

A BOOK OF  
CONTEMPLATION which  
IS CALLED THE CLOUD  
OF UNKNOWING, IN  
WHICH A SOUL IS ONED  
WITH GOD

With an Introduction by Evelyn Underhill

JOHN M. WATKINS  
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## INTRODUCTION

THE little family of mystical treatises which is known to students as "the Cloud of Unknowing group," deserves more attention than it has hitherto received from English lovers of mysticism: for it represents the first expression in our own tongue of that great mystic tradition of the Christian Neoplatonists which gathered up, remade, and "salted with Christ's salt" all that was best in the spiritual wisdom of the ancient world.

That wisdom made its definite entrance into the Catholic fold about A.D. 500, in the writings of the profound and nameless mystic who chose to call himself "Dionysius the Areopagite." Three hundred and fifty years later, those writings were translated into Latin by John Scotus Erigena, a scholar at the court of Charlemagne, and so became available to the ecclesiastical world of the West. Another five hundred years elapsed, during which their influence was felt, and felt strongly, by the mystics of every European country: by St. Bernard, the Victorines, St. Bonaventura, St. Thomas Aquinas. Every reader of Dante knows the part which they play in the *Paradiso*. Then, about the middle of the 14th century, England - at that time in the height of her great mystical period - led the way with the first translation into the vernacular of the Areopagite's work. In *Dionise Hid Divinite*, a version of the *Mystica Theologia*, this spiritual treasure house was first made accessible to those outside the professionally religious class. Surely this is a fact which all lovers of mysticism, all "spiritual patriots," should be concerned to hold in remembrance.

It is supposed by most scholars that *Dionise Hid Divinite*, which - appearing as it did in an epoch of great spiritual vitality - quickly attained to a considerable circulation, is by the same hand which wrote the *Cloud of Unknowing* and its companion books; and that this hand also produced an English paraphrase of Richard of St. Victor's *Benjamin Minor*, another work of much authority on the contemplative life. Certainly the influence of Richard is only second to that of Dionysius in this unknown mystic's own work - work, however,

which owes as much to the deep personal experience, and extraordinary psychological gifts of its writer, as to the tradition that he inherited from the past.

Nothing is known of him; beyond the fact, which seems clear from his writings, that he was a cloistered monk devoted to the contemplative life. It has been thought that he was a Carthusian. But the rule of that austere order, whose members live in hermit-like seclusion, and scarcely meet except for the purpose of divine worship, can hardly have afforded him opportunity of observing and enduring all those tiresome tricks and absurd mannerisms of which he gives so amusing and realistic a description in the lighter passages of the Cloud. These passages betray the half humorous exasperation of the temperamental recluse, nervous, fastidious, and hypersensitive, loving silence and peace, but compelled to a daily and hourly companionship with persons of a less contemplative type: some finding in extravagant and meaningless gestures an outlet for suppressed vitality; others overflowing with a terrible cheerfulness like "giggling girls and nice japing jugglers"; others so lacking in repose that they "can neither sit still, stand still, nor lie still, unless they be either wagging with their feet or else somewhat doing with their hands." Though he cannot go to the length of condemning these habits as mortal sins, the author of the Cloud leaves us in no doubt as to the irritation with which they inspired him, or the distrust with which he regards the spiritual claims of those who fidget.

The attempt to identify this mysterious writer with Walter Hilton, the author of *The Scale of Perfection*, has completely failed: though Hilton's work - especially the exquisite fragment called the *Song of Angels* - certainly betrays his influence. The works attributed to him, if we exclude the translations from Dionysius and Richard of St. Victor, are only five in number. They are, first, *The Cloud of Unknowing* - the longest and most complete exposition of its author's peculiar doctrine - and, depending from it, four short tracts: *The Epistle of Prayer*, *The Epistle of Discretion in the Stirrings of the Soul*, *The Epistle of Privy Counsel*, and *The Treatise of Discerning of Spirits*. Some critics have even disputed the claim of the writer of the Cloud to the authorship of

these little works, regarding them as the production of a group or school of contemplatives devoted to the study and practice of the Dionysian mystical theology; but the unity of thought and style found in them makes this hypothesis at least improbable. Everything points rather to their being the work of an original mystical genius, of strongly marked character and great literary ability: who, whilst he took the framework of his philosophy from Dionysius the Areopagite, and of his psychology from Richard of St. Victor, yet is in no sense a mere imitator of these masters, but introduced a genuinely new element into mediaeval religious literature.

What, then, were his special characteristics? Whence came the fresh colour which he gave to the old Platonic theory of mystical experience? First, I think, from the combination of high spiritual gifts with a vivid sense of humour, keen powers of observation, a robust common-sense: a balance of qualities not indeed rare amongst the mystics, but here presented to us in an extreme form. In his eager gazing on divinity this contemplative never loses touch with humanity, never forgets the sovereign purpose of his writings; which is not a declaration of the spiritual favours he has received, but a helping of his fellow-men to share them. Next, he has a great simplicity of outlook, which enables him to present the result of his highest experiences and intuitions in the most direct and homely language. So actual, and so much a part of his normal existence, are his apprehensions of spiritual reality, that he can give them to us in the plain words of daily life: and thus he is one of the most realistic of mystical writers. He abounds in vivid little phrases - "Call sin a lump": "Short prayer pierces heaven": "Nowhere bodily, is everywhere spiritual": "Who that will not go the strait way to heaven, . . . shall go the soft way to hell." His range of experience is a wide one. He does not disdain to take a hint from the wizards and necromancers on the right way to treat the devil; he draws his illustrations of divine mercy from the homeliest incidents of friendship and parental love. A skilled theologian, quoting St. Augustine and Thomas Aquinas, and using with ease the language of scholasticism, he is able, on the other hand, to express the deepest speculations of mystical philosophy without

resorting to academic terminology: as for instance where he describes the spiritual heaven as a "state" rather than a "place":

"For heaven spiritual is as nigh down as up, and up as down: behind as before, before as behind, on one side as other. Insomuch, that whoso had a true desire to be at heaven, then that same time he were in heaven spiritual. For the high and the next way thither is run by desires, and not by paces of feet."

His writings, though they touch on many subjects, are chiefly concerned with the art of contemplative prayer; that "blind intent stretching to God" which, if it be wholly set on Him, cannot fail to reach its goal. A peculiar talent for the description and discrimination of spiritual states has enabled him to discern and set before us, with astonishing precision and vividness, not only the strange sensations, the confusion and bewilderment of the beginner in the early stages of contemplation - the struggle with distracting thoughts, the silence, the dark - and the unfortunate state of those theoretical mystics who, "swollen with pride and with curiosity of much clergy and letterly cunning as in clerks," miss that treasure which is "never got by study but all only by grace"; but also the happiness of those whose "sharp dart of longing love" has not "failed of the target, which is God." A great simplicity characterises his doctrine of the soul's attainment of the Absolute. For him there is but one central necessity: the perfect and passionate setting of the will upon the Divine, so that it is "your love and your meaning, the choice and point of your heart." Not by deliberate ascetic practices, not by refusal of the world, not by intellectual striving, but by actively loving and choosing, by that which a modern psychologist has called "the synthesis of love and will" does the spirit of man achieve its goal. "For silence is not God," he says in the Epistle of Discretion, "nor speaking is not God; fasting is not God, nor eating is not God; loneliness is not God, nor company is not God; nor yet any of all the other two such contraries. He is hid between them, and may not be found by any work of your soul, but all only by love of your heart. He may not be known by reason, He may not be gained by thought, nor concluded by understanding; but He

may be loved and chosen with the true lovely will of your heart. . . .  
Such a blind shot with the sharp dart of longing love may never fail of  
the target, which is God."

To him who has so loved and chosen, and "in a true will and by an  
whole intent purposes to be a perfect follower of Christ, not only in  
active living, but in the sovereignest point of contemplative living,  
which is possible by grace to be come to in this present life," these  
writings are addressed. In the prologue of the Cloud of Unknowing we  
find the warning, so often prefixed to mediaeval mystical works, that it  
shall on no account be lent, given, or read to other men: who could not  
understand, and might misunderstand in a dangerous sense, its  
peculiar message. Nor was this warning a mere expression of literary  
vanity. If we may judge by the examples of possible misunderstanding  
against which he is careful to guard himself, the almost tiresome  
reminders that all his remarks are "spiritual, not bodily meant," the  
standard of intelligence which the author expected from his readers  
was not a high one. He even fears that some "young presumptuous  
spiritual disciples" may understand the injunction to "lift up the  
heart" in a merely physical manner; and either "stare in the stars as if  
they would be above the moon," or "travail their fleshly hearts  
outrageously in their breasts" in the effort to make literal "ascensions"  
to God. Eccentricities of this kind he finds not only foolish but  
dangerous; they outrage nature, destroy sanity and health, and "hurt  
full sore the silly soul, and make it fester in fantasy feigned of fiends."  
He observes with a touch of arrogance that his book is not intended  
for these undisciplined seekers after the abnormal and the  
marvellous, nor yet for "fleshly janglers, flatterers and blamers, . . . nor  
none of these curious, lettered, nor unlearned men." It is to those who  
feel themselves called to the true prayer of contemplation, to the  
search for God, whether in the cloister or the world - whose "little  
secret love" is at once the energizing cause of all action, and the  
hidden sweet savour of life - that he addresses himself. These he  
instructs in that simple yet difficult art of recollection, the necessary  
preliminary of any true communion with the spiritual order, in which  
all sensual images, all memories and thoughts, are as he says, "trodden

down under the cloud of forgetting" until "nothing lives in the working mind but a naked intent stretching to God." This "intent stretching" - this loving and vigorous determination of the will - he regards as the central fact of the mystical life; the true heart of effective prayer. Only by its exercise can the spirit, freed from the distractions of memory and sense, focus itself upon Reality and ascend with "a secret love pressed" to that "Cloud of Unknowing" - the Divine Ignorance of the Neoplatonists - wherein is "knit up the spiritual knot of burning love betwixt you and your God, in spiritual onehead and according of will."

There is in this doctrine something which should be peculiarly congenial to the activist tendencies of modern thought. Here is no taint of quietism, no invitation to a spiritual limpness. From first to last glad and deliberate work is demanded of the initiate: an all-round wholeness of experience is insisted on. "A man may not be fully active, but if he be in part contemplative; nor yet fully contemplative, as it may be here, but if he be in part active." Over and over again, the emphasis is laid on this active aspect of all true spirituality - always a favourite theme of the great English mystics. "Love cannot be lazy," said Richard Rolle. So too for the author of the Cloud energy is the mark of true affection. "Do forth ever, more and more, so that you be ever doing. . . . Do on then fast; let see how thou bearest thou. Seest thou not how He stands and waits for you?"

True, the will alone, however ardent and industrious, cannot of itself set up communion with the supernal world: this is "the work of only God, specially wrought in what soul that Him like." But man can and must do his part. First, there are the virtues to be acquired: those "ornaments of the Spiritual Marriage" with which no mystic can dispense. Since we can but behold that which we are, his character must be set in order, his mind and heart made beautiful and pure, before he can look on the triple star of Goodness, Truth, and Beauty, which is God. Every great spiritual teacher has spoken in the same sense: of the need for that which Rolle calls the "mending of life" - regeneration, the rebuilding of character - as the preparation of the contemplative act.



For the author of the Cloud all human virtue is comprised in the twin qualities of Humility and Charity. He who has these, has all. Humility, in accordance with the doctrine of Richard of St. Victor, he identifies with self-knowledge; the terrible vision of the soul as it is, which induces first self-abasement and then self-purification - the beginning of all spiritual growth, and the necessary antecedent of all knowledge of God. "Therefore take-bearer and sweat in all that you can and mayst, to get you a true knowing and a feeling of yourself as you are; and then I know that soon after that, you shall have a true knowing and a feeling of God as He is."

As all man's feeling and thought of himself and his relation to God is comprehended in Humility, so all his feeling and thought of God in Himself is comprehended in Charity; the self-giving love of Divine Perfection "in Himself and for Himself" which Hilton calls "the sovereign and the essential joy." Together these two virtues should embrace the sum of his responses to the Universe; they should govern his attitude to man as well as his attitude to God. "Charity is nought else . . . but love of God for Himself above all creatures, and of man for God even as yourself."

Charity and Humility, then, together with the ardent and industrious will, are the necessary possessions of each soul set upon this adventure. Their presence it is which marks out the true from the false mystic: and it would seem, from the detailed, vivid, and often amusing descriptions of the sanctimonious, the hypocritical, the self-sufficient, and the self-deceived in their "diverse and wonderful variations," that such a test was as greatly needed in the "Ages of Faith" as it is at the present day. Sham spirituality flourished in the mediaeval cloister, and offered a constant opportunity of error to those young enthusiasts who were not yet aware that the true freedom of eternity "comes not with observation." Affectations of sanctity, pretence to rare mystical experiences, were a favourite means of advertisement. Psychic phenomena, too, seem to have been common: ecstasies, visions, voices, the scent of strange perfumes, the hearing of sweet sounds. For these supposed indications of Divine favour, the author of the Cloud

has no more respect than the modern psychologist: and here, of course, he is in agreement with all the greatest writers on mysticism, who are unanimous in their dislike and distrust of all visionary and auditive experience. Such things, he considers, are most often hallucination: and, where they are not, should be regarded as the accidents rather than the substance of the contemplative life - the harsh rind of sense, which covers the sweet nut of "pure ghostliness." Were we truly spiritual, we should not need them; for our communion with Reality would then be the direct and ineffable intercourse of like with like.

Moreover, these automatisms are amongst the most dangerous instruments of self deception. "Often," he says of those who deliberately seek for revelations, "the devil feigns quaint sounds in their ears, quaint lights and shining in their eyes, and wonderful smells in their noses: and all is but falsehood." Hence it often happens to those who give themselves up to such experiences, that "fast after such a false feeling, comes a false knowing in the Fiend's school: . . . for I tell you truly, that the devil has his contemplatives, as God has His." Real spiritual illumination, he thinks, seldom comes by way of these psycho-sensual automatism "into the body by the windows of our mind." It springs up within the soul in "abundance of spiritual gladness." With so great an authority it comes, bringing with it such wonder and such love, that "he that feels it may not have it suspect." But all other abnormal experiences - "comforts, sounds and gladness, and sweetness, that come from without suddenly" - should be set aside, as more often resulting in frenzies and feebleness of spirit than in genuine increase of "spiritual strength."

This healthy and manly view of the mystical life, as a growth towards God, a right employment of the will, rather than a short cut to hidden knowledge or supersensual experience, is one of the strongest characteristics of the writer of the Cloud; and constitutes perhaps his greatest claim on our respect. "Mean only God," he says again and again; "Press upon Him with longing love"; "A good will is the substance of all perfection." To those who have this good will, he offers

his teaching: pointing out the dangers in their way, the errors of mood and of conduct into which they may fall. They are to set about this spiritual work not only with energy, but with courtesy: not "snatching as it were a greedy greyhound" at spiritual satisfactions, but gently and joyously pressing towards Him Whom Julian of Norwich called "our most courteous Lord." A glad spirit of dalliance is more becoming to them than the grim determination of the fanatic.

"Shall I, a gnat which dances in Your ray,  
Dare to be reverent."

Further, he communicates to them certain "spiritual devices" by which they may overcome the inevitable difficulties encountered by beginners in contemplation: the distracting thoughts and memories which torment the self that is struggling to focus all its attention upon the spiritual sphere. The stern repression of such thoughts, however spiritual, he knows to be essential to success: even sin, once it is repented of, must be forgotten in order that Perfect Goodness may be known. The "little word God," and "the little word Love," are the only ideas which may dwell in the contemplative's mind. Anything else splits his attention, and soon proceeds by mental association to lead him further and further from the consideration of that supersensual Reality which he seeks.

The primal need of the purified soul, then, is the power of Concentration. His whole being must be set towards the Object of his craving if he is to attain to it: "Look that nothing live in your working mind, but a naked intent stretching into God." Any thought of Him is inadequate, and for that reason defeats its own end - a doctrine, of course, directly traceable to the "Mystical Theology" of Dionysius the Areopagite. "Of God Himself can no man think," says the writer of the Cloud, "And therefore I would leave all that thing that I can think, and choose to my love that thing that I cannot think. "The universes which are amenable to the intellect can never satisfy the instincts of the heart."

Further, there is to be no wilful choosing of method: no fussy activity of the surface intelligence. The mystic who seeks the divine Cloud of Unknowing is to be surrendered to the direction of his deeper mind, his transcendental consciousness: that "spark of the soul" which is in touch with eternal realities. "Meddle you not therewith, as you would help it, for dread lest you spill all. Be you but the tree, and let it be the wright: be you but the house, and let it be the husbandman dwelling therein."

In the Epistle of Privy Counsel there is a passage which expresses with singular completeness the author's theory of this contemplative are - this silent yet ardent encounter of the soul with God. Prayer, said Mechthild of Magdeburg, brings together two lovers, God and the soul, in a narrow room where they speak much of love: and here the rules which govern that meeting are laid down by a master's hand. "When you come by yourself," he says, "think not before what you shall do after, but forsake as well good thoughts as evil thoughts, and pray not with your mouth but listen right well. And then if you aught shall say, look not how much nor how little that it be, nor weigh not what it is nor what it means . . . and look that nothing live in your working mind but a naked intent stretching into God, not clothed in any special thought of God in Himself. . . . This naked intent freely fastened and grounded in true belief shall be nought else to your thought and to your feeling but a naked thought and a blind feeling of your own being: as if you said thus to God, within in your meaning, That what I am, Lord, I offer to You, without any looking to any quality of Your Being, but only that You are as You are, without any more.' That meek darkness be your mirror, and your whole remembrance. Think no further of yourself than I bid you do of your God, so that you be one with Him in spirit, as thus without departing and scattering, for He is your being, and in Him you are that you are; not only by cause and by being, but also, He is in you both your cause and your being. And therefore think on God in this work as you do on yourself, and on yourself as you do on God: that He is as He is and you are as you are, and that your thought be not scattered nor departed, but proved in Him that is All."

The conception of reality which underlies this profound and beautiful passage, has much in common with that found in the work of many other mystics; since it is ultimately derived from the great Neoplatonic philosophy of the contemplative life. But the writer invests it, I think, with a deeper and wider meaning than it is made to bear in the writings even of Ruysbroeck, St. Teresa, or St. John of the Cross. "For He is your being, and in Him you are that you are; not only by cause and by being, but also, He is in you both your cause and your being." It was a deep thinker as well as a great lover who wrote this: one who joined hands with the philosophers, as well as with the saints.

"That meek darkness be your mirror." What is this darkness? It is the "night of the intellect" into which we are plunged when we attain to a state of consciousness which is above thought; enter on a plane of spiritual experience with which the intellect cannot deal. This is the "Divine Darkness" - the Cloud of Unknowing, or of Ignorance, "dark with excess of light" - preached by Dionysius the Areopagite, and eagerly accepted by his English interpreter. "When I say darkness, I mean a lacking of knowing . . . and for this reason it is not called a cloud of the air, but a cloud of unknowing that is betwixt you and your God." It is "a dark mist," he says again, "which seems to be between you and the light you aspire to." This dimness and lostness of mind is a paradoxical proof of attainment. Reason is in the dark, because love has entered "the mysterious radiance of the Divine Dark, the inaccessible light wherein the Lord is said to dwell, and to which thought with all its struggles cannot attain."

"Lovers," said Patmore, "put out the candles and draw the curtains, when they wish to see the god and the goddess; and, in the higher communion, the night of thought is the light of perception." These statements cannot be explained: they can only be proved in the experience of the individual soul. "Whoso deserves to see and know God rests therein," says Dionysius of that darkness, "and, by the true fact that he neither sees nor knows, is truly in that which surpasses all truth and all knowledge."

