the universe of God's handiwork,  
rapt by the divine and infinite light

***Maximus the Confessor***

---

The mind stolen from itself  
by the ineffable sweetness  
of the Word

***Bernard of Clairvaux***

---

Seeing truth  
in purity  
and simplicity

***Richard of St. Victor***

---

The alertness  
which finds everything plain  
and grasps it clearly  
with entire apprehension

***Hugh of St. Victor***

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Receiving the clarity of God  
without any means;  
a single nakedness  
that embraces all things

***Jan Van Ruysbroek***

---

A blind feeling  
of one's own being,  
stretching unto God

***The Cloud of Unknowing***

---

The enlightening of the understanding, joined to the  
joys of God's love

***Walter Hilton***

---

Right understanding,  
with true longing, absolute trust,  
and sweet grace-giving mindfulness

***Julian of Norwich***

---

Hanging  
by God's thread  
of pure Love

***Catherine of Genoa***

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The secret of Christian contemplation  
is that it faces us with Jesus Christ  
toward our suffering world  
in loving service and just action

***Catherine of Siena***

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Finding God  
in all things

***Ignatius of Loyola***

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Awareness  
absorbed and amazed

***Teresa of Avila***

---

The window of the soul  
cleansed perfectly  
and made completely transparent  
by the divine light

***John of the Cross***

---

The pure, loving gaze  
that finds God  
everywhere

***Brother Lawrence***

---

The mind's loving, unmixed,  
permanent attention

to the things of God

***Francis de Sales***

---

Seeing God in everything  
and everything in God  
with completely extraordinary clearness  
and delicacy

***Marie of the Incarnation***

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The pure, virgin awareness  
of a little child  
in the state of innocence

***Thomas Traherne***

---

Continual communion  
through all things  
by quite simply doing everything  
in the presence of the Holy Trinity

***Elizabeth of the Trinity***

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The world becoming luminous  
from within  
as one plunges  
breathlessly  
into human activity

***Pierre Teilhard de Chardin***

---

Seeing through exterior things,  
and seeing God  
in them

***Thomas Merton***

---

A continual condition  
of prayerful sensitivity  
to what is really going on

***Douglas Steere***

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Looking deeply at life  
as it is  
in the very here and now

***Thich Nhat Hanh***

---

A long, loving look...

***William McNamara***

---

A long, loving look at the real

***Walter Burghardt***

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Continually renewed immediacy

***Thomas Kelly***

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Awakening to the presence of God in the human heart and in the universe which is around us... knowledge by love.

***Dom Bede Griffiths***

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