"Then," says the writer of the Cloud - whispering as it were to the bewildered neophyte the dearest secret of his love - "then will He sometimes perhaps send out a beam of spiritual light, piercing this cloud of unknowing that is betwixt you and Him; and show you some of His hiddenness, which man may not, nor cannot speak."

The Cloud of Unknowing was known, and read, by English Catholics as late as the middle or end of the 17th century. It was much used by the celebrated Benedictine ascetic, the Venerable Augustine Baker (1575-1641), who wrote a long exposition of the doctrine which it contains. Two manuscripts of this treatise exist in the Benedictine College of St. Laurence at Ampleforth; together with a transcript of the Cloud of Unknowing dated 1677. Many references to it will also be found in the volume called Holy Wisdom, which contains the substances of Augustine Baker's writings on the inner life. The Cloud has only once been printed: in 1871, by the Rev. Henry Collins, under the title of The Divine Cloud, with a preface and notes attributed to Augustine Baker and probably taken from the treatise mentioned above. This edition is now out of print. The MS. from which it was made is unknown to us. It differs widely, both in the matter of additions and of omissions, from all the texts in the British Museum, and represents a distinctly inferior recension of the work. A mangled rendering of the sublime Epistle of Privy Counsel is prefixed to it. Throughout, the pithy sayings of the original are either misquoted, or expanded into conventional and flavourless sentences. Numerous explanatory phrases for which our manuscripts give no authority have been incorporated into the text. All the quaint and humorous turns of speech are omitted or toned down. The responsibility for these crimes against scholarship cannot now be determined; but it seems likely that the text from which Father Collins' edition was - in his own words - "mostly taken" was a 17th-century paraphrase, made rather in the interests of edification than of accuracy; and that it represents the form in which the work was known and used by Augustine Baker and his contemporaries. The other works attributed to the author of the Cloud have fared better than this. Dionise Hid Divinite still remains in MS.: but the Epistle of Prayer, the Epistle of Discretion, and the Treatise of

Discerning of Spirits, together with the paraphrase of the Benjamin Minor of Richard of St. Victor which is supposed to be by the same hand, were included by Henry Pepwell, in 1521, in a little volume of seven mystical tracts. These are now accessible to the general reader; having been reprinted in the "New Mediaeval Library" (1910) under the title of *The Cell of Self-knowledge*, with an admirable introduction and notes by Mr. Edmund Gardner.

This edition is intended, not for the student of Middle English, nor for the specialist in mediaeval literature; but for the general reader and lover of mysticism. My object has been to produce a readable text, free from learned and critical apparatus. The spelling has therefore been modernised throughout: and except in a few instances, where phrases of a special charm or quaintness, or the alliterative passages so characteristic of the author's style, demanded their retention, obsolete words have been replaced by their nearest modern equivalents.

My heartiest thanks are due to Mr. David Inward, who transcribed the manuscript on which this version is based, and throughout has given me skilled and untiring assistance in solving many of the problems which arose in connection with it; and to Mr. J. A. Herbert, Assistant-keeper of Manuscripts in the British Museum, who has read the proofs, and also dated the manuscripts of the *Cloud* for the purposes of the present edition, and to whose expert knowledge and unfailing kindness I owe a deep debt of gratitude.

EVELYN UNDERHILL.

Here begins a book of contemplation, which is called the CLOUD OF UNKNOWING, in which a soul is oned with GOD.

Here Begins the Prayer on the Prologue

GOD, to whom all hearts be open, and to whom all will speaks, and to whom no secret thing is hid. I beseech Thee so to cleanse the intent of my heart with the unspeakable gift of Your grace, that I may perfectly love Thee, and worthily praise Thee. Amen.

Here Begins the Prologue

IN the name of the Father and of the Son and of the Holy Ghost! I charge you and I beseech you, with as much power and virtue as the bond of charity is sufficient to suffer, whatsoever you be that shall have this book in possession, either by property, either by keeping, by bearing as messenger, or else by borrowing, that in as much as in you is by will and advisement, neither you read it, nor write it, nor speak it, nor yet suffer it be read, written, or spoken, of any or to any but if it be of such one, or to such one, that has by your supposing in a true will and by an whole intent purposed him to be a perfect follower of Christ not only in active living, but in the sovereignest point of contemplative living which is possible by grace to be come to in this present life of a perfect soul yet abiding in this mortal body; and does what he can to pursue it, and by your supposing has done long time before, to enable him to contemplative living by the virtuous means of active living. For else it accords nothing to him. And over this I charge you and I beseech you by the authority of charity, that if any such shall read it, write it, or speak it, or else hear it be read or spoken, that you charge him as I do you, to take time to read it, speak it, write it, or hear it, all over. For perhaps there is some matter therein in the beginning or in the middle, which is hanging, and not fully declared where it stands: and if it be not there, it is soon after, or else in the end.

Wherefore if a man saw one matter and not another, perhaps he might lightly be led into error; and therefore in avoiding of this error, both in yourself and in all other, I pray you for charity do as I say.



Fleshly janglers, open praisers and blamers of themselves or of any other, tellers of trifles, gossips and tattlers of tales, and all manner of worthless people, cared I never that they saw this book. For my intent was never to write such thing to them, and therefore I would that they meddle not therewith; neither they, nor any of these curious, lettered, or unlearned men. Yea, although that they be full good men of active living, yet this matter accords nothing to them. But if it be to those men, which although they stand in activity by outward form of living, nevertheless yet by inward stirring after the secret spirit of God, whose dooms be hid, they be full graciously disposed, not continually as it is proper to true contemplatives, but now and then to be perceivers in the highest point of this contemplative act; if such men might see it, they should by the grace of God be greatly comforted thereby.

This book is distinguished in seventy chapters and five. Of which chapters, the last chapter of all teaches some certain tokens by which a soul may truly prove whether he be called of God to be a worker in this work or none.

## Here Begins a Table of the Chapters

THE FIRST CHAPTER; Of four degrees of Christian men's living; and of the course of his calling that this book was made to

THE SECOND CHAPTER; A short stirring to meekness, and to the work of this book

THE THIRD CHAPTER; How the work of this book shall be wrought, and of the worthiness of it before all other works

THE FOURTH CHAPTER; Of the shortness of this work, and how it may not be come to by the curiosity of knowledge, nor by imagination

THE FIFTH CHAPTER; That in the time of this work all the creatures that ever have been, be now, or ever shall be, and all the works of those same creatures, should be hid under the cloud of forgetting

THE SIXTH CHAPTER; A short conceit of the work of this book, treated by question

THE SEVENTH CHAPTER; How a man shall have him in this work against all thoughts, and specially against all those that arise of his own curiosity, of cunning, and of natural knowledge

THE EIGHTH CHAPTER; A good declaring of certain doubts that may fall in this work, treated by question, in destroying of a man's own curiosity, of cunning, and of natural knowledge, and in distinguishing of the degrees and the parts of active living and contemplative

THE NINTH CHAPTER; That in the time of this work the remembrance of the holiest creature that ever God made hinders more than it profits

THE TENTH CHAPTER; How a man shall know when his thought is no sin; and if it be sin, when it is deadly and when it is venial

THE ELEVENTH CHAPTER; That a man should weigh each thought and each stirring after that it is, and always avoid recklessness in venial sin

THE TWELFTH CHAPTER; That by virtue of this work sin is not only destroyed, but also virtues begotten

THE THIRTEENTH CHAPTER; What meekness is in itself, and when it is perfect and when it is imperfect

THE FOURTEENTH CHAPTER; That without imperfect meekness coming before, it is impossible for a sinner to come to the perfect virtue of meekness in this life

THE FIFTEENTH CHAPTER; A short proof against their error that say that there is no perfecter cause to be humbled by, than is the knowledge of a man's own wretchedness

THE SIXTEENTH CHAPTER; That by virtue of this work a sinner truly turned and called to contemplation comes sooner to perfection than by any other work; and by it soonest may get of God forgiveness of sins

THE SEVENTEENTH CHAPTER; That a true contemplative list not meddle him with active life, nor of anything that is done or spoken about him, nor yet to answer to his blamers in excusing of himself

THE EIGHTEENTH CHAPTER; how yet to this day all actives complain of contemplatives as Martha did of Mary. Of which complaining ignorance is the cause

THE NINETEENTH CHAPTER; A short excusation of him that made this book, teaching how all contemplatives should have all actives fully excused of their complaining words and deeds

THE TWENTIETH CHAPTER; How Almighty God will goodly answer for all those that for the excusing of themselves list not leave their business about the love of Him

THE ONE AND TWENTIETH CHAPTER; The true exposition of this gospel word, "Mary has chosen the best part"

THE TWO AND TWENTIETH CHAPTER; Of the wonderful love that Christ had to man in person of all sinners truly turned and called to the grace of contemplation

THE THREE AND TWENTIETH CHAPTER; How God will answer and purvey for them in spirit, that for business about His love list not answer nor purvey for themselves

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THE FIVE AND TWENTIETH CHAPTER; That in the time of this work a perfect soul has no special beholding to any one man in this life

THE SIX AND TWENTIETH CHAPTER; That without full special grace, or long use in common grace, the work of this book is right travailous; and in this work, which is the work of the soul helped by grace, and which is the work of only God

THE SEVEN AND TWENTIETH CHAPTER; Who should work in the gracious work of this book

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THE TWO AND THIRTIETH CHAPTER; Of two spiritual devices that be helpful to a spiritual beginner in the work of this book

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THE SEVEN AND THIRTIETH CHAPTER; Of the special prayers of those who are continual workers in the work of this book

THE EIGHT AND THIRTIETH CHAPTER; How and why that short prayer pierces heaven

THE NINE AND THIRTIETH CHAPTER; How a perfect worker shall pray, and what prayer is in itself; and, if a man shall pray in words, which words accord them most to the property of prayer

THE FORTIETH CHAPTER; That in the time of this work a soul has no special beholding to any vice in itself nor to any virtue in itself

THE ONE AND FORTIETH CHAPTER; That in all other works beneath this, men should keep discretion; but in this none

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THE THREE AND FORTIETH CHAPTER; That all writing and feeling of a man's own being must needs be lost if the perfection of this work shall truly be felt in any soul in this life

THE FOUR AND FORTIETH CHAPTER; How a soul shall dispose it on its own part, to destroy all knowing and feeling of its own being

THE FIVE AND FORTIETH CHAPTER; A good declaring of some certain deceits that may befall in this work

THE SIX AND FORTIETH CHAPTER; A good teaching how a man shall flee these deceits, and work more with a listiness of spirit, than with any boisterousness of body

THE SEVEN AND FORTIETH CHAPTER; A slight teaching of this work in purity of spirit; declaring how on one manner a soul should shew his desire to God, and on the contrary, to man

THE EIGHT AND FORTIETH CHAPTER; How God will be served both with body and with soul, and reward men in both; and how men shall know when all those sounds and sweetness that fall into the body in time of prayer be both good and evil

THE NINE AND FORTIETH CHAPTER; The substance of all perfection is nought else but a good will; and how all sounds and comforts and sweetness that may befall in this life be to it but as it were accidents

THE FIFTIETH CHAPTER; Which is chaste love; and how in some creatures such sensible comforts be but seldom, and in some right often

THE ONE AND FIFTIETH CHAPTER; That men should have great wariness so that they understand not bodily a thing that is meant spiritual; and specially it is good to be wary in understanding of this word in, and of this word up

THE TWO AND FIFTIETH CHAPTER; How these young presumptuous disciples misunderstand this word in, and of the deceits that follow thereon

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THE FOUR AND FIFTIETH CHAPTER; How by virtue of this work a man is governed full wisely, and made full seemly as well in body as in soul

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THE SEVEN AND FIFTIETH CHAPTER; How these young presumptuous disciples misunderstand this word 'up';; and of the deceits that follow thereon

THE EIGHT AND FIFTIETH CHAPTER; That a man shall not take example of Saint Martin and of Saint Stephen, to strain his imagination bodily upwards in the time of his prayer

THE NINE AND FIFTIETH CHAPTER; That a man shall not take example at the bodily ascension of Christ, to strain his imagination upwards bodily in the time of prayer: and that time, place, and body, these three should be forgotten in all spiritual working

THE SIXTIETH CHAPTER; That the high and the next way to heaven is run by desires, and not by paces of feet

THE ONE AND SIXTIETH CHAPTER; That all bodily thing is subject to spiritual thing, and is ruled thereafter by the course of nature, and not contrariwise

THE TWO AND SIXTIETH CHAPTER; How a man may know when his spiritual work is beneath him or without him and when it is even with him or within him, and when it is above him and under his God

THE THREE AND SIXTIETH CHAPTER; Of the powers of a soul in general, and how Memory in special is a principal power comprehending in it all the other powers and all those things in which they work

THE FOUR AND SIXTIETH CHAPTER; Of the other two principal powers, Reason and Will, and of the work of them before sin and after

THE FIVE AND SIXTIETH CHAPTER; Of the first secondary power, Imagination by name; and of the works and of the obedience of it to Reason, before sin and after

THE SIX AND SIXTIETH CHAPTER; Of the other secondary power, Sensuality by name; and of the works and of the obedience of it to Will, before sin and after

THE SEVEN AND SIXTIETH CHAPTER; That whoso knows not the powers of a soul and the manner of her working, may lightly be deceived in understanding of spiritual words and of spiritual working; and how a soul is made a God in grace

THE EIGHT AND SIXTIETH CHAPTER; That nowhere bodily, is everywhere spiritual; and how our outer man calls the work of this book nought

THE NINE AND SIXTIETH CHAPTER; how a man's affection is marvellously changed in spiritual feeling of this nought, when it is nowhere wrought

THE SEVENTIETH CHAPTER; That right as by the failing of our bodily mind we begin more readily to come to knowing of spiritual things, so by the failing of our spiritual mind we begin most readily to come to the knowledge of God, such as is possible by grace to be had here

THE ONE AND SEVENTIETH CHAPTER; That some may not come to feel the perfection of this work but in time of ecstasy, and some may have it when they will, in the common state of man's soul

THE TWO AND SEVENTIETH CHAPTER; That a worker in this work should not deem nor think of another worker as he feels in himself

THE THREE AND SEVENTIETH CHAPTER; how after the likeness of Moses, of Bezaleel and of Aaron meddling them about the Ark of the Testament, we profit on three manners in this grace of contemplation, for this grace is figured in that Ark

THE FOUR AND SEVENTIETH CHAPTER; how the matter of this book is never more read or spoken, nor heard read or spoken, of a soul disposed thereto without feeling of a true accordance to the effect of the same work: and of rehearsing of the same charge that is written in the prologue

THE FIVE AND SEVENTIETH CHAPTER; Of some certain tokens by which a man may prove whether he be called of God to work in this work

AND HERE ENDETH THE TABLE OF THE CHAPTERS

GHOSTLY FRIEND IN GOD, I pray you and I beseech you that you will have a busy beholding to the course and the manner of your calling. And thank God heartily so that you may through help of His grace stand stiffly in the state, in the degree, and in the form of living that you have entirely purposed against all the subtle assailing of your bodily and spiritual enemies, and win to the crown of life that evermore lasts. Amen.



HERE BEGINS THE FIRST CHAPTER;

Of four degrees of Christian men's living; and of the course of his calling that this book was made to.

Spiritual friend in God, you shall well understand that I find, in my boisterous beholding, four degrees and forms of Christian men's living: and they be these, Common, Special, Singular, and Perfect. Three of these may be begun and ended in this life; and the fourth may by grace be begun here, but it shall ever last without end in the bliss of Heaven. And right as you see how they be set here in order each one after other; first Common, then Special, after Singular, and last Perfect, right so I think that in the same order and in the same course our Lord has of His great mercy called you and led you to Him by the desire of your heart. For first you knew well that when you were living in the common degree of Christian men's living in company of your worldly friends, it seems to me that the everlasting love of His Godhead, through which He made you and wrought you when you were nought, and since bought you with the price of His precious blood when you were lost in Adam, might not suffer you to be so far from Him in form and degree of living. And therefore He kindled your desire full graciously, and fastened by it a leash of longing, and led you by it into a more special state and form of living, to be a servant among the special servants of His; where you might learn to live more specially and more spiritual in His service than you did, or might do, in the common degree of living before. And what more?

Yet it seems that He would not leave you thus lightly, for love of His heart, which He has evermore had to you since you were aught: but what did He? See you nought how Mistily and how graciously He has secretly pulled you to the third degree and manner of living, which is called Singular? In which solitary form and manner of living, you may learn to lift up the foot of your love; and step towards that state and degree of living that is perfect, and the last state of all.

## HERE BEGINS THE SECOND CHAPTER;

A short stirring to meekness, and to the work of this book.

LOOK up now, weak wretch, and see what you are. What are you, and what have you merited, thus to be called of our Lord? What weary wretched heart, and sleeping in sloth, is that, which is not wakened with the draught of this love and the voice of this calling! Beware, you wretch, in this while with your enemy; and hold you never the holier nor the better, for the worthiness of this calling and for the singular form of living that you are in. But the more wretched and cursed, unless you do what you can goodly, by grace and by counsel, to live after your calling. And insomuch you should be more meek and loving to your spiritual spouse, that He that is the Almighty God, King of Kings and Lord of Lords, would meek Him so low to you, and amongst all the flock of His sheep so graciously would choose you to be one of His specials, and since set you in the place of pasture, where you may be fed with the sweetness of His love, in earnest of your heritage the Kingdom of Heaven.

Do on then, I pray you, fast. Look now forwards and let the past be; and see what you lack, and not what you have, for that is the readiest getting and keeping of meekness. All your life now should altogether to stand in desire, if you shall profit in degree of perfection. This desire should altogether be wrought in your will, by the hand of Almighty God and your consent. But one thing I tell you. He is a jealous lover and suffers no fellowship, and He intends not to work in your will unless He be only with you by Himself. He asks no help, but only yourself. He wills, you do but look on Him and let Him alone. And keep you the windows and the door, for flies and enemies assailing. And if you be willing to do this, you need but meekly press upon him with prayer, and soon will He help you. Press on then, let see how you bear yourself. He is full ready, and you must only abide. But what shall you do, and how shall you press?

## HERE BEGINS THE THIRD CHAPTER;

How the work of this book shall be wrought, and of the worthiness of it before all other works.

LIFT up your heart to God with a meek stirring of love; and mean Himself, and none of His goods. And thereto, be loath to think on aught but Himself. So that nought work in your knowledge, nor in your will, but only Himself. And do what you can to forget all the creatures that ever God made and the works of them; so that your thought nor your desire be not directed nor stretched to any of them, neither in general nor in special, but let them be, and take no heed to them. This is the work of the soul that most pleases God. All saints and angels have joy of this work, and hasten them to help it in all their might. All fiends be furious when you thus do, and try to defeat it in all that they can. All men living in earth be wonderfully helped of this work, you knew not how. Yea, the souls in purgatory be eased of their pain by virtue of this work. You are cleansed and made virtuous by no work so much. And yet it is the lightest work of all, when a soul is helped with grace in sensible desire, and soonest done. But else it is hard, and wonderful to you to do.

Let not, therefore, but travail therein till you feel a longing. For at the first time when you do it, you find but a darkness; and as it were a cloud of unknowing, you know not what, saving that you feel in your will a naked intent to God. This darkness and this cloud is, however you do, betwixt you and your God, and hinders you that you may neither see Him clearly by light of understanding in your reason, nor feel Him in sweetness of love in your affection.

And therefore shape you to bide in this darkness as long as you may, evermore crying after Him that you love. For if ever you shall feel Him or see Him, as it may be here, it should always to be in this cloud in this darkness. And if you will busily travail as I bid you, I trust in His mercy that you shall come thereto.

## HERE BEGINS THE FOURTH CHAPTER;

Of the shortness of this word, and how it may not be come to by curiosity of knowledge, nor by imagination.

BUT for this, that you shall not err in this working and think that it be otherwise than it is, I shall tell you a little more thereof, as I think.

This work asks no long time or it be once truly done, as some men think; for it is the shortest work of all that man may imagine. It is never longer, nor shorter, than is an atom: which atom, by the definition of true philosophers in the science of astronomy, is the least part of time. And it is so little that for the littleness of it, it is indivisible and nearly incomprehensible. This is that time of which it is written: All time that is given to you, it shall be asked of you, how you have spent it. And reasonable thing it is that you give account of it: for it is neither longer nor shorter, but even according to one only stirring that is within the principal working might of your soul, which is your will. For even so many willings or desirings, and no more nor no fewer, may be and are in one hour in your will, as are atoms in one hour. And if you were reformed by grace to the first state of man's soul, as it was before sin, then you should evermore by help of that grace be lord of that stirring or of those stirrings. So that none went by it, but all they should stretch into the sovereign desirable, and into the highest willable thing: which is God. For He is even meet to our soul by measuring of His Godhead; and our soul even meet to Him by worthiness of our creation to His image and to His likeness. And He by Himself without more, and none but He, is sufficient to the full and much more to fulfil the will and the desire of our soul. And our soul by virtue of this reforming grace is made sufficient to the full to comprehend all Him by love, which is incomprehensible to all created knowledgeable powers, as is angel, or man's soul; I mean, by their knowing, and not by their loving. And therefore I call them in this case knowledgeable powers. But yet all reasonable creatures, angel and man, have in them each one by himself, one principal working power, which is called a knowledgeable power, and another principal working

power, which is called a loving power. Of which two powers, to the first, which is a knowledgeable power, God that is the maker of them is evermore incomprehensible; and to the second, which is the loving power, in each one diversely He is all comprehensible to the full. Insomuch that a loving soul alone in itself, by virtue of love should comprehend in itself Him that is sufficient to the full - and much more, without comparison - to fill all the souls and angels that ever may be. And this is the endless marvellous miracle of love; the working of which shall never take end, for ever shall He do it, and never shall He cease to do it. See who by grace see may, for the feeling of this is endless bliss, and the contrary is endless pain.

And therefore whoso were reformed by grace thus to continue in keeping of the stirrings of his will, should never be in this life - as he may not be without these stirrings in nature - without some taste of the endless sweetness, and in the bliss of heaven without the full food. And therefore have no wonder though I stir you to this work. For this is the work, as you shall hear afterward, in which man should have continued if he never had sinned: and to which working man was made, and all things for man, to help him and further him thereto, and by which working a man shall be repaired again. And for the failure of this working, a man falls evermore deeper and deeper in sin, and further and further from God. And by keeping and continual working in this work only without more, a man evermore rises higher and higher from sin, and nearer and nearer to God.

And therefore take good heed to time, how you spend it: for nothing is more precious than time. In one little time, as little as it is, may heaven be won and lost. A token it is that time is precious: for God, that is given of time, gives never two times together, but each one after other. And this He doth, for He will not reverse the order or the ordinal course in the cause of His creation. For time is made for man, and not man for time. And therefore God, that is the ruler of nature, will not in His giving of time go before the stirring of nature in man's soul; which is even according to one time only. So that man shall have none excusation against God in the Judgement, and at the giving of account

of spending of time, saying, "You give two times at once, and I have but one stirring at once."

But sorrowfully you say now, "How shall I do? and since this is thus that you say, how shall I give account of each time severally; I that have to this day, now of four and twenty years age, never took heed of time? If I would now amend it, you knew well, by true reason of your words written before, it may not be after the course of nature, nor of common grace, that I should now heed or else make satisfaction, for any more times than for those that be to come. Yea, and moreover well I know by true proof, that of those that be to come I shall on no wise, for abundance of frailty and slowness of spirits, be able to observe one of an hundred. So that I am truly concluded in these reasons. Help me now for the love of JESUS!"

Right well have you said, for the love of JESUS. For in the love of JESUS; there shall be your help. Love is such a power, that it makes all thing common. Love therefore JESUS; and all thing that He has, it is yours. He by His Godhead is maker and giver of time. He by His manhood is the true keeper of time. And He by His Godhead and His manhood together, is the truest Judge, and the asker of account of dispensing of time. Knit you therefore to Him, by love and by belief, and then by virtue of that knot you shall be common perceiver with Him, and with all that by love so be knitted to Him: that is to say, with our Lady Saint Mary that full was of all grace in keeping of time, with all the angels of heaven that never may lose time, and with all the saints in heaven and in earth, that by the grace of JESUS heed time full justly in virtue of love. Lo! here lies comfort; construe you clearly, and pick you some profit. But of one thing I warn you amongst all other. I cannot see who may truly challenge community thus with JESUS and His just Mother, His high angels and also with His saints; but if he be such an one, that does what he can with helping of grace in keeping of time. So that he be seen to be a profiter on his part, so little as is, to the community; as each one of them does on his.

And therefore take heed to this work, and to the marvellous manner of it within in your soul. For if it be truly conceived, it is but a sudden stirring, and as it were unadvised, speedily springing to God as a sparkle from the coal. And it is marvellous to number the stirrings that may be in one hour wrought in a soul that is disposed to this work. And yet in one stirring of all these, he may have suddenly and perfectly forgotten all created things. But fast after each stirring, for corruption of the flesh, it falls down again to some thought or to some done or undone deed. But what thereof? For fast after, it rises again as suddenly as it did before.

And here may men shortly conceive the manner of this working, and clearly know that it is far from any fantasy, or any false imagination or quaint opinion: which be brought in, not by such a devout and a meek blind stirring of love, but by a proud, curious, and an imaginative knowledge. Such a proud, curious knowledge should always be borne down and stiffly trodden down under foot, if this work shall truly be conceived in purity of spirit. For whoso hears this work either be read or spoken of, and wishes that it may, or should, be come to by travail in their mind, and therefore they sit and seek in their mind how it may be, and in this curiosity they travail their imagination perhaps against the course of nature, and they feign a manner of working which is neither bodily nor spiritual - truly this man, whatsoever he be, is perilously deceived. Insomuch, that unless God of His great goodness shew His merciful miracle, and make him soon to leave work, and meek him to counsel of proved workers, he shall fall either into frenzies, or else into other great mischiefs of spiritual sins and devils' deceits; through which he may lightly be lost, both life and soul, without any end. And therefore for God's love be wary in this work, and travail not in your mind nor in your imagination on nowise: for I tell you truly, it may not be come to by travail in them, and therefore leave them and work not with them.

And think not, for I call it a darkness or a cloud, that it be any cloud congealed of the humours that flee in the air, nor yet any darkness such as is in your house on nights when the candle is out. For such a darkness and such a cloud may you imagine with curiosity of

knowledge, to bear before your eyes in the lightest day of summer: and also contrariwise in the darkest night of winter, you may imagine a clear shining light. Let be such falsehood. I mean not thus. For when I say darkness, I mean a lacking of knowing: as all that thing that you know not, or else that you have forgotten, it is dark to you; for you see it not with your spiritual eye. And for this reason it is not called a cloud of the air, but a cloud of unknowing, that is betwixt you and your God.

#### HERE BEGINS THE FIFTH CHAPTER;

That in the time of this word all the creatures that ever have been, be now, or ever shall be, and all the works of those same creatures, should be hid under the cloud of forgetting.

AND if ever you shall come to this cloud and dwell and work therein as I bid you, you should as this cloud of unknowing is above you, betwixt you and your God, right so put a cloud of forgetting beneath you; betwixt you and all the creatures that ever be made. You think, perhaps, that you are full far from God because that this cloud of unknowing is betwixt you and your God: but surely, if it be well conceived, you are well further from Him when you have no cloud of forgetting betwixt you and all the creatures that ever be made. As often as I say, all the creatures that ever be made, as often I mean not only the creatures themselves, but also all the works and the conditions of the same creatures. I take out not one creature, whether they be bodily creatures or spiritual, nor yet any condition or work of any creature, whether they be good or evil: but shortly to say, all should be hid under the cloud of forgetting in this case.

For although it be full profitable sometime to think of certain conditions and deeds of some certain special creatures, nevertheless yet in this work it profits little or nought. For why? Memory or thinking of any creature that ever God made, or of any of their deeds either, it is a manner of spiritual light: for the eye of your soul is opened on it and even fixed thereupon, as the eye of a shooter is upon the target that he shoots to. And one thing I tell you, that all thing that



you think upon, it is above you for the time, and betwixt you and your God: and insomuch you are the further from God, that aught is in your mind but only God.

Yea! and, if it be courteous and seemly to say, in this work it profits little or nought to think of the kindness or the worthiness of God, nor on our Lady, nor on the saints or angels in heaven, nor yet on the joys in heaven: that is to say, with a special beholding to them, as you would by that beholding feed and increase your purpose. I know that on nowise it should help in this case and in this work. For although it be good to think upon the kindness of God, and to love Him and praise Him for it, yet it is far better to think upon the naked being of Him, and to love Him and praise Him for Himself.

#### HERE BEGINS THE SIXTH CHAPTER;

A short conceit of the work of this book, treated by question.

BUT now you ask me and say, "How shall I think on Himself, and what is He?" and to this I cannot answer you but thus: "I know not."

For you have brought me with your question into that same darkness, and into that same cloud of unknowing, that I would you were in yourself. For of all other creatures and their works, yea, and of the works of God's self, may a man through grace have fullhead of knowing, and well he can think of them: but of God Himself can no man think. And therefore I would leave all that thing that I can think, and choose to my love that thing that I cannot think. For why; He may well be loved, but not thought. By love may He be gained and holden; but by thought never. And therefore, although it be good sometime to think of the kindness and the worthiness of God in special, and although it be a light and a part of contemplation: nevertheless yet in this work it shall be cast down and covered with a cloud of forgetting. And you shall step above it stalwartly, but Mistily, with a devout and a pleasing stirring of love, and try to pierce that darkness above you. And smite upon that thick cloud of unknowing with a sharp dart of longing love; and go not thence, whatever befalls.

## HERE BEGINS THE SEVENTH CHAPTER;

How a man shall have him in this work against all thoughts, and specially against all those that arise of his own curiosity, of cunning, and of natural knowledge.

AND if any thought rise and will press continually above you betwixt you and that darkness, and ask you saying, "What seek you, and what would you have?" say you, that it is God that you would have. "Him I covet, Him I seek, and nought but Him."

And if he ask you, "What is that God?" say you, that it is God that made you and bought you, and that graciously has called you to your degree. "And in Him," say, "you have no skill." And therefore say, "Go you down again," and tread him fast down with a stirring of love, although he seem to you right holy, and seem to you as he would help you to seek Him. For perhaps he will bring to your mind diverse full fair and wonderful points of His kindness, and say that He is full sweet, and full loving, full gracious, and full merciful. And if you will hear him, he covets no better; for at the last he will thus jangle ever more and more till he bring you lower, to the mind of His Passion.

And there will he let you see the wonderful kindness of God, and if you hear him, he cares for nought better. For soon after he will let you see your old wretched living, and perhaps in seeing and thinking thereof he will bring to your mind some place that you have dwelt in before this time. So that at the last, or ever you know, you shall be scattered you knew not where. The cause of this scattering is, that you heard him first wilfully, then answered him, received him, and let him alone.

And yet, nevertheless, the thing that he said was both good and holy. Yea, and so holy, that what man or woman that wants to come to contemplation without many such sweet meditations of their own wretchedness, the passion, the kindness, and the great goodness, and the worthiness of God coming before, surely he shall err and fail of his purpose. And yet, nevertheless, it fits a man or a woman that has long

time been used in these meditations, nevertheless to leave them, and put them and hold them far down under the cloud of forgetting, if ever he shall pierce the cloud of unknowing betwixt him and his God. Therefore what time that you purpose you to this work, and feel by grace that you are called of God, lift then up your heart to God with a meek stirring of love; and mean God that made you, and bought you, and that graciously has called you to your degree, and receive none other thought of God. And yet not all these, but if you desire; for it suffices enough, a naked intent direct to God without any other cause than Himself.

And if you desire to have this intent lapped and folden in one word, for you should have better hold thereupon, take you but a little word of one syllable: for so it is better than of two, for ever the shorter it is the better it accords with the work of the Spirit. And such a word is this word GOD or this word LOVE. Choose you whether you will, or another; as you desire, which that you like best of one syllable. And fasten this word to your heart, so that it never go thence, whatever befall.

This word shall be your shield and your spear, whether you ride on peace or on war. With this word, you shall beat on this cloud and this darkness above you. With this word, you shall smite down all manner of thought under the cloud of forgetting. Insomuch, that if any thought press upon you to ask you what you would have, answer them with no more words but with this one word. And if he proffer you of his great clergy to expound you that word and to tell you the conditions of that word, say him: That you will have it all whole, and not broken nor undone. And if you will hold you fast on this purpose, be sure, he will no while abide. And why? For that you will not let him feed him on such sweet meditations of God touched before.

## HERE BEGINS THE EIGHTH CHAPTER;

A good declaring of certain doubts that may fall in this word treated by question, in destroying of a man's own curiosity, of cunning, and of natural knowledge, and in distinguishing of the degrees and the parts of active living and contemplative.

BUT now you ask me, "What is he, this that thus presses upon me in this work; and whether it is a good thing or an evil? And if it be an evil thing, then have I marvel," you say, "why that he will increase a man's devotion so much. For sometimes I think that it is a passing comfort to listen after his tales. For he will sometime, I think, make me weep full heartily for pity of the Passion of Christ, sometime for my wretchedness, and for many other reasons, that I think be full holy, and that done me much good. And therefore I think that he should on nowise be evil; and if he be good, and with his sweet tales doth me so much good withal, then I have great marvel why that you bid me put him down and away so far under the cloud of forgetting?"

Now surely I think that this is a well moved question, and therefore I think to answer thereto so feebly as I can. First when you ask me what is he, this that presses so fast upon you in this work, proffering to help you in this work; I say that it is a sharp and a clear beholding of your natural knowledge, printed in your reason within in your soul. And where you ask me thereof whether it be good or evil, I say that it should always be good in its nature. For why, it is a beam of the likeness of God. But the use thereof may be both good and evil. Good, when it is opened by grace to see your wretchedness, the passion, the kindness, and the wonderful works of God in His creatures bodily and spiritual. And then it is no wonder though it increase your devotion full much, as you say. But then is the use evil, when it is swollen with pride and with curiosity of much clergy and letterly cunning as in clerks; and makes them press to be holden not meek scholars and masters of divinity or of devotion, but proud scholars of the devil and masters of vanity and of falsehood. And in other men or women whatso they be, religious or seculars, the use and the working of this

natural knowledge is then evil, when it is swollen with proud and curious skills of worldly things, and fleshly conceits in coveting of worldly worships and having of riches and vain pleasure and flatterings of others.

And where that you ask me, why that you shall put it down under the cloud of forgetting, since it is so, that it is good in its nature, and thereto when it is well used it does you so much good and increases your devotion so much. To this I answer and say - That you shall well understand that there be two manner of lives in Holy Church. The one is active life, and the other is contemplative life. Active is the lower, and contemplative is the higher. Active life has two degrees, a higher and a lower: and also contemplative life has two degrees, a lower and a higher. Also, these two lives be so coupled together that although they be various in some part, yet neither of them may be had fully without some part of the other. For why? That part that is the higher part of active life, that same part is the lower part of contemplative life. So that a man may not be fully active, but if he be in part contemplative; nor yet fully contemplative, as it may be here, but if he be in part active. The condition of active life is such, that it is both begun and ended in this life; but not so of contemplative life. For it is begun in this life, and shall last without end. For why? That part that Mary chose shall never be taken away. Active life is troubled and travailed about many things; but contemplative sits in peace with one thing.

The lower part of active life stands in good and honest bodily works of mercy and of charity. The higher part of active life and the lower part of contemplative life lies in goodly spiritual meditations, and busy beholding to a man's own wretchedness with sorrow and contrition, to the Passion of Christ and of His servants with pity and compassion, and to the wonderful gifts, kindness, and works of God in all His creatures bodily and spiritual with thanking and praising. But the higher part of contemplation, as it may be had here, hangs all wholly in this darkness and in this cloud of unknowing; with a loving stirring and a blind beholding to the naked being of God Himself only.

In the lower part of active life a man is without himself and beneath himself. In the higher part of active life and the lower part of contemplative life, a man is within himself and even with himself. But in the higher part of contemplative life, a man is above himself and under his God. Above himself he is: for why, he purposes him to win thither by grace, whither he may not come by nature. That is to say, to be knit to God in spirit, and in onehead of love and accordance of will. And right as it is impossible, to man's understanding, for a man to come to the higher part of active life, but if he cease for a time of the lower part; so it is that a man shall not come to the higher part of contemplative life, but if he cease for a time of the lower part. And as unlawful a thing as it is, and as much as it would hinder a man that sat in his meditations, to have regard then to his outward bodily works, which he had done, or else should do, although they were never so holy works in themselves: surely as unlikely a thing it is, and as much would it hinder a man that should work in this darkness and in this cloud of unknowing with an affectuous stirring of love to God for Himself, to hinder any thought or any meditation of God's wonderful gifts, kindness, and works in any of His creatures bodily or spiritual, rise upon him to press betwixt him and his God; although they be never so holy thoughts, nor so profound, nor so comfortable.

And for this reason it is that I bid you put down such a sharp subtle thought, and cover him with a thick cloud of forgetting, be he never so holy nor promise he you never so well to help you in your purpose. For why, love may reach to God in this life, but not knowing. And all the whiles that the soul dwells in this mortal body, evermore is the sharpness of our understanding in beholding of all spiritual things, but most specially of God, mingled with some manner of fantasy; for which our work should be unclean. And unless more wonder were, it should lead us into much error.

## HERE BEGINS THE NINTH CHAPTER;

That in the time of this work the remembrance of the holiest Creature that ever God made hinders more than it profits.

AND therefore the sharp stirring of your understanding, that will always press upon you when you set you to this work, should always be borne down; and but you bear him down, he will bear you down. Insomuch, that when you want best to abide in this darkness, and that nought is in your mind but only God; an you look truly you shall find your mind not occupied in this darkness, but in a clear beholding of some thing beneath God. And if it thus be, surely then is that thing above you for the time, and betwixt you and your God. And therefore purpose you to put down such clear beholdings, be they never so holy nor so likely. For one thing I tell you, it is more profitable to the health of your soul, more worthy in itself, and more pleasing to God and to all the saints and angels in heaven - yea, and more helpful to all your friends, bodily and spiritual, quick and dead - such a blind stirring of love to God for Himself, and such a secret pressing upon this cloud of unknowing, and better you were to have it and to feel it in your affection spiritual, than it is to have the eyes of your soul opened in contemplation or beholding of all the angels or saints in heaven, or in hearing of all the mirth and the melody that is amongst them in bliss.

And look you have no wonder of this: for might you once see it as clearly, as you may by grace come to to grope it and feel it in this life, you would think as I say. But be you sure that clear sight shall never man have here in this life: but the feeling may men have through grace when God allows. And therefore lift up your love to that cloud: rather, if I shall say you truly, let God draw your love up to that cloud and strive you through help of His grace to forget all other thing.

For since a naked remembrance of any thing under God pressing against your will and your knowing put you farther from God than you should be if it were not, and hinders you, and makes you inasmuch more unable to feel in experience the fruit of His love, what think you

then that a remembrance wittingly and wilfully drawn upon you will hinder you in your purpose? And since a remembrance of any special saint or of any clean spiritual thing will hinder you so much, what think you then that the remembrance of any man living in this wretched life, or of any manner of bodily or worldly thing, will hinder you and hinder you in this work?

I say not that such a naked sudden thought of any good and clean spiritual thing under God pressing against your will or your knowing, or else wilfully drawn upon you with advisement in increasing of your devotion, although it be a hindrance to this manner of work - that it is therefore evil. Nay! God forbid that you take it so. But I say, although it be good and holy, yet in this work it hinders more than it profits. I mean for the time. For why? Surely he that seeks God perfectly, he will not rest him finally in the remembrance of any angel or saint that is in heaven.

HERE BEGINS THE TENTH CHAPTER;

How a man shall know when his thought is no sin; and if it be sin, when it is deadly and when it is venial.

BUT it is not thus of the remembrance of any man or woman living in this life, or of any bodily or worldly thing whatsoever that it be. For why, a naked sudden thought of any of them, pressing against your will and your knowing, although it be no sin imputed to you - for it is the pain of the original sin pressing against your power, of which sin you are cleansed in your baptism - nevertheless yet if this sudden stirring or thought be not smitten soon down, as fast for frailty your fleshly heart is strained thereby: with some manner of liking, if it be a thing that pleases you or has pleased you before, or else with some manner of grumbling, if it be a thing that you think grieves you, or has grieved you before. which fastening, although it may in fleshly living men and women that be in deadly sin before be deadly; nevertheless in you and in all other that have in a true will forsaken the world, and are obliged to any degree in devout living in Holy Church, what so it



be, secret or open, and thereto that will be ruled not after their own will and their own knowledge, but after the will and the counsel of their sovereigns, what so they be, religious or seculars, such a liking or a grumbling fastened in the fleshly heart is but venial sin. The cause of this is the grounding and the rooting of your intent in God, made in the beginning of your living in that state that you stand in, by the witness and the counsel of some discreet father.

But if it so be, that this liking or grumbling fastened in your fleshly heart be suffered so long to abide unreprieved, that then at the last it is fastened to the spiritual heart, that is to say the will, with a full consent: then, it is deadly sin. And this befall when you or any of those who I speak of wilfully draw upon you the remembrance of any man or woman living in this life, or of any bodily or worldly thing other: insomuch, that if it be a thing which grieves or has grieved you before, there rises in you an angry passion and an appetite of vengeance, which is called Wrath. Or else a fell disdain and a manner of loathsomeness of their person, with despiteful and condemning thoughts, which is called Envy. Or else a weariness and listlessness of any good occupation bodily or spiritual, which is called Sloth.

And if it be a thing that pleases you, or has pleased you before, there rises in you a passing delight to think on that thing what so it be. Insomuch, that you rest you in that thought, and finally fasten your heart and your will thereto, and feed your fleshly heart therewith: so that you think for the time that you covet none other wealth, but to live ever in such a peace and rest with that thing that you think upon. If this thought that you thus draw upon you, or else receive when it is put to you, and that you rest thus in with delight, be worthiness of nature or of knowing, of grace or of degree, of favour or of beauty, then it is Pride. And if it be any manner of worldly good, riches or chattels, or what that man may have or be lord of, then it is covetousness. If it be dainty meats and drinks, or any manner of delights that man may taste, then it is Gluttony. And if it be love or pleasure, or any manner of fleshly dalliance, glosing or flattering of any man or woman living in this life, or of yourself either: then it is Lechery.

## HERE BEGINS THE ELEVENTH CHAPTER;

That a man should weigh each thought and each stirring after that it is, and always avoid recklessness in venial sin.

I SAY not this for that I know that you, or any other such as I speak of, be guilty and cumbered with any such sins; but for that I would that you weigh each thought and each stirring after that it is, and for I would that you travail busily to destroy the first stirring and thought of these things that you may thus sin in. For one thing I tell you; that who weigh not, or set little by, the first thought - yea, although it be no sin to him - that he, whosoever that he be, shall not avoid recklessness in venial sin. Venial sin shall no man utterly avoid in this mortal life. But recklessness in venial sin should always be avoided of all the true disciples of perfection; and else I have no wonder though they soon sin deadly.

## HERE BEGINS THE TWELFTH CHAPTER;

That by Virtue of this word sin is not only destroyed, but also Virtues begotten.

AND, therefore, if you will stand and not fall, cease never in your intent: but beat evermore on this cloud of unknowing that is betwixt you and your God with a sharp dart of longing love, and loathe to think on aught under God, and go not thence for anything that befall For this is only by itself that work that destroys the ground and the root of sin. Fast you never so much, wake you never so long, rise you never so early, lie you never so hard, wear you never so sharp; yea, and if it were lawful to do - as it is not - put you out your eyes, cut you out your tongue of your mouth, stop you your ears and your nose never so fast, though you shear away your members, and do all the pain to your body that you may or can think: all this would help you right nought. Yet will stirring and rising of sin be in you.

Yea, and what more? Weep you never so much for sorrow of your sins, or of the Passion of Christ, or have you never so much mind of the joys of heaven, what may it do to you? Surely much good, much help, much profit, and much grace will it get you. But in comparison of this blind stirring of love, it is but a little that it doth, or may do, without this. This by itself is the best part of Mary without these other. They without it profit but little or nought. It destroys not only the ground and the root of sin as it may be here, but thereto it gets virtues. For an it be truly conceived, all virtues shall truly be, and perfectly conceived, and feelingly comprehended, in it, without any mingling of the intent. And have a man never so many virtues without it, all they be mingled with some crooked intent, for which they be imperfect.

For virtue is nought else but an ordained and a measured affection, plainly directed to God for Himself. For why? He in Himself is the pure cause of all virtues: insomuch, that if any man be stirred to any one virtue by any other cause mingled with Him, yea, although that He be the chief, yet that virtue is then imperfect. As thus by example may be seen in one virtue or two instead of all the other; and well may these two virtues be meekness and charity. For whoso might get these two clearly, him needs no more: for why, he has all.

HERE BEGINS THE THIRTEENTH CHAPTER;

What meekness is in itself, and when it is perfect and when it is imperfect.

NOW let see first of the virtue of meekness; how it is imperfect when it is caused of any other thing mingled with God although He be the chief; and how it is perfect when it is caused of God by Himself. And first it is to know, what meekness is in itself, if this matter shall clearly be seen and conceived; and thereafter may it more truly be conceived in truth of spirit what is the cause thereof.

Meekness in itself is nought else, but a true knowing and feeling of a man's self as he is. For surely whoso might truly see and feel himself

as he is, he should truly be meek. Two things there be, which be cause of this meekness; which be these. One is the filth, the wretchedness, and the frailty of man, into which he is fallen by sin; and which always he should feel in some part the whiles he lives in this life, be he never so holy. Another is the over-abundant love and the worthiness of God in Himself; in beholding of which all nature quakes, all clerks be fools, and all saints and angels be blind. Insomuch, that were it not that through the wisdom of His Godhead He measured their beholding after their ableness in nature and in grace, I fail to say what should befall them.

This second cause is perfect; for why, it shall last without end. And the other before is imperfect; for why, it shall not only fail at the end of this life, but full often it may befall that a soul in this mortal body for abundance of grace in multiplying of his desire - as often and as long as God permits to work it - shall have suddenly and perfectly lost and forgotten all knowing and feeling of his being, not looking after whether he have been holy or wretched. But whether this fall often or seldom to a soul that is thus disposed, I know that it lasts but a full short while: and in this time it is perfectly humbled, for it knows and feels no cause but the Chief. And ever when it knows and feels the other cause, communing therewith, although this be the chief: yet it is imperfect meekness. Nevertheless yet it is good and notwithstanding must be had; and God forbid that you take it in any other manner than I say.

HERE BEGINS THE FOURTEENTH CHAPTER;

That without imperfect meekness coming before, it is impossible for a sinner to come to the perfect Virtue of meekness in this life.

FOR although I call it imperfect meekness, yet I had rather have a true knowing and a feeling of myself as I am, and sooner I know that it should get me the perfect cause and virtue of meekness by itself, than it should an all the saints and angels in heaven, and all the men and women of Holy Church living in earth, religious or seculars in all

degrees, were set at once all together to do nought else but to pray to God for me to get me perfect meekness. Yea, and yet it is impossible a sinner to get, or to keep when it is gained, the perfect virtue of meekness without it.

And therefore work and sweat in all that you can and may, to get you a true knowing and a feeling of yourself as you are; and then I know that soon after that you shall have a true knowing and a feeling of God as He is. Not as He is in Himself, for that may no man do but Himself; nor yet as you shall do in bliss both body and soul together. But as it is possible, and as He permits to be known and felt of a meek soul living in this mortal body.

And think not because I set two causes of meekness, one perfect and another imperfect, that I will therefore that you leave the travail about imperfect meekness, and set you wholly to get you perfect. Nay, surely; I know you should never bring it so about. But herefore I do that I do: because I think to tell you and let you see the worthiness of this spiritual exercise before all other exercise bodily or spiritual that man can or may do by grace. how a secret love pressed in cleanness of spirit upon this dark cloud of unknowing betwixt you and your God, truly and perfectly contains in it the perfect virtue of meekness without any special or clear beholding of any thing under God. And because I would that you knew which were perfect meekness, and set it as a token before the love of your heart, and did it for you and for me. And because I would by this knowing make you more meek.

For often it befalls that lacking of knowing is cause of much pride as I think. For perhaps an you knew not which were perfect meekness, you should think when you had a little knowing and a feeling of this that I call imperfect meekness, that you had almost gained perfect meekness: and so should you deceive yourself, and think that you were full meek when you were all trapped in foul stinking pride. And therefore try to travail about perfect meekness; for the condition of it is such, that whoso has it, and the whiles he has it, he shall not sin, nor yet much after.

## HERE BEGINS THE FIFTEENTH CHAPTER;

A short proof against their error that say, that there is no perfecter cause to be humbled by, than is the knowledge of a man's own wretchedness.

AND trust steadfastly that there is such a perfect meekness as I speak of, and that it may be come to through grace in this life. And this I say in confusion of their error, that say that there is no perfecter cause of meekness than is that which is raised of the remembrance of our wretchedness and our before-done sins.

I grant well, that to those who have been in accustomed sins, as I am myself and have been, it is the most needful and speedful cause, to be humbled by the remembrance of our wretchedness and our before-done sins, ever till the time be that the great rust of sin be in great part rubbed away, our conscience and our counsel to witness. But to other that be, as it were, innocents, which never sinned deadly with an abiding will and intent, but through frailty and unknowing, and which set them to be contemplatives - and to us both if our counsel and our conscience witness our lawful amendment in contrition and in confession, and in making satisfaction after the statute and the ordinance of all-Holy Church, and thereto if we feel us stirred and called by grace to be contemplatives also - there is then another cause to be humbled by as far above this cause as is the living of our Lady Saint Mary above the living of the sinfullest penitent in Holy Church; or the living of Christ above the living of any other man in this life; or else the living of an angel in heaven, which never felt - nor shall feel - frailty, is above the life of the frailest man that is here in this world. For if it so were that there were no perfect cause to be humbled by, but in seeing and feeling of wretchedness, then would I know of those who say so, what cause they be humbled by that never see nor feel - nor never shall be in them - wretchedness nor stirring of sin: as it is of our Lord JESUS CHRIST, our Lady Saint Mary, and all the saints and angels in heaven. To this perfection, and all other, our Lord JESUS CHRIST calls us Himself in the gospel: where He bids that we should be perfect by grace as He Himself is by nature.

## HERE BEGINS THE SIXTEENTH CHAPTER;

That by Virtue of this work a sinner truly turned and called to contemplation comes sooner to perfection than by any other work; and by it soonest may get of God forgiveness of sins.

LOOK that no man think it presumption, that he that is the wretchedest sinner of this life dare take upon him after the time be that he have lawfully amended him, and after that he have felt him stirred to that life that is called contemplative, by the assent of his counsel and his conscience to prefer a meek stirring of love to his God, secretly pressing upon the cloud of unknowing betwixt him and his God. When our Lord said to Mary, in person of all sinners that be called to contemplative life, "Your sins be forgiven you," it was not for her great sorrow, nor for the remembering of her sins, nor yet for her meekness that she had in the beholding of her wretchedness only. But why then? Surely because she loved much. Lo! here may men see what a secret pressing of love may purchase of our Lord, before all other works that man may think. And yet I grant well, that she had full much sorrow, and wept full sore for her sins, and full much she was humbled in remembrance of her wretchedness. And so should we do, that have been wretches and accustomed sinners; all our lifetime make hideous and wonderful sorrow for our sins, and full much be humbled in remembrance of our wretchedness.

But how? Surely as Mary did. She, although she might not feel the deep hearty sorrow of her sins - for why, all her lifetime she had them with her whereso she went, as it were in a burthen bounden together and laid up full secretly in the hole of her heart, in manner never to be forgotten - nevertheless yet, it may be said and affirmed by Scripture, that she had a more hearty sorrow, a more doleful desire, and a more deep sighing, and more she languished, yea! almost to the death, for lacking of love, although she had full much love (and have no wonder thereof, for it is the condition of a true lover that ever the more he loves, the more he longs to love), than she had for any remembrance of her sins.

And yet she knew well, and felt well in herself in a sad soothfastness, that she was a wretch most foul of all other, and that her sins had made a division betwixt her and her God that she loved so much: and also that they were in great part cause of her languishing sickness for lacking of love. But what thereof? Came she therefore down from the height of desire into the deepness of her sinful life, and searched in the foul stinking fen and dunghill of her sins; searching them up, by one and by one, with all the circumstances of them, and sorrowed and wept so upon them each one by itself? Nay, surely she did not so. And why? Because God let her know by His grace within in her soul, that she should never so bring it about. For so might she sooner have raised in herself an ableness to have often sinned, than to have purchased by that work any plain forgiveness of all her sins.

And therefore she hung up her love and her longing desire in this cloud of unknowing, and learned her to love a thing which she might not see clearly in this life, by light of understanding in her reason, nor yet truly feel in sweetness of love in her affection. Insomuch, that she had often little special remembrance, whether that ever she had been a sinner or none. Yea, and full often I hope that she was so deeply disposed to the love of His Godhead that she had but right little special beholding to the beauty of His precious and His blessed body, in which He sat full lovely speaking and preaching before her; nor yet to anything else, bodily or spiritual. That this be truly, it seems by the gospel.

HERE BEGINS THE SEVENTEENTH CHAPTER;

That a true contemplative need not meddle him with active life, nor of anything that is done or spoken about him, nor yet to answer to his blamers in excusing of himself.

IN the gospel of Saint Luke it is written, that when our Lord was in the house of Martha her sister, all the time that Martha made her busy about preparing His meat, Mary her sister sat at His feet. And in hearing of His word she beheld not to the business of her sister,



although her business was full good and full holy, for truly it is the first part of active life; nor yet to the preciousness of His blessed body, nor to the sweet voice and the words of His manhood, although it is better and holier, for it is the second part of active life and the first of contemplative life.

But to the sovereignest wisdom of His Godhead lapped in the dark words of His manhood, thither beheld she with all the love of her heart. For from thence she would not remove, for nothing that she saw nor heard spoken nor done about her; but sat full still in her body, with many a sweet secret and a desirous love pressed upon that high cloud of unknowing betwixt her and her God. For one thing I tell you, that there was never yet pure creature in this life, nor never yet shall be, so high ravished in contemplation and love of the Godhead, that there is not evermore a high and a wonderful cloud of unknowing betwixt him and his God. In this cloud it was that Mary was occupied with many a secret love pressed. And why? Because it was the best and the holiest part of contemplation that may be in this life, and from this part she desired not to remove for anything. Insomuch, that when her sister Martha complained to our Lord of her, and bade Him bid her sister rise and help her and let her not so work and travail by herself, she sat full still and answered not with one word, nor shewed not as much as a grumbling gesture against her sister for any plaint that she could make. And no wonder: for why, she had another work to do that Martha knew not of. And therefore she had no leisure to listen to her, nor to answer her at her plaint.

Lo! friend, all these works, these words, and these gestures, that were shewed betwixt our Lord and these two sisters, be set in example of all actives and all contemplatives that have been since in Holy Church, and shall be to the day of doom. For by Mary is understood all contemplatives; for they should conform their living after hers. And by Martha, actives on the same manner; and for the same reason in likeness.

## HERE BEGINS THE EIGHTEENTH CHAPTER;

How yet to this day all actives complain of contemplatives as Martha did of Mary. Of which complaining ignorance is the cause.

AND right as Martha complained then on Mary her sister, right so yet to this day all actives complain of contemplatives. For an there be a man or a woman in any company of this world, what company soever it be, religious or seculars - I exclude none - which man or woman, whichever that it be, feels him stirred through grace and by counsel to forsake all outward business, and to set him fully to live contemplative life after their cunning and their conscience, their counsel according; as fast, their own brethren and their sisters, and all their next friends, with many other that know not their stirrings nor that manner of living that they set them to, with a great complaining spirit shall rise upon them, and say sharply to them that it is nought that they do. And as fast they will reckon up many false tales, and many true also, of falling of men and women that have given them to such life before: and never a good tale of those who stood.

I grant that many fall and have fallen of those who have in likeness forsaken the world. And where they should have become God's servants and His contemplatives, because that they would not rule them by true spiritual counsel they have become the devil's servants and his contemplatives; and turned either to hypocrites or to heretics, or fallen into frenzies and many other mischiefs, in slander of Holy Church. Of which I leave to speak at this time, for troubling of our matter. But nevertheless here after when God permits and if need be, men may see some of the conditions and the cause of their failings. And therefore no more of them at this time; but forth of our matter.

## HERE BEGINS THE NINETEENTH CHAPTER;

A short excusation of him that made this book teaching how all contemplatives should have all actives fully excused of their complaining words and deeds.

SOME might think that I do little worship to Martha, that special saint, for I liken her words of complaining of her sister to these worldly men's words, or theirs to hers: and truly I mean no unworship to her nor to them. And God forbid that I should in this work say anything that might be taken in condemnation of any of the servants of God in any degree, and namely of His special saint. For I think that she should be full well had excused of her plaint, taking regard to the time and the manner that she said it in. For that that she said, her unknowing was the cause. And no wonder though she knew not at that time how Mary was occupied; for I know that before she had little heard of such perfection. And also that she said, it was but courteously and in few words: and therefore she should always be had excused.

And so I think that these worldly living men and women of active life should also full well be had excused of their complaining words touched before, although they say rudely that they say; having beholding to their ignorance. For why? Right as Martha knew full little what Mary her sister did when she complained of her to our Lord; right so on the same manner these folk nowadays know full little, or else nought, what these young disciples of God mean, when they set them from the business of this world, and draw them to be God's special servants in holiness and rightfulness of spirit. And if they knew truly, I dare say that they would neither do nor say as they say. And therefore I think always that they should be had excused: for why, they know no better living than is that they live in themselves. And also when I think on my innumerable defaults, which I have made myself before this time in words and deeds for default of knowing, I think then if I would be had excused of God for my ignorant defaults, that I should charitably and piteously have other men's ignorant words and deeds always excused. And surely else, do I not to others as I would they did to me.

## HERE BEGINS THE TWENTIETH CHAPTER;

How Almighty God will goodly answer for all those that for the excusing of themselves desire not leave their business about the love of Him.

AND therefore I think, that they that set them to be contemplatives should not only have active men excused of their complaining words, but also I think that they should be so occupied in spirit that they should take little heed or none what men did or said about them. Thus did Mary, our example of all, when Martha her sister complained to our Lord: and if we will truly do thus our Lord will do now for us as He did then for Mary.

And how was that? Surely thus. Our lovely Lord Jesus Christ, to whom no secret thing is hid, although He was required of Martha as judge to bid Mary rise and help her to serve Him; nevertheless yet, for He perceived that Mary was fervently occupied in spirit about the love of His Godhead, therefore courteously and as it was seemly for Him to do by the way of reason, He answered for her, that for the excusing of herself desire to not to leave the love of Him. And how answered He? Surely not only as judge, as He was of Martha appealed: but as an advocate lawfully defended her that Him loved, and said, "Martha, Martha!" Twice for speed He named her name; for He would that she heard Him and took heed to His words. "You are full busy," He said, "and troubled about many things." For they that be actives behove always to be busied and travailed about many diverse things, which them falls, first to have to their own use, and since in deeds of mercy to their neighbour, as charity asks. And this He said to Martha, for He would let her know that her business was good and profitable to the health of her soul. But for this, that she should not think that it were the best work of all that man might do, therefore He added and said: But one thing is necessary.'

And what is that one thing? Surely that God be loved and praised by Himself, above all other business bodily or spiritual that man may do.

And for this, that Martha should not think that she might both love God and praise Him above all other business bodily or spiritual, and also thereto to be busy about the necessaries of this life: therefore to deliver her of doubt that she might not both serve God in bodily business and spiritual together perfectly? - imperfectly she may, but not perfectly - He added and said, that Mary had chosen the best part; which should never be taken from her. For why, that perfect stirring of love that begins here is even in number with that that shall last without end in the bliss of heaven, for all it is but one.

HERE BEGINS THE ONE AND TWENTIETH CHAPTER;

The true exposition of this gospel word, "Mary has chosen the best part."

WHAT means this; Mary has chosen the best? Wherever the best is set or named, it asks before it these two things - a good, and a better; so that it be the best, and the third in number. But which be these three good things, of which Mary chose the best? Three lives be they not, for Holy Church makes remembrance but of two, active life and contemplative life; which two lives be secretly understood in the story of this gospel by these two sisters Martha and Mary - by Martha active, by Mary contemplative. Without one of these two lives may no man be safe, and where no more be but two, may no man choose the best.

But although there be but two lives, nevertheless yet in these two lives be three parts, each one better than other. which three, each one by itself, be specially set in their places before in this writing. For as it is said before, the first part stands in good and honest bodily works of mercy and of charity; and this is the first degree of active life, as it is said before. The second part of these two lives lies in good spiritual meditations of a man's own wretchedness, the Passion of Christ, and of the joys of heaven. The first part is good, and this part is the better; for this is the second degree of active life and the first of contemplative life. In this part is contemplative life and active life coupled together in spiritual kinship, and made sisters at the example

of Martha and Mary. Thus high may an active come to contemplation; and no higher, but if it be full seldom and by a special grace. Thus low may a contemplative come towards active life; and no lower, but if it be full seldom and in great need.

The third part of these two lives hangs in this dark cloud of unknowing, with many a secret love pressed to God by Himself. The first part is good, the second is better, but the third is best of all. This is the "best part" of Mary. And therefore it is plainly to know, that our Lord said not, Mary has chosen the best life; for there be no more lives but two, and of two may no man choose the best. But of these two lives Mary has chosen, He said, the best part; which shall never be taken from her. The first part and the second, although they be both good and holy, yet they end with this life. For in the other life shall be no need as now to use the works of mercy, nor to weep for our wretchedness, nor for the Passion of Christ. For then shall none be able to hunger nor thirst as now, nor die for cold, nor be sick, nor houseless, nor in prison; nor yet need burial, for then shall none be able to die. But the third part that Mary chose, choose who by grace is called to choose: or, if I shall say more truly, whoso is chosen thereto of God. Let him lustily incline thereto, for that shall never be taken away: for if it begin here, it shall last without end.

And therefore let the voice of our Lord cry on these actives, as if He said thus now for us to them, as He did then for Mary to Martha, "Martha, Martha!" - "Actives, actives! make you as busy as you can in the first part and in the second, now in the one and now in the other: and, if you desire right well and feel you disposed, in both two bodily. And meddle you not of contemplatives. You know not what them ails: let them sit in their rest and in their play, with the third and the best part of Mary."

## HERE BEGINS THE TWO AND TWENTIETH CHAPTER;

Of the wonderful love that Christ had to man in person of all sinners truly turned and called to the grace of contemplation.

SWEET was that love betwixt our Lord and Mary. Much love had she to Him. Much more had He to her. For whoso would utterly behold all the behaviour that was betwixt Him and her, not as a trifler may tell, but as the story of the gospel will witness - which on nowise may be false - he should find that she was so heartily set to love Him, that nothing beneath Him might comfort her, nor yet hold her heart from Him. This is she, that same Mary, that when she sought Him at the sepulchre with weeping cheer would not be comforted of angels. For when they spake to her so sweetly and so lovely and said, "Weep not, Mary; for why, our Lord whom you seek is risen, and you shall have Him, and see Him live full fair amongst His disciples in Galilee as He said," she would not cease for them. For why? Her thought that whoso sought truly the King of Angels, they should not cease for angels.

And what more? Surely whoso will look truly in the story of the gospel, he shall find many wonderful points of perfect love written of her to our example, and as even according to the work of this writing, as if they had been set and written therefore; and surely so were they, take whoso take may. And if a man desire to see in the gospel written the wonderful and the special love that our Lord had to her, in person of all accustomed sinners truly turned and called to the grace of contemplation, he shall find that our Lord might not suffer any man or woman - yea, not her own sister - speak a word against her, but if He answered for her Himself. Yea, and what more? He blamed Symon Leprous in his own house, for that he thought against her. This was great love: this was passing love.

## HERE BEGINS THE THREE AND TWENTIETH CHAPTER;

How God will answer and purvey for them in spirit, that for business about His love desire not to answer nor purvey for themselves

AND truly if we will lustily conform our love and our living, inasmuch as we can, by grace and by counsel, to the love and the living of Mary, no doubt but He shall answer on the same manner now for us spiritual each day, secretly in the hearts of all those that either say or think against us. I say not but that evermore some men shall say or think somewhat against us, the whiles we live in the travail of this life, as they did against Mary. But I say, if we will give no more heed to their saying nor to their thinking, nor no more cease of our spiritual secret work for their words and their thoughts, than she did - I say, then, that our Lord shall answer them in spirit, if it shall be well with those who so say and so think, that they shall within few days have shame of their words and their thoughts.

And as He will answer for us thus in spirit, so will He stir other men in spirit to give us our needful things that belong to this life, as meat and clothes with all these other; if He see that we will not leave the work of His love for business about them. And this I say in confusion of their error, that say that it is not lawful for men to set them to serve God in contemplative life, but if they be secure before of their bodily necessities. For they say, that God sends the cow, but not by the horn. And truly they say wrong of God, as they well know. For trust steadfastly, you whatsoever that you be, that truly turn you from the world to God, that one of these two God shall send you, without business of yourself: and that is either abundance of necessities, or strength in body and patience in spirit to bear need. What then considers it, which man have? for all come to one in true contemplatives. And whoso is in doubt of this, either the devil is in his breast and deprives him of belief, or else he is not yet truly turned to God as he should be; make he it never so quaint, nor never so holy reasons shew there again, whatnot ever that he be.



And therefore you, that set you to be contemplative as Mary was, choose you rather to be humbled by the wonderful height and the worthiness of God, which is perfect, than under your own wretchedness, which is imperfect: that is to say, look that your special beholding be more to the worthiness of God than to your wretchedness. to those who are perfectly humbled, no thing shall fail; neither bodily thing, nor spiritual. For why? They have God, in whom is all plenty; and whoso has Him - yea, as this book tells - him needs nought else in this life.

HERE BEGINS THE FOUR AND TWENTIETH CHAPTER;

What charity is in itself, and how it is truly and perfectly contained in the work of this book.

AND as it is said of meekness, how it is truly and perfectly comprehended in this little blind love pressed, when it is beating upon this dark cloud of unknowing, all other things put down and forgotten: so it is to be understood of all other virtues, and specially of charity.

For charity is nought else to bemean to your understanding, but love of God for Himself above all creatures, and of man for God even as yourself. And that in this work God is loved for Himself, and above all creatures, it seems right well. For as it is said before, that the substance of this work is nought else but a naked intent directed to God for Himself.

A naked intent I call it. For why, in this work a perfect Prentice asks neither releasing of pain, nor increasing of meed, nor shortly to say, nought but Himself. Insomuch, that neither he considers nor looks after whether that he be in pain or in bliss, else that His will be fulfilled that he loves. And thus it seems that in this work God is perfectly loved for Himself, and that above all creatures. For in this work, a perfect worker may not suffer the memory of the holiest creature that ever God made to commune with him.

And that in this work the second and the lower branch of charity to your neighbour is truly and perfectly fulfilled, it seems by the proof. For why, in this work a perfect worker has no special beholding to any man by himself, whether that he be kin or stranger, friend or foe. For all men him thinks equally kin to him, and no man stranger. All men him thinks be his friends, and none his foes. Insomuch, that him thinks all those that pain him and do him disease in this life, they be his full and his special friends: and him think, that he is stirred to will them as much good, as he would to the homeliest friend that he has.

HERE BEGINS THE FIVE AND TWENTIETH CHAPTER;

That in the time of this work a perfect soul has no special beholding to any one man in this life.

I SAY not that in this work he shall have a special beholding to any man in this life, whether that he be friend or foe, kin or stranger; for that may not be if this work shall perfectly be done, as it is when all things under God be fully forgotten, as falls for this work. But I say that he shall be made so virtuous and so charitable by the virtue of this work, that his will shall be afterwards, when he condescends to commune or to pray for his neighbour - not from all this work, for that may not be without great sin, but from the height of this work, which is speedful and needful to do some time as charity asks - as specially then directed to his foe as to his friend, his stranger as his kin. Yea, and some time more to his foe than to his friend.

Nevertheless, in this work he has no leisure to look after who is his friend or his foe, his kin or his stranger. I say not but he shall feel some time - yea, full often - his affection more homely to one, two, or three, than to all these other: for that is lawful to be, for many causes as charity asks. For such an homely affection felt Christ to John and to Mary, and to Peter before many others. But I say, that in the time of this work shall all be equally homely to him; for he shall feel then no cause, but only God. So that all shall be loved plainly and nakedly for God, and as well as himself.

For as all men were lost in Adam and all men that with work will witness their will of salvation are saved or shall be by virtue of the Passion of only Christ: not in the same manner, but as it were in the same manner, a soul that is perfectly disposed to this work, and oned thus to God in spirit as the proof of this work witnesses, doth that in it is to make all men as perfect in this work as itself is. For right as if a limb of our body feels sore, all the other limbs be pained and diseased therefore, or if a limb fare well, all the remnant be gladdened therewith - right so is it spiritual of all the limbs of Holy Church. For Christ is our head, and we be the limbs if we be in charity: and whoso will be a perfect disciple of our Lord's, he should strain up his spirit in this work spiritual, for the salvation of all his brethren and sisters in nature, as our Lord did His body on the Cross. And how? Not only for His friends and His kin and His homely lovers, but generally for all mankind, without any special beholding more to one than to another. For all that will leave sin and ask mercy shall be saved through the virtue of His Passion. And as it is said of meekness and charity, so it is to be understood of all other virtues. For all they be truly included in this little pressing of love, touched before.

HERE BEGINS THE SIX AND TWENTIETH CHAPTER;

That without full special grace, or long use in common grace, the work of this book is right travailous; and in this work, which is the work of the soul helped by grace, and which is the work of only God.

AND therefore travail fast awhile, and beat upon this high cloud of unknowing, and rest afterward. Nevertheless, a travail shall he have who so shall use him in this work; yea, surely! and that a full great travail, unless he have a more special grace, or else that he have of long time used him therein.

But I pray you, wherein shall that travail be? Surely not in that devout stirring of love that is continually wrought in his will, not by himself, but by the hand of Almighty God: which is evermore ready to work this work in each soul that is disposed thereto, and that does what he

can, and has done long time before, to enable him to this work.

But wherein then is this travail, I pray you? Surely, this travail is all in treading down of the remembrance of all the creatures that ever God made, and in holding of them under the cloud of forgetting named before. In this is all the travail, for this is man's travail, with help of grace. And the other above - that is to say, the stirring of love - that is the work of only God. And therefore do on your work, and surely I promise you He shall not fail in His.

Do on then fast; let see how you bear yourself. See you not how He stands and waits for you? For shame! Travail fast but awhile, and you shall soon be eased of the greatness and of the hardness of this travail. For although it be hard and strait in the beginning, when you have no devotion; nevertheless yet after, when you have devotion, it shall be made full restful and full light to you that before was full hard. And you shall have either little travail or none, for then will God work sometimes all by Himself. But not ever, nor yet no long time together, but when He desires and as He desires; and then will you think it merry to let Him alone.

Then will He sometimes perhaps send out a beam of spiritual light, piercing this cloud of unknowing that is betwixt you and Him; and shew you some of His hiddenness, which man may not, nor cannot speak. Then shall you feel your affection inflamed with the fire of His love, far more than I can tell you, or may or will at this time. For of that work, that falls to only God, dare I not take upon me to speak with my blabbering fleshly tongue: and shortly to say, although I durst I would do not. But of that work that falls to man when he feels him stirred and helped by grace, desire me to tell you: for therein is the less peril of the two.

HERE BEGINS THE SEVEN AND TWENTIETH CHAPTER;

Who should work in the gracious work of this book.

FIRST and foremost, I will tell you who should work in this work, and when, and by what means: and what discretion you shall have in it. If you ask me who shall work thus, I answer you - all that have forsaken the world in a true will, and thereto that give them not to active life, but to that life that is called contemplative life. All those should work in this grace and in this work, whatever they be; whether they have been accustomed sinners or none.

HERE BEGINS THE EIGHT AND TWENTIETH CHAPTER;

That a man should not presume to work in this work before the time that he be lawfully cleansed in conscience of all his special deeds of sin.

BUT if you asks me when they should work in this work, then I answer you and I say: that not ere they have cleansed their conscience of all their special deeds of sin done before, after the common ordinance of Holy Church.

For in this work, a soul dries up in it all the root and the ground of sin that will always live in it after confession, be it never so busy. And, therefore, whoso will travail in this work, let him first cleanse his conscience; and afterward when he has done that in him is lawfully, let him dispose him boldly but meekly thereto. And let him think, that he has full long been holden therefrom. For this is that work in which a soul should travail all his lifetime, though he had never sinned deadly. And the whiles that a soul is dwelling in this mortal flesh, it shall evermore see and feel this cumbrous cloud of unknowing betwixt him and God. And not only that, but in pain of the original sin it shall evermore see and feel that some of all the creatures that ever God made, or some of their works, will evermore press in remembrance betwixt it and God. And this is the right wisdom of God, that man,

when he had sovereignty and lordship of all other creatures, because that he wilfully made him underling to the stirring of his subjects, leaving the bidding of God and his Maker; that right so after, when he would fulfil the bidding of God, he saw and felt all the creatures that should be beneath him, proudly press above him, betwixt him and his God.

#### HERE BEGINS THE NINE AND TWENTIETH CHAPTER;

That a man should bidingly travail in this work, and suffer the pain thereof, and judge no man.

AND therefore, whoso covets to come to cleanness that he lost for sin, and to win to that well-being where all woe wants, he should bidingly travail in this work, and suffer the pain thereof, whatsoever that he be: whether he have been an accustomed sinner or none.

All men have travail in this work; both sinners, and innocents that never sinned greatly. But far greater travail have those that have been sinners than they that have been none; and that is great reason. Nevertheless, often it befalls that some that have been horrible and accustomed sinners come sooner to the perfection of this work than those that have been none. And this is the merciful miracle of our Lord, that so specially gives His grace, to the wondering of all this world. Now truly I hope that on Judgement day it shall be fair, when that God shall be seen clearly and all His gifts. Then shall some that now be despised and set at little or nought as common sinners, and perhaps some that now be horrible sinners, sit full seemly with saints in His sight: when some of those that seem now full holy and be worshipped of men as angels, and some of those yet perhaps, that never yet sinned deadly, shall sit full sorry amongst hell caves. Hereby may you see that no man should be judged of other here in this life, for good nor for evil that they do. Nevertheless deeds may lawfully be judged, but not the man, whether they be good or evil.

## HERE BEGINS THE THIRTIETH CHAPTER;

Who should blame and condemn other men's defaults.  
BUT I pray you, of whom shall men's deeds be judged?

Surely of those who have power, and cure of their souls: either given openly by the statute and the ordinance of Holy Church, or else secretly in spirit at the special stirring of the Holy Ghost in perfect charity. Each man beware, that he presume not to take upon him to blame and condemn other men's defaults, but if he feel truly that he be stirred of the Holy Ghost within in his work; for else may he full lightly err in his judgements. And therefore beware: judge yourself as you desire betwixt you and your God or your spiritual father, and let other men alone.

## HERE BEGINS THE ONE AND THIRTIETH CHAPTER;

How a man should have him in beginning of this work against all thoughts and stirrings of sin. And from the time that you feel that you have done what you can, lawfully to amend you at the judgement of Holy Church, then shall you set you sharply to work in this work. And then if it so be that your fore-done special deeds will always press in your remembrance betwixt you and your God, or any new thought or stirring of any sin either, you shall stalwartly step above them with a fervent stirring of love, and tread them down under your feet. And try to cover them with a thick cloud of forgetting, as they never had been done in this life of you nor of other man either. And if they often rise, often put them down: and shortly to say, as often as they rise, as often put them down. And if you think that the travail be great, you may seek arts and wiles and secret subtleties of spiritual devices to put them away: which subtleties be better learned of God by the proof than of any man in this life.

## HERE BEGINS THE TWO AND THIRTIETH CHAPTER;

Of two spiritual devices that be helpful to a spiritual beginner in the work of this book.

NEVERTHELESS, somewhat of this subtlety shall I tell you as I think. Prove you and do better, if you better may. Do what you can, to let be as you knew not that they press so fast upon you betwixt you and your God. And try to look as it were over their shoulders, seeking another thing: which thing is God, enclosed in a cloud of unknowing. And if you do thus, I know that within short time you shall be eased of your travail. I know that an this device be well and truly conceived, it is nought else but a longing desire to God, to feel Him and see Him as it may be here: and such a desire is charity, and it obtains always to be eased.

Another device there is: prove you if you will. When you feel that you may on nowise put them down, cower you down under them as a caitiff and a coward overcome in battle, and think that it is but a folly to you to strive any longer with them, and therefore you yield you to God in the hands of your enemies. And feel then yourself as you were foredone for ever. Take good heed of this device I pray you, for I think in the proof of this device you should melt all to water. And surely I think an this device be truly conceived it is nought else but a true knowing and a feeling of yourself as you are, a wretch and a filthy, far worse than nought: which knowing and feeling is meekness. And this meekness obtains to have God Himself mightily descending, to venge you of your enemies, to take you up, and cherishingly dry your spiritual eyes; as the father doth the child that is in point to perish under the mouths of wild swine or furious biting bears.



## HERE BEGINS THE THREE AND THIRTIETH CHAPTER;

That in this work a soul is cleansed both of his special sins and of the pain of them, and yet how there is no perfect rest in this life.

MORE devices tell I you not at this time; for an you have grace to feel the proof of these, I know that you shall know better to learn me than I you. For although it should be thus, truly yet I think that I am full far therefrom. And therefore I pray you help me, and do you for you and for me.

Do on then, and travail fast awhile, I pray you, and suffer meekly the pain if you may not soon win to these arts. For truly it is your purgatory, and then when your pain is all passed and your devices be given of God, and graciously gained in custom; then it is no doubt to me that you are cleansed not only of sin, but also of the pain of sin. I mean, of the pain of your special fore-done sins, and not of the pain of the original sin. For that pain shall always last on you to your death day, be you never so busy. Nevertheless, it shall but little provoke you, in comparison of this pain of your special sins; and yet shall you not be without great travail. For out of this original sin will all day spring new and fresh stirrings of sin: which you should all day smite down, and be busy to shear away with a sharp double-edged dreadful sword of discretion. And hereby may you see and learn, that there is no soothfast security, nor yet no true rest in this life.

Nevertheless, herefore shall you not go back, nor yet be overfeared of your failing. For if it so be that you may have grace to destroy the pain of your fore-done special deeds, in the manner before said - or better if you better may - sure be you, that the pain of the original sin, or else the new stirrings of sin that be to come, shall but right little be able to provoke you.

## HERE BEGINS THE FOUR AND THIRTIETH CHAPTER;

That God gives this grace freely without any means, and that it may not be come to with means.

AND if you ask me by what means you shall come to this work, I beseech Almighty God of His great grace and His great courtesy to teach you Himself. For truly I do you well to know that I cannot tell you, and that is no wonder. For why, that is the work of only God, specially wrought in what soul that Him like without any desert of the same soul. For without it no saint nor no angel can think to desire it. And I know that our Lord as specially and as often - yea! and more specially and more often - will grant to work this work in those who have been accustomed sinners, than in some other, that never grieved Him greatly in comparison of them. And this will He do, for He will be seen all-merciful and almighty; and for He will be seen to work as He desires, where He desires, and when He desires.

And yet He gives not this grace, nor works not this work, in any soul that is unable thereto. And yet, there is no soul without this grace, able to have this grace: none, whether it be a sinner's soul or an innocent soul. For neither it is given for innocence, nor withheld for sin. Take good heed, that I say withheld, and not withdrawn. Beware of error here, I pray you; for ever, the nearer men touch the truth, more wary men should be of error. I mean but well: if you can not conceive it, lay it by your side till God come and teach you. Do then so, and hurt you not.

Beware of pride, for it blasphemes God in His gifts, and emboldens sinners. Were you truly meek, you should feel of this work as I say: that God gives it freely without any desert. The condition of this work is such, that the presence thereof enables a soul to have it and to feel it. And that ableness may no soul have without it. The ableness to this work is oned to the work's self without departing; so that whoso feels this work is able thereto, and none else. Insomuch, that without this work a soul is as it were dead, and cannot covet it nor desire it.

Forasmuch as you will it and desire it, so much have you of it, and no more nor no less: and yet is it no will, nor no desire, but a thing you knew never what, that stirs you to will and desire you knew never what. Reck you never if you know no more, I pray you: but do forth ever more and more, so that you be ever doing.

And if I shall shortly say, let that thing do with you and lead you whereso it desire. Let it be the worker, and you but the sufferer: do but look upon it, and let it alone. Meddle you not therewith as you would help it, for dread lest you spill all. Be you but the tree, and let it be the wright: be you but the house, and let it be the husbandman dwelling therein. Be blind in this time, and shear away covetise of knowing, for it will more hinder you than help you. It suffices enough to you, that you feel you stirred likingly with a thing you knew never what, else that in this stirring you have no special thought of any thing under God; and that your intent be nakedly directed to God.

And if it be thus, trust then steadfastly that it is only God that stirs your will and your desire plainly by Himself, without means either on His part or on yours. And be not feared, for the devil may not come so near. He may never come to stir a man's will, but occasionally and by means from afar, be he never so subtle a devil. For sufficiently and without means may no good angel stir your will: nor, shortly to say, nothing but only God. So that you may conceive here by these words somewhat (but much more clearly by the proof), that in this work men shall use no means: nor yet men may not come thereto with means. All good means hang upon it, and it on no means; nor no means may lead thereto.

## HERE BEGINS THE FIVE AND THIRTIETH CHAPTER;

Of three means in which a contemplative Prentice should be occupied, in reading, thinking, and praying.

NEVERTHELESS, means there be in which a contemplative prentice should be occupied, which be these - Lesson, Meditation, and Orison: or else to your understanding they may be called - Reading, Thinking, and Praying. Of these three you shall find written in another book of another man's work, much better than I can tell you; and therefore it needs not here to tell you of the qualities of them. But this may I tell you: these three be so coupled together, that to those who are beginners and profifers - but not to those who are perfect, yea, as it may be here - thinking may not goodly be gained, without reading or hearing coming before. All is one in manner, reading and hearing: clerks reading on books, and unlearned men listening to clerks when they hear them preach the word of God. Nor prayer may not goodly be gained in beginners and profifers, without thinking coming before. See by the proof. In this same course, God's word either written or spoken is likened to a mirror. Spiritually, the eyes of your soul is your reason; your conscience is your face spiritual. And right as you see that if a foul spot be in your bodily face, the eyes of the same face may not see that spot nor know where it is, without a mirror or a teaching of another than itself; right so it is spiritual, without reading or hearing of God's word it is impossible to man's understanding that a soul that is blinded in custom of sin should see the foul spot in his conscience.

And so following, when a man sees in a bodily or spiritual mirror, or knows by other men's teaching, whereabouts the foul spot is on his face, either bodily or spiritual; then at first, and not before, he runs to the well to wash. If this spot be any special sin, then is this well Holy Church, and this water confession, with the circumstances. If it be but a blind root and a stirring of sin, then is this well merciful God, and this water prayer, with the circumstances. And thus may you see that no thinking may goodly be gained in beginners and profifers, without reading or hearing coming before: nor praying without thinking.

## HERE BEGINS THE SIX AND THIRTIETH CHAPTER;

Of the meditations of those who continually travail in the work of this book.

BUT it is not so with those who continually work in the work of this book. For their meditations be but as they were sudden conceits and blind feelings of their own wretchedness, or of the goodness of God; without any means of reading or hearing coming before, and without any special beholding of any thing under God. These sudden conceits and these blind feelings be sooner learned of God than of man. I care not though you had nowadays none other meditations of your own wretchedness, nor of the goodness of God (I mean if you feel thus stirred by grace and by counsel), but such as you may have in this word SIN, and in this word GOD: or in such other, which as you desire. Not breaking nor expounding these words with curiosity of knowledge, in beholding after the qualities of these words, as you would by that beholding increase your devotion. I know it should never be so in this case and in this work. But hold them all whole these words; and mean by sin, a lump, you knew never what, none other thing but yourself. I think that in this blind beholding of sin, thus congealed in a lump, none other thing than yourself, it should be no need to bind a madder thing, than you should be in this time. And yet perhaps, whoso looked upon you should think you full soberly disposed in your body, without any changing of countenance; but sitting or going or lying, or leaning or standing or kneeling, whether you were, in a full sober restfulness.

## HERE BEGINS THE SEVEN AND THIRTIETH CHAPTER;

Of the special prayers of those who are continual workers in the word of this book

AND right as the meditations of those who continually work in this grace and in this work rise suddenly without any means, right so do their prayers. I mean of their special prayers, not of those prayers that be ordained of Holy Church. For they that be true workers in this work, they worship no prayer so much: and therefore they do them, in the form and in the statute that they be ordained of holy fathers before us. But their special prayers rise evermore suddenly to God, without any means or any premeditation in special coming before, or going therewith.

And if they be in words, as they be but seldom, then be they but in full few words: yea, and in ever the fewer the better. Yea, and if it be but a little word of one syllable, I think it better than of two: and more, too, according to the work of the spirit, since it so is that a spiritual worker in this work should evermore be in the highest and the sovereignest point of the spirit. That this be truly, see by example in the course of nature. A man or a woman, afraid with any sudden chance of fire or of man's death or what else that it be, suddenly in the height of his spirit, he is driven upon haste and upon need to cry or to pray after help. Yea, how? Surely, not in many words, nor yet in one word of two syllables. And why is that? For him think it over long tarrying to declare the need and the work of his spirit. And therefore he bursts up hideously with a great spirit, and cries a little word, but of one syllable: as is this word "fire," or this word "alas!"

And right as this little word "fire" stirs rather and pierces more hastily the ears of the hearers, so doth a little word of one syllable when it is not only spoken or thought, but secretly meant in the deepness of spirit; which is the height, for in ghostliness all is one, height and deepness, length and breadth. And rather it pierces the ears of Almighty God than doth any long psalter unmindfully mumbled in the teeth. And herefore it is written, that short prayer pierces heaven.

## HERE BEGINS THE EIGHT AND THIRTIETH CHAPTER;

### How and why that short prayer pierces heaven

AND why pierces it heaven, this little short prayer of one little syllable? Surely because it is prayed with a full spirit, in the height and in the deepness, in the length and in the breadth of his spirit that prays it. In the height it is, for it is with all the might of the spirit. In the deepness it is, for in this little syllable be contained all the mind of the spirit. In the length it is, for might it ever feel as it feels, ever would it cry as it cries. In the breadth it is, for it wills the same to all other that it wills to itself.

In this time it is that a soul has comprehended after the lesson of Saint Paul with all saints - not fully, but in manner and in part, as it is according to this work - which is the length and the breadth, the height and the deepness of everlasting and all-lovely, almighty, and all-knowing God. The everlastingness of God is His length. His love is His breadth. His might is His height. And His wisdom is His deepness. No wonder though a soul that is thus nigh conformed by grace to the image and the likeness of God his maker, be soon heard of God! Yea, though it be a full sinful soul, which is to God as it were an enemy; an he might through grace come to cry such a little syllable in the height and the deepness, the length and the breadth of his spirit, yet he should for the hideous noise of his cry be always heard and helped of God.

See by example. He that is your deadly enemy, an you hear him so afraid that he cry in the height of his spirit this little word "fire," or this word "out"; yet without any beholding to him for he is your enemy, but for pure pity in your heart stirred and raised with the dolefulness of this cry, you rise up - yea, though it be about midwinter's night - and help him to slack his fire, or to still him and rest him in his distress. Oh, Lord! since a man may be made so merciful in grace, to have so much mercy and so much pity of his enemy, notwithstanding his enmity, what pity and what mercy shall God have then of a spiritual

cry in soul, made and wrought in the height and the deepness, the length and the breadth of his spirit; which has all by nature that man has by grace? And much more, surely without comparison, much more mercy will He have; since it is, that that thing that is so had by nature is nearer to an eternal thing than that which is had by grace.

HERE BEGINS THE NINE AND THIRTIETH CHAPTER;

How a perfect worker shall pray, and what prayer is in itself; and if a man shall pray in words, which words accord them most to the property of prayer.

AND therefore it is, to pray in the height and the deepness, the length and the breadth of our spirit. And that not in many words, but in a little word of one syllable.

And what shall this word be? Surely such a word as is best according to the property of prayer. And what word is that? Let us first see what prayer is properly in itself, and thereafter we may clearer know what word will best accord to the property of prayer.

Prayer in itself properly is not else, but a devout intent direct to God, for getting of good and removing of evil. And then, since it so is that all evil be comprehended in sin, either by cause or by being, let us therefore when we will intently pray for removing of evil either say, or think, or mean, nought else nor no more words, but this little word "sin." And if we will intently pray for getting of good, let us cry, either with word or with thought or with desire, nought else nor no more words, but this word "God." For why, in God be all good, both by cause and by being. Have no marvel why I set these words before all other. For if I could find any shorter words, so fully comprehending in them all good and all evil, as these two words do, or if I had been learned of God to take any other words either, I would then have taken them and left these; and so I counsel that you do.



Study not for words, for so should you never come to your purpose nor to this work, for it is never got by study, but all only by grace. And therefore take you none other words to pray in, although I set these here, but such as you are stirred of God to take. Nevertheless, if God stir you to take these, I counsel not that you leave them; I mean if you shall pray in words, and else not. For why, they be full short words. But although the shortness of prayer be greatly commended here, nevertheless the oftness of prayer is never the rather refrained. For as it is said before, it is prayed in the length of the spirit; so that it should never cease, till the time were that it had fully found what it longed after. Example of this have we in a man or a woman afraid in the manner before said. For we see well, that they cease never crying on this little word "out," or this little word "fire," ere the time be that they have in great part found help for their grief.

#### HERE BEGINS THE FORTIETH CHAPTER;

That in the time of this work a soul has no special beholding to any vice in itself nor to any virtue in itself.

In the same manner, fill your spirit with the spiritual bemeaning of this word "sin," and without any special beholding to any kind of sin, whether it be venial or deadly: Pride, Wrath, or Envy, covetousness, Sloth, Gluttony, or Lechery. What reckes it in contemplatives, what sin that it be, or how muckle a sin that it be? For all sins them think - I mean for the time of this work - alike great in themselves, when the least sin takes them away from God, and deprives them of their spiritual peace.

And feel sin a lump, you knew never what, but none other thing than yourself. And cry then spiritual ever upon one: a Sin, sin, sin! Alas, alas, alas!" This spiritual cry is better learned of God by the proof, than of any man by word. For it is best when it is in pure spirit, without special thought or any pronouncing of word; unless it be any seldom time, when for abundance of spirit it bursts up into word, so that the body and the soul be both filled with sorrow and cumbering of sin.

On the same manner shall you do with this little word "God." Fill your spirit with the spiritual bemeaning of it without any special beholding to any of His works - whether they be good, better, or best of all - bodily or spiritual, or to any virtue that may be wrought in man's soul by any grace; not looking after whether it be meekness or charity, patience or abstinence, hope, faith, or soberness, chastity or wilful poverty. What reckes this in contemplatives? For all virtues they find and feel in God; for in Him is all thing, both by cause and by being. For they think that if they had God they had all good, and therefore they covet nothing with special beholding, but only good God. Do you on the same manner as far forth as you may by grace: and mean God all, and all God, so that nought work in your knowledge and in your will, but only God.

And because that ever the whiles you livest in this wretched life, you should always feel in some part this foul stinking lump of sin, as it were oned and congealed with the substance of your being, therefore shall you changeably mean these two words - sin and God. With this general knowing, that if you had God, then should you lack sin: and might you lack sin, then should you have God.

HERE BEGINS THE ONE AND FORTIETH CHAPTER;

That in all other works beneath this, men should keep discretion; but in this none.

AND furthermore, if you ask me what discretion you shall have in this work, then I answer you and say, right none! For in all your other doings you shall have discretion, as in eating and in drinking, and in sleeping and in keeping of your body from outrageous cold or heat, and in long praying or reading, or in communing in speech with your neighbour. In all these shall you keep discretion, that they be neither too much nor too little. But in this work shall you hold no measure: for I would that you should never cease of this work the whiles you livest.

I say not that you shall continue ever therein alike fresh, for that may not be. For sometime sickness and other unordained dispositions in body and in soul, with many other needfulness to nature, will hinder you full much, and often draw you down from the height of this working. But I say that you should evermore have it either in earnest or in game; that is to say, either in work or in will. And therefore for God's love be wary with sickness as much as you may goodly, so that you be not the cause of your feebleness, as far as you may. For I tell you truly, that this work asks a full great restfulness, and a full whole and clean disposition, as well in body as in soul.

And therefore for God's love govern you discreetly in body and in soul, and get you your health as much as you may. And if sickness come against your power, have patience and abide meekly God's mercy: and all is then good enough. For I tell you truly, that often patience in sickness and in other diverse tribulations pleases God much more than any liking devotion that you may have in your health.

HERE BEGINS THE TWO AND FORTIETH CHAPTER;

That by indiscretion in this, men shall keep discretion in all other things; and surely else never

BUT perhaps you ask me, how you shall govern you discreetly in meat and in sleep, and in all these other. And hereto I think to answer you right shortly: "Get that you get may." Do this work evermore without ceasing and without discretion, and you shall well ken begin and cease in all other works with a great discretion. For I may not know that a soul continuing in this work night and day without discretion, should err in any of these outward doings; and else, I think that he should always err.

And therefore, if I might get a waking and a busy beholding to this spiritual work within in my soul, I would then have a heedlessness in eating and in drinking, in sleeping and in speaking, and in all my outward doings. For surely I know I should rather come to discretion

in them by such a heedlessness, than by any busy beholding to the same things, as I would by that beholding set a mark and a measure by them. Truly I should never bring it so about, for ought that I could do or say. Say what men say will, and let the proof witness. And therefore lift up your heart with a blind stirring of love; and mean now sin, and now God. God would you have, and sin would you lack. God wants you; and sin are you sure of. Now good God help you, for now have you need!

#### HERE BEGINS THE THREE AND FORTIETH CHAPTER;

That all knowing and feeling of a man's own being must needs be lost if the perfection of this word shall truly be felt in any soul in this life.

LOOK that nothing work in your knowledge nor in your will but only God. And try to fell all knowing and feeling of ought under God, and tread all down full far under the cloud of forgetting. And you shall understand, that you shall not only in this work forget all other creatures than yourself, or their deeds or yours, but also you shall in this work forget both yourself and also your deeds for God, as well as all other creatures and their deeds. For it is the condition of a perfect lover, not only to love that thing that he loves more than himself; but also in a manner to hate himself for that thing that he loves.

Thus shall you do with yourself: you shall loathe and be weary with all that thing that works in your knowledge and in your will unless it be only God. For why, surely else, whatsoever that it be, it is betwixt you and your God. And no wonder though you loathe and hate to think on yourself, when you shall always feel sin, a foul stinking lump you knew never what, betwixt you and your God: which lump is none other thing than yourself. For you shall think it oned and congealed with the substance of your being: yea, as it were without departing. And therefore break down all knowing and feeling of all manner of creatures; but most busily of yourself. For on the knowing and the feeling of yourself hangs knowing and feeling of all other creatures; for in regard of it, all other creatures be lightly forgotten. For, if you

will busily set you to the proof, you shall find when you have forgotten all other creatures and all their works - yea, and thereto all your own works - that there shall live yet after, betwixt you and your God, a naked knowing and a feeling of your own being: which knowing and feeling should always be destroyed, ere the time be that you feel truly the perfection of this work.

#### HERE BEGINS THE FOUR AND FORTIETH CHAPTER;

How a soul shall dispose it on its own part, to destroy all knowing and feeling of its own being.

BUT now you ask me, how you may destroy this naked knowing and feeling of your own being. For perhaps you think that if it were destroyed, all other lettings were destroyed: and if you think thus, you think right truly. But to this I answer you and I say, that without a full special grace full freely given of God, and thereto a full according ableness to receive this grace on your part, this naked knowing and feeling of your being may on nowise be destroyed. And this ableness is nought else but a strong and a deep spiritual sorrow.

But in this sorrow needs you to have discretion, on this manner: you shall be wary in the time of this sorrow, that you neither too rudely strain your body nor your spirit, but sit full still, as it were in a sleeping device, all forsobbed and forsunken in sorrow. This is true sorrow; this is perfect sorrow; and well were him that might win to this sorrow. All men have matter of sorrow: but most specially he feels matter of sorrow, that knows and feels that he is. All other sorrows be to this in comparison but as it were game to earnest. For he may make sorrow earnestly, that knows and feels not only what he is, but that he is. And whoso felt never this sorrow, he may make sorrow: for why, he felt yet never perfect sorrow. This sorrow, when it is had, cleanses the soul, not only of sin, but also of pain that it has deserved for sin; and thereto it makes a soul able to receive that joy, which reeves from a man all knowing and feeling of his being.

This sorrow, if it be truly conceived, is full of holy desire: and else might never man in this life abide it nor bear it. For were it not that a

soul were somewhat fed with a manner of comfort of his right working, else should he not be able to bear the pain that he has of the knowing and feeling of his being. For as often as he would have a true knowing and a feeling of his God in purity of spirit, as it may be here, and since feels that he may not - for he finds evermore his knowing and his feeling as it were occupied and filled with a foul stinking lump of himself, which should always be hated and be despised and forsaken, if he shall be God's perfect disciple learned of Himself in the mount of perfection - so often, he goes nigh mad for sorrow. Insomuch, that he weeps and wails, strives, curses, and bans; and shortly to say, him think that he bears so heavy a burthen of himself that he cares never what betides him, so that God were pleased. And yet in all this sorrow he desires not to unbecome: for that were devil's madness and despite to God. But him lists right well to be; and he intends full heartily thanking to God, for the worthiness and the gift of his being, for all that he desire unceasingly to lack the knowing and the feeling of his being. This sorrow and this desire should every soul have and feel in itself, either in this manner or in another; as God permits to learn to His spiritual disciples after His well willing and their according ableness in body and in soul, in degree and disposition, ere the time be that they may perfectly be oned to God in perfect charity - such as may be had here - if God permits.

#### HERE BEGINS THE FIVE AND FORTIETH CHAPTER;

A good declaring of some certain deceits that may befall in this work.

BUT one thing I tell you, that in this work may a young disciple that has not yet been well used and proved in spiritual working, full lightly be deceived; and, but he be soon wary, and have grace to leave off and meek him to counsel, perhaps be destroyed in his bodily powers and fall into fantasy in his spiritual mind. And all this is along of pride, and of fleshliness and curiosity of knowledge.

And on this manner may this deceit befall. A young man or a woman new set to the school of devotion hears this sorrow and this desire be read and spoken: how a man shall lift up his heart to God, and

unceasingly desire to feel the love of his God. And as fast in a curiosity of knowledge they conceive these words not spiritual as they be meant, but fleshly and bodily; and travail their fleshly hearts outrageously in their breasts. And what for lacking of grace and pride and curiosity in themselves, they strain their veins and their bodily powers so beastly and so rudely, that within short time they fall either into frenzies, weariness, and a manner of listless feebleness in body and in soul, which makes them to wend out of themselves and seek some false and some vain fleshly and bodily comfort without, as it were for recreation of body and of spirit: or else, if they fall not in this, else they merit for spiritual blindness, and for fleshly chafing of their nature in their bodily breasts in the time of this feigned beastly and not spiritual working, to have their breasts either inflamed with an unkindly heat of nature caused of misruling of their bodies or of this feigned working, or else they conceive a false heat wrought by the Fiend, their spiritual enemy, caused of their pride and of their fleshliness and their curiosity of knowledge. And yet perhaps they think it be the fire of love, gained and kindled by the grace and the goodness of the Holy Ghost. Truly, of this deceit, and of the branches thereof, spring many mischiefs: much hypocrisy, much heresy, and much error. For as fast after such a false feeling comes a false knowing in the Fiend's school, right as after a true feeling comes a true knowing in God's school. For I tell you truly, that the devil has his contemplatives as God has His.

This deceit of false feeling, and of false knowing following thereon, has diverse and wonderful variations, after the diversity of states and the subtle conditions of those who are deceived: as has the true feeling and knowing of those who are saved. But I set no more deceits here but those with which I know you shall be assailed if ever you purpose to work in this work. For what should it profit to you to know how these great clerks, and men and women of other degrees than you are, be deceived? Surely right nought; and therefore I tell you no more but those that fall to you if you travail in this work. And therefore I tell you this, for you shall be wary of them in your work, if you be thus assailed.

## HERE BEGINS THE SIX AND FORTIETH CHAPTER;

A good teaching how a man shall flee these deceits, and work more with a listiness of spirit, than with any boisterousness of body

AND therefore for God's love be wary in this work, and strain not your heart in your breast over-rudely nor out of measure; but work more with a desire than with any worthless strength. For ever the more Mistily, the more meekly and spiritual: and ever the more rudely, the more bodily and beastly. And therefore be wary, for surely what beastly heart that presumes to touch the high mount of this work, it shall be beaten away with stones. Stones be hard and dry in their kind, and they hurt full sore where they hit. And surely such rude strainings be full hard fastened in fleshliness of bodily feeling, and full dry from any knowing of grace; and they hurt full sore the silly soul, and make it fester in fantasy feigned of fiends. And therefore be wary with this beastly rudeness, and learn you to love listily, with a soft and a demure behaviour as well in body as in soul; and abide courteously and meekly the will of our Lord, and snatch not overhastily, as it were a greedy greyhound, hunger you never so sore. And, gamingly be it said, I counsel that you do what you can, refraining the rude and the great stirring of your spirit, right as you on nowise would let Him know how fain you would see Him, and have Him or feel Him.

This is childishly and playingly spoken, you think perhaps. But I know whoso had grace to do and feel as I say, he should feel good gamesome play with Him, as the father doth with the child, kissing and clipping, that well were him so.



## HERE BEGINS THE SEVEN AND FORTIETH CHAPTER;

A slight teaching of this work in purity of spirit; declaring how on one manner a soul should shew his desire to God, and on the contrary to man.

LOOK you have no wonder why that I speak thus childishly, and as it were follily and lacking natural discretion; for I do it for certain reasons, and as I think that I have been stirred many days, both to feel thus and think thus and say thus, as well to some other of my special friends in God, as I am now to you.

And one reason is this, why that I bid you hide from God the desire of your heart. For I hope it should more clearly come to His knowing, for your profit and in fulfilling of your desire, by such an hiding, than it should by any other manner of shewing that I know you could yet shew. And another reason is, for I would by such a hidden shewing bring you out of the boisterousness of bodily feeling into the purity and deepness of spiritual feeling; and so furthermore at the last to help you to knit the spiritual knot of burning love betwixt you and your God, in spiritual onehead and according of will.

You knew well this, that God is a Spirit; and whoso should be oned to Him, it should be in soothfastness and deepness of spirit, full far from any feigned bodily thing. truly it is that all thing is known of God, and nothing may be hid from His knowing, neither bodily thing nor spiritual. But more openly is that thing known and shewed to Him, which is hid in deepness of spirit, since it so is that He is a Spirit, than is anything that is mingled with any manner of bodiliness. For all bodily thing is farther from God by the course of nature than any spiritual thing. By this reason it seems, that the whiles our desire is mingled with any matter of bodiliness, as it is when we stress and strain us in spirit and in body together, so long it is farther from God than it should be, if it were done more devoutly and more deliberately in soberness and in purity and in deepness of spirit.

And here may you see somewhat and in part the reason why that I bid you so childishly cover and hide the stirring of your desire from God. And yet I bid you not plainly hide it; for that were the bidding of a fool, to bid you plainly do that which on nowise may be done. But I bid you do what you can to hide it. And why bid I thus? Surely because I would that you cast it into deepness of spirit, far from any rude mingling of any bodiliness, which would make it less spiritual and farther from God inasmuch: and because I know well that ever the more that your spirit has of ghostliness, the less it has of bodiliness and the nearer it is to God, and the better it pleases Him and the more clearly it may be seen of Him. Not that His sight may be any time or in any thing more clear than in another, for it is evermore unchangeable: but because it is more like to Him, when it is in purity of spirit, for He is a Spirit.

Another reason there is, why that I bid you do what you can to let Him not know: for you and I and many such as we be, we be so able to conceive a thing bodily which is said spiritual, that perhaps if I had bidden you shew to God the stirring of your heart, you should have made a bodily shewing to Him, either in gesture or in voice, or in word, or in some other rude bodily straining, as it is when you shall shew a thing that is hid in your heart to a bodily man: and insomuch your work should have been impure. For on one manner shall a thing be shewed to man, and on another manner to God.

HERE BEGINS THE EIGHT AND FORTIETH CHAPTER;

How God will be served both with body and with soul, and reward men in both; and how men shall know when all those sounds and sweetness that fall into the body in time of prayer be both good and evil.

I SAY not this because I will that you desist any time, if you be stirred to pray with your mouth, or to burst out for abundance of devotion in your spirit to speak to God as to man, and say some good word as you feel you stirred: as be these, "Good JESU! Fair JESU! Sweet JESU!" and all such other. Nay, God forbid you take it thus! For truly I mean not

thus, and God forbid that I should depart that which God has coupled, the body and the spirit. For God will be served with body and with soul both together, as seemly is, and will reward man his meed in bliss, both in body and in soul. And in earnest of that meed, sometimes He will enflame the body of devout servants of His here in this life: not once or twice, but perhaps right often and as Him like, with full wonderful sweetness and comforts. Of which, some be not coming from without into the body by the windows of our mind, but from within; rising and springing of abundance of spiritual gladness, and of true devotion in the spirit. Such a comfort and such a sweetness shall not be had suspect: and shortly to say, I know that he that feels it may not have it suspect.

But all other comforts, sounds and gladness and sweetness, that come from without suddenly and you knew never whence, I pray you have them suspect. For they may be both good and evil; wrought by a good angel if they be good, and by an evil angel if they be evil. And this may on nowise be evil, if their deceits of curiosity of knowledge, and of unordained straining of the fleshly heart be removed as I learn you, or better if you better may. And why is that? Surely for the cause of this comfort; that is to say, the devout stirring of love, which dwells in pure spirit. It is wrought of the hand of Almighty God without means, and therefore it should always be far from any fantasy, or any false opinion that may befall to man in this life.

And of the other comforts and sounds and sweetness, how you should know whether they be good or evil I think not to tell you at this time: and that is because I think that it needs not. For why, you may find it written in another place of another man's work, a thousandfold better than I can say or write: and so may you this that I set here, far better than it is here. But what thereof? Therefore shall I not hinder, nor it shall not noye me, to fulfil the desire and the stirring of your heart; which you have shewed you to have to me before this time in your words, and now in your deeds.

But this may I say you of those sounds and of those sweetnesses, that come in by the windows of your mind, which may be both good and evil. Use you continually in this blind and devout and this Misty stirring of love that I tell you: and then I have no doubt, that it shall not well be able to tell you of them. And if you yet be in part astonished of them at the first time, and that is because that they be uncouth, yet this shall it do you: it shall bind your heart so fast, that you shall on nowise give full great credence to them, ere the time be that you be either certified of them within wonderfully by the Spirit of God, or else without by counsel of some discreet father.

#### HERE BEGINS THE NINE AND FORTIETH CHAPTER;

The substance of all perfection is nought else but a good will; and how all sounds and comfort and sweetness that may befall in this life be to it but as it were accidents.

AND therefore I pray you, lean wilfully to this meek stirring of love in your heart, and follow thereafter: for it will be your guide in this life and bring you to bliss in the other. It is the substance of all good living, and without it no good work may be begun nor ended. It is nought else but a good and an according will to God, and a manner of well-pleasement and a gladness that you feel in your will of all that He doth.

Such a good will is the substance of all perfection. All sweetness and comforts, bodily or spiritual, be to this but as it were accidents, be they never so holy; and they do but hang on this good will. Accidents I call them, for they may be had and lacked without breaking asunder of it. I mean in this life, but it is not so in the bliss of heaven; for there shall they be oned with the substance without departing, as shall the body in which they work with the soul. So that the substance of them here is but a good spiritual will. And surely I know that he that feels the perfection of this will, as it may be had here, there may no sweetness nor no comfort fall to any man in this life, that he is not as fain and as glad to lack it at God's will, as to feel it and have it.

HERE BEGINS THE FIFTIETH CHAPTER;

Which is chaste love; and how in some creatures such sensible comforts be but seldom, and in some right often.

AND hereby may you see that we should direct all our beholding to this meek stirring of love in our will. And in all other sweetness and comforts, bodily or spiritual, be they never so liking nor so holy, if it be courteous and seemly to say, we should have a manner of recklessness. If they come, welcome them: but lean not too much on them for fear of feebleness, for it will take full much of your powers to bide any long time in such sweet feelings and weepings. And perhaps you may be stirred to love God for them, and that shall you feel by this: if you grumble overmuch when they be away. And if it be thus, your love is not yet neither chaste nor perfect. For a love that is chaste and perfect, though it suffer that the body be fed and comforted in the presence of such sweet feelings and weepings, nevertheless yet it is not grumbling, but full well pleased to lack them at God's will. And yet it is not commonly without such comforts in some creatures, and in some other creatures such sweetness and comforts be but seldom.

And all this is after the disposition and the ordinance of God, all after the profit and the needfulness of diverse creatures. For some creatures be so weak and so tender in spirit, that unless they were somewhat comforted by feeling of such sweetness, they might on nowise abide nor bear the diversity of temptations and tribulations that they suffer and be travailed with in this life of their bodily and spiritual enemies. And some there be that they be so weak in body that they may do no great penance to cleanse them with. And these creatures will our Lord cleanse full graciously in spirit by such sweet feelings and weepings. And also on the other part there be some creatures so strong in spirit, that they can pick them comfort enough within in their souls, in offering up of this reverent and this meek stirring of love and accordance of will, that them needs not much to be fed with such sweet comforts in bodily feelings. Which of these be holier or more dear with God, one than another, God knows and I not.

## HERE BEGINS THE ONE AND FIFTIETH CHAPTER;

That men should have great wariness so that they understand not bodily a thing that is meant spiritual; and specially it is good to be wary in understanding this word "in," and this word "up."

AND therefore lean meekly to this blind stirring of love in your heart. I mean not in your bodily heart, but in your spiritual heart, which is your will. And be well wary that you conceive not bodily that that is said spiritual. For truly I tell you, that bodily and fleshly conceits of those who have curious and imaginative mind be cause of much error. Example of this may you see, by that that I bid you hide your desire from God in that what you can. For perhaps if I had bidden you shew your desire to God, you should have conceived it more bodily than you do now, when I bid you hide it. For you knew well, that all that thing that is wilfully hidden, it is cast into the deepness of spirit. And thus I think that it needs greatly to have much wariness in understanding of words that be spoken to spiritual intent, so that you conceive them not bodily but spiritual, as they be meant: and specially it is good to be wary with this word in, and this word up. For in misconceiving of these two words hangs much error, and much deceit in those who purpose them to be spiritual workers, as I think. Somewhat I know by the proof, and somewhat by hearsay; and of these deceits let me tell you a little as I think.

A young disciple in God's school new turned from the world, the same thinks that for a little time that he has given him to penance and to prayer, taken by counsel in confession, that he be therefore able to take upon him spiritual working of which he hears men speak or read about him, or perhaps reads himself. And therefore when they read or hear spoken of spiritual working - and specially of this word, "how a man shall draw all his knowledge within himself," or "how he shall climb above himself" - as fast for blindness in soul, and for fleshliness and curiosity of natural knowledge, they misunderstand these words, and think, because they find in them a natural attraction to hid things, that they be therefore called to that work by grace. Insomuch, that if counsel will not accord that they shall work in this work, as soon they

feel a manner of grumbling against their counsel, and think - yea and perhaps say to such other as they be - that they can find no man that can know what they mean fully. And therefore as fast, for boldness and presumption of their curious knowledge, they leave meek prayer and penance too soon; and set them, they think, to a full spiritual work within in their soul. which work, if it be truly conceived, is neither bodily working nor spiritual working; and shortly to say, it is a working against nature, and the devil is the chief worker thereof. And it is the readiest way to death of body and of soul, for it is madness and no wisdom, and leads a man even to madness. And yet they think not thus: for they purpose them in this work to think on nought but on God.

HERE BEGINS THE TWO AND FIFTIETH CHAPTER;

How these young presumptuous disciples misunderstand this word "in," and of the deceits that follow thereon.

AND on this manner is this madness wrought that I speak of. They read and hear well said that they should leave outward working with their mind, and work inwards: and because that they know not which is inward working, therefore they work wrong. For they turn their bodily mind inwards to their body against the course of nature; and strain them, as they would see inwards with their bodily eyes and hear inwards with their ears, and so forth of all their mind, smelling, tasting, and feeling inwards. And thus they reverse them against the course of nature, and with this curiosity they travail their imagination so indiscreetly, that at the last they turn their brain in their heads, and then as fast the devil has power to feign some false light or sounds, sweet smells in their noses, wonderful tastes in their mouths; and many quaint heats and burnings in their bodily breasts or in their bowels, in their backs and in their reins and in their members.

And yet in this fantasy them think that they have a restful remembrance of their God without any hindrance of vain thoughts; and surely so have they in manner, for they be so filled in falsehood

that vanity may not provoke them. And why? Because he, that same fiend that should minister vain thoughts to them if they were in good way - he, that same, is the chief worker of this work. And know you right well, that he desires not to hinder himself. The remembrance of God will he not put from them, for fear that he should be had in suspect.

## HERE BEGINS THE THREE AND FIFTIETH CHAPTER;

Of various unseemly practices that follow those who lack the work of this book.

MANY wonderful practices follow those who are deceived in this false work, or in any species thereof, beyond those who are God's true disciples: for they be evermore full seemly in all their practices, bodily or spiritual. But it is not so of these other. For whoso would or might behold to them where they sit in this time, if it so were that their eyelids were open, he should see them stare as they were mad, and leeringly look as if they saw the devil. Surely it is good they be wary, for truly the fiend is not far. Some set their eyes in their heads as they were sturdy sheep beaten in the head, and as they should die anon. Some hang their heads on one side as if a worm were in their ears. Some pipe when they should speak, as if there were no spirit in their bodies: and this is the proper condition of an hypocrite. Some cry and whine in their throats, so be they greedy and hasty to say that they think: and this is the condition of heretics, and of those who with presumption and with curiosity of knowledge will always maintain error.

Many unordained and unseemly practices follow on this error, whoso might perceive all. Nevertheless some there be that be so curious that they can refrain them in great part when they come before men. But might these men be seen in place where they be homely, then I know they should not be hid. And nevertheless yet I know that whoso would straitly gainsay their opinion, that they should soon see them burst out in some point; and yet them think that all that ever they do, it is



for the love of God and to maintain the truth. Now truly I hope that unless God shew His merciful miracle to make them soon leave off, they shall love God so long on this manner, that they shall go staring mad to the devil. I say not that the devil has so perfect a servant in this life, that is deceived and infect with all these fantasies that I set here: and nevertheless yet it may be that one, yea, and many one, be infect with them all. But I say that he has no perfect hypocrite nor heretic in earth that he is not guilty in some that I have said, or perhaps shall say if God permits.

For some men are so cumbered in nice curious customs in bodily bearing, that when they shall ought hear, they writhe their heads on one side quaintly, and up with the chin: they gape with their mouths as they should hear with their mouth and not with their ears. Some when they should speak point with their fingers, either on their fingers, or on their own breasts, or on theirs that they speak to. Some can neither sit still, stand still, nor lie still, unless they be either wagging with their feet or else somewhat doing with their hands. Some row with their arms in time of their speaking, as if they needed to swim over a great water. Some be evermore smiling and laughing at every other word that they speak, as they were giggling girls and nice japing jugglers lacking behaviour. Seemly cheer were full fair, with sober and demure bearing of body and mirth in manner.

I say not that all these unseemly practices be great sins in themselves, nor yet all those that do them be great sinners themselves. But I say if that these unseemly and unordained practices be governors of that man that does them, insomuch that he may not leave them when he will, then I say that they be tokens of pride and curiosity of knowledge, and of unordained shewing and attraction of knowing. And specially they be true tokens of unstableness of heart and unrestfulness of mind, and specially of the lacking of the work of this book. And this is the only reason why that I set so many of these deceits here in this writing; for why, that a spiritual worker shall prove his work by them.

## HERE BEGINS THE FOUR AND FIFTIETH CHAPTER;

How by Virtue of this word a man is governed full wisely, and made full seemly as well in body as in soul.

WHOSO had this work, it should govern them full seemly, as well in body as in soul: and make them full favourable to each man or woman that looked upon them. Insomuch, that the worst favoured man or woman that lives in this life, if they might come by grace to work in this work, their favour should suddenly and graciously be changed: that each good man that them saw, should be fain and joyful to have them in company, and full much they should think that they were pleased in spirit and helped by grace to God in their presence.

And therefore get this gift whoso by grace get may: for whoso has it truly, he shall well con govern himself by the virtue thereof, and all that long to him. He should well give discretion, if need were, of all natures and all dispositions. He should well know how to make himself like to all that with him communed, whether they were accustomed sinners or none, without sin in himself: in wondering of all that him saw, and in drawing of others by help of grace to the work of that same spirit that he works in himself.

His cheer and his words should be full of spiritual wisdom, full of fire, and of fruit spoken in sober soothfastness without any falsehood, far from any feigning or piping of hypocrites. For some there be that with all their might, inner and outer, imagines in their speaking how they may stuff them and underprop them on each side from falling, with many meek piping words and gestures of devotion: more looking after to seem holy in sight of men, than to be so in the sight of God and His angels. For why, these folk will more weigh, and more sorrow make for an unordained gesture or unseemly or unfitting word spoken before men, than they will for a thousand vain thoughts and stinking stirrings of sin wilfully drawn upon them, or recklessly used in the sight of God and the saints and the angels in heaven. Ah, Lord God! where there be any pride within, there such meek piping words be so plenteous without. I grant well, that it is fitting and seemly to those who are

meek within, to shew meek and seemly words and gestures without, according to that meekness that is within in the heart. But I say not that they shall then be shewed in broken nor in piping voices, against the plain disposition of their nature that speak them. For why, if they be true, then be they spoken in soothfastness, and in wholeness of voice and of their spirit that speak them. And if he that has a plain and an open boisterous voice by nature speak them poorly and pipingly - I mean but if he be sick in his body, or else that it be betwixt him and his God or his confessor - then it is a true token of hypocrisy. I mean either young hypocrisy or old.

And what shall I more say of these venomous deceits? Truly, unless they have grace to leave off such hypocrisy, that betwixt that secret pride in their hearts within and such meek words without, the silly soul may soon sink into sorrow.

HERE BEGINS THE FIVE AND FIFTIETH CHAPTER;

How they are deceived that follow the fervour of spirit in condemning of some without discretion.

SOME men the fiend will deceive on this manner. Full wonderfully he will enflame their brains to maintain God's law, and to destroy sin in all other men. He will never tempt them with a thing that is openly evil; he makes them like busy prelates watching over all the degrees of Christian men's living, as an abbot over his monks. ALL men will they reprove of their defaults, right as they had cure of their souls: and yet they think that they do not else for God, unless they tell them their defaults that they see. And they say that they be stirred thereto by the fire of charity, and of God's love in their hearts: and truly they lie, for it is with the fire of hell, welling in their brains and in their imagination.

That this is true, it seems by this that follows. The devil is a spirit, and of his own nature he has no body, more than has an angel. But yet nevertheless what time that he or an angel shall take any body by leave of God, to make any ministration to any man in this life;

according as the work is that he shall minister, thereafter in likeness is the quality of his body in some part. Example of this we have in Holy Writ. As often as any angel was sent in body in the Old Testament and in the New also, evermore it was shewed, either by his name or by some instrument or quality of his body, what his matter or his message was in spirit. On the same manner it fares of the fiend. For when he appears in body, he figures in some quality of his body what his servants be in spirit. Example of this may be seen in one instead of all these other. For as I have conceived by some disciples of necromancy, which have it in science to make advocacy of wicked spirits, and by some to whom the fiend has appeared in bodily likeness; that in what bodily likeness the fiend appears, evermore he has but one nostril, and that is great and wide, and he will gladly cast it up that a man may see in thereat to his brain up in his head. which brain is nought else but the fire of hell, for the fiend may have none other brain; and if he might make a man look in thereto, he wants no better. For at that looking, he should lose his mind for ever. But a perfect prentice of necromancy knows this well enough, and can well ordain therefore, so that he provoke him not.

Therefore it is that I say, and have said, that evermore when the devil takes any body, he figures in some quality of his body what his servants be in spirit. For he enflames so the imagination of his contemplatives with the fire of hell, that suddenly without discretion they shoot out their curious conceits, and without any advisement they will take upon them to blame other men's defaults over soon: and this is because they have but one nostril spiritual. For that division that is in a man's nose bodily, and which departs the one nostril from the other, betokens that a man should have discretion spiritual; and can dissever the good from the evil, and the evil from the worse, and the good from the better, ere that he gave any full doom of anything that he heard or saw done or spoken about him. And by a man's brain is spiritual understood imagination; for by nature it dwells and works in the head.

## HERE BEGINS THE SIX AND FIFTIETH CHAPTER;

SOME there be, that although they be not deceived with this error as it is set here, yet for pride and curiosity of natural knowledge and letterly cunning leave the common doctrine and the counsel of Holy Church. And these with all their favourers lean over much to their own knowing: and for they were never grounded in meek blind feeling and virtuous living, therefore they merit to have a false feeling, feigned and wrought by the spiritual enemy. Insomuch, that at the last they burst up and blaspheme all the saints, sacraments, statutes, and ordinances of Holy Church. Fleshly living men of the world, which think the statutes of Holy Church over hard to be amended by, they lean to these heretics full soon and full lightly, and stalwartly maintain them, and all because them think that they lead them a softer way than is ordained of Holy Church.

Now truly I know, that who that will not go the strait way to heaven, that they shall go the soft way to hell. Each man prove by himself, for I know that all such heretics, and all their favourers, if they might clearly be seen as they shall on the last day, should be seen full soon cumbered in great and horrible sins of the world in their foul flesh, secretly, without their open presumption in maintaining of error: so that they be full properly called Antichrist's disciples. For it is said of them, that for all their false fairness openly, yet they should be full foul lechers secretly.

## HERE BEGINS THE SEVEN AND FIFTIETH CHAPTER;

How these young presumptuous disciples misunderstand this other word "up"; and of the deceits that follow thereon.

NO more of these at this time now: but forth of our matter, how these young presumptuous spiritual disciples misunderstand this other word up. For if it so be, that they either read, or hear read or spoken, how men should lift up their hearts to God, as fast they stare in the stars as if they would be above the moon, and hearken when they shall

hear any angel sing out of heaven. These men will sometime with the curiosity of their imagination pierce the planets, and make an hole in the firmament to look in thereat. These men will make a God as they desire, and clothe Him full richly in clothes, and set Him in a throne far more curiously than ever was He depicted in this earth. These men will make angels in bodily likeness, and set them about each one with diverse minstrelsy, far more curious than ever was any seen or heard in this life. Some of these men the devil will deceive full wonderfully. For he will send a manner of dew, angels' food they think it be, as it were coming out of the air, and softly and sweetly falling in their mouths; and therefore they have it in custom to sit gaping as they would catch flies. Now truly all this is but deceit, seem it never so holy; for they have in this time full empty souls of any true devotion. Much vanity and falsehood is in their hearts, caused of their curious working. Insomuch, that often the devil feigns quaint sounds in their ears, quaint lights and shining in their eyes, and wonderful smells in their noses: and all is but falsehood. And yet think they not so, for them think that they have example of Saint Martin of this upward looking and working, that saw by revelation God clad in his mantle amongst His angels, and of Saint Stephen that saw our Lord stand in heaven, and of many other; and of Christ, that ascended bodily to heaven, seen of His disciples. And therefore they say that we should have our eyes up thither. I grant well that in our bodily observance we should lift up our eyes and our hands if we be stirred in spirit. But I say that the work of our spirit shall not be direct neither upwards nor downwards, nor on one side nor on other, nor forward nor backward, as it is of a bodily thing. For why, our work should be spiritual not bodily, nor on a bodily manner wrought.

HERE BEGINS THE EIGHT AND FIFTIETH CHAPTER;

That a man shall not take example of Saint Martin and of Saint Stephen, to strain his imagination bodily upwards in the time of his prayer.

FOR that that they say of Saint Martin and of Saint Stephen, although they saw such things with their bodily eyes, it was shewed but in miracle and in certifying of thing that was spiritual. For know they right well that Saint Martin's mantle came never on Christ's own body substantially, for no need that He had thereto to keep Him from cold: but by miracle and in likeness for all us that be able to be saved, that be oned to the body of Christ spiritual. And whoso clothes a poor man and doth any other good deed for God's love bodily or spiritual to any that has need, sure be they they do it to Christ spiritual: and they shall be rewarded as substantially therefore as they had done it to Christ's own body. Thus says Himself in the gospel. And yet thought He it not enough, but if He affirmed it after by miracle; and for this cause He shewed Him to Saint Martin by revelation. All the revelations that ever saw any man here in bodily likeness in this life, they have spiritual bemeanings. And I know that if they to whom they were shewed had been so spiritual, or could have conceived their bemeanings spiritual, that then they had never been shewed bodily. And therefore let us pick off the rough bark, and feed us off the sweet kernel.

But how? Not as these heretics do, which be well likened to madmen having this custom, that ever when they have drunken of a fair cup, cast it to the wall and break it. Thus should not we do if we will well do. For we should not so feed us of the fruit, that we should despise the tree; nor so drink, that we should break the cup when we have drunken. The tree and the cup I call this visible miracle, and all seemly bodily observances, that is according and not hindering the work of the spirit. The fruit and the drink I call the spiritual bemeaning of these visible miracles, and of these seemly bodily observances: as is lifting up of our eyes and our hands to heaven. If they be done by stirring of the spirit, then be they well done; and else be they

hypocrisy, and then be they false. If they be true and contain in them spiritual fruit, why should they then be despised? For men will kiss the cup for wine is therein.

And what thereof, though our Lord when He ascended to heaven bodily took His way upwards into the clouds, seen of His mother and His disciples with their bodily eyes? Should we therefore in our spiritual work ever stare upwards with our bodily eyes, to look after Him if we may see Him sit bodily in heaven, or else stand, as Saint Stephen did? Nay, surely He shewed Him not to Saint Stephen bodily in heaven, because that He would give us example that we should in our spiritual work look bodily up into heaven if we might see Him as Saint Stephen did, either standing, or sitting, or else lying. For howso His body is in heaven - standing, sitting, or lying - knows no man. And it needs not more to be witted, but that His body is oned with the soul, without departing. The body and the soul, which is the manhood, is oned with the Godhead without departing also. Of His sitting, His standing, His lying, needs it not to know; but that He is there as He desire, and has Him in body as most seemly is to Him to be. For if He shew Him lying, or standing, or sitting, by revelation bodily to any creature in this life, it is done for some spiritual bemeaning: and not for no manner of bodily bearing that He has in heaven. See by example. By standing is understood a readiness of helping. And therefore it is said commonly of one friend to another, when he is in bodily battle: "Bear you well, fellow, and fight fast, and give not up the battle over lightly; for I shall stand by you." He means not only bodily standing; for perhaps this battle is on horse and not on foot, and perhaps it is in going and not standing. But he means when he says that he shall stand by him, that he shall be ready to help him. For this reason it was that our Lord shewed Him bodily in heaven to Saint Stephen, when he was in his martyrdom: and not to give us example to look up to heaven. As He had said thus to Saint Stephen in person of all those that suffer persecution for His love: "Lo, Stephen! as truly as I open this bodily firmament, which is called heaven, and let you see My bodily standing, trust fast that as truly stand I beside you spiritual by the might of My Godhead. And I am ready to help you, and therefore



stand you stiffly in the faith and suffer boldly the fell buffets of those hard stones: for I shall crown you in bliss for your meed, and not only you, but all those that suffer persecution for Me on any manner." And thus may you see that these bodily shewings were done by spiritual bemeanings.

HERE BEGINS THE NINE AND FIFTIETH CHAPTER;

That a man shall not take example at the bodily ascension of Christ, to strain his imagination upwards bodily in the time of prayer: and that time, place, and body, these three should be forgotten in all spiritual working.

AND if you say aught touching the ascension of our Lord, for that was done bodily, and for a bodily bemeaning as well as for a spiritual, for both He ascended true God and true man: to this will I answer you, that He had been dead, and was clad with undeadliness, and so shall we be at the Day of Doom. And then we shall be made so subtle in body and in soul together, that we shall be then as swiftly where we desire bodily as we be now in our thought spiritual; whether it be up or down, on one side or on other, behind or before, all I hope shall then be alike good, as clerks say. But now you may not come to heaven bodily, but spiritual. And yet it shall be so spiritual, that it shall not be on bodily manner; neither upwards nor downwards, nor on one side nor on other, behind nor before.

And know well that all those that set them to be spiritual workers, and specially in the work of this book, that although they read "lift up" or "go in," although all that the work of this book be called a stirring, nevertheless yet them should have a full busy beholding, that this stirring stretch neither up bodily, nor in bodily, nor yet that it be any such stirring as is from one place to another. And although that it be sometime called a rest, nevertheless yet they shall not think that it is any such rest as is any abiding in a place without removing therefrom. For the perfection of this work is so pure and so spiritual in itself, that if it be well and truly conceived, it shall be seen far removed from any

stirring and from any place.

And it should by some reason rather be called a sudden changing, than any stirring of place. For time, place, and body: these three should be forgotten in all spiritual working. And therefore be wary in this work, that you take none example at the bodily ascension of Christ to strain your imagination in the time of your prayer bodily upwards, as you would climb above the moon. For it should on nowise be so, spiritual. But if you should ascend into heaven bodily, as Christ did, then you might take example at it: but that may none do but God, as Himself witnesses, saying: "There is no man that may ascend to heaven but only He that descended from heaven, and became man for the love of man." And if it were possible, as it on nowise may be, yet it should be for abundance of spiritual working only by the might of the spirit, full far from any bodily stressing or straining of our imagination bodily, either up, or in, on one side, or on other. And therefore let be such falsehood: it should not be so.

#### HERE BEGINS THE SIXTIETH CHAPTER;

That the high and the next way to heaven is run by desires, and not by paces of feet.

BUT now perhaps you say, that how should it then be? For you think that you have true evidence that heaven is upwards; for Christ ascended the air bodily upwards, and sent the Holy Ghost as He promised coming from above bodily, seen of all His disciples; and this is our belief. And therefore you think since you have thus true evidence, why shall you not direct your mind upward bodily in the time of your prayer?

And to this will I answer you so feebly as I can, and say: since it so was, that Christ should ascend bodily and thereafter send the Holy Ghost bodily, then it was more seemly that it was upwards and from above than either downwards and from beneath, behind, or before, on one

side or on other. But else than for this seemliness, Him needed never the more to have went upwards than downwards; I mean for nearness of the way. For heaven spiritual is as nigh down as up, and up as down: behind as before, before as behind, on one side as other. Insomuch, that whoso had a true desire to be at heaven, then that same time he were in heaven spiritual. For the high and the next way thither is run by desires, and not by paces of feet. And therefore says Saint Paul of himself and many other thus; although our bodies be presently here in earth, nevertheless yet our living is in heaven. He meant their love and their desire, which is their spiritual life. And surely as truly is a soul there where it loves, as in the body that does by it and to which it gives life. And therefore if we will go to heaven spiritual, it needs not to strain our spirit neither up nor down, nor on one side nor on other.

HERE BEGINS THE ONE AND SIXTIETH CHAPTER;

That all bodily thing is subject to spiritual thing, and is ruled thereafter by the course of nature and not contrariwise.

NEVERTHELESS it is needful to lift up our eyes and our hands bodily, as it were to yon bodily heaven, in which the elements be fastened. I mean if we be stirred of the work of our spirit, and else not. For all bodily thing is subject to spiritual thing, and is ruled thereafter, and not contrariwise.

Example hereof may be seen by the ascension of our Lord: for when the time appointed was come, that Him liked to wend to His Father bodily in His manhood, which was never nor never may be absent in His Godhead, then mightily by the virtue of the Spirit God, the manhood with the body followed in onehead of person. The visibility of this was most seemly, and most according, to be upward.

This same subjection of the body to the spirit may be in manner truly conceived in the proof of this spiritual work of this book, by those who work therein. For what time that a soul disposes him effectually to this work, then as fast suddenly, unwitting himself that works, the body

that perhaps before ere he began was somewhat bent downwards, on one side or on other for ease of the flesh, by virtue of the spirit shall set it upright: following in manner and in likeness bodily the work of the spirit that is made spiritual. And thus it is most seemly to be.

And for this seemliness it is, that a man - which is the seemliest creature in body that ever God made - is not made crooked to the earthwards, as be other beasts, but upright to heavenwards. For why? That it should figure in likeness bodily the work of the soul spiritual; which falls to be upright spiritual, and not crooked spiritual. Take heed that I say upright spiritual, and not bodily. For how should a soul, which in his nature has no manner thing of bodiliness, be strained upright bodily? Nay, it may not be.

And therefore be wary that you conceive not bodily that which is meant spiritual, although it be spoken in bodily words, as be these, up or down, in or out, behind or before, on one side or on other. For although that a thing be never so spiritual in itself, nevertheless yet if it shall be spoken of, since it so is that speech is a bodily work wrought with the tongue, which is an instrument of the body, it should always be spoken in bodily words. But what thereof? Shall it therefore be taken and conceived bodily? Nay, but spiritual, as it be meant.

HERE BEGINS THE TWO AND SIXTIETH CHAPTER;

How a man may know when his spiritual work is beneath him or without him, and when it is even with him or within him, and when it is above him and under his God.

AND for this, that you shall be able better to know how they shall be conceived spiritual, these words that be spoken bodily, therefore I think to declare to you the spiritual bemeaning of some words that fall to spiritual working. So that you may know clearly without error when your spiritual work is beneath you and without you, and when it is within you and even with you, and when it is above you and under your God.

All manner of bodily thing is without your soul and beneath it in nature, yea! the sun and the moon and all the stars, although they be above your body, nevertheless yet they be beneath your soul.

All angels and all souls, although they be confirmed and adorned with grace and with virtues, for which they be above you in cleanness, nevertheless, yet they be but even with you in nature.

Within in yourself in nature be the powers of your soul: which be these three principal, Memory, Reason, and Will; and secondary, Imagination and Sensuality.

Above yourself in nature is no manner of thing but only God.

Evermore where you find written yourself in ghostliness, then it is understood your soul, and not your body. And then all after that thing is on which the powers of your soul work, thereafter shall the worthiness and the condition of your work be deemed; whether it be beneath you, within you, or above you.

HERE BEGINS THE THREE AND SIXTIETH CHAPTER;

Of the powers of a soul in general, and how Memory in special is a principal power, comprehending in it all the other powers and all those things in which they work.

MEMORY is such a power in itself, that properly to speak and in manner, it works not itself. But Reason and Will, they be two working powers, and so is Imagination and Sensuality also. And all these four powers and their works, Memory contains and comprehends in itself. And otherwise it is not said that the Memory works, unless such a comprehension be a work.

And therefore it is that I call the powers of a soul, some principal, and some secondary. Not because a soul is divisible, for that may not be:

but because all those things in which they work be divisible, and some principal, as be all spiritual things, and some secondary, as be all bodily things. The two principal working powers, Reason and Will, work purely in themselves in all spiritual things, without help of the other two secondary powers. Imagination and Sensuality work beastly in all bodily things, whether they be present or absent, in the body and with the bodily mind. But by them, without help of Reason and of Will, may a soul never come to to know the virtue and the conditions of bodily creatures, nor the cause of their beings and their makings.

And for this cause is Reason and Will called principal powers, for they work in pure spirit without any manner of bodiliness: and Imagination and Sensuality secondary, for they work in the body with bodily instruments, which be our five mind. Memory is called a principal power, for it contains in it spiritual not only all the other powers, but thereto all those things in which they work. See by the proof.

HERE BEGINS THE FOUR AND SIXTIETH CHAPTER;

Of the other two principal powers Reason and Will; and of the work of them before sin and after.

REASON is a power through which we depart the evil from the good, the evil from the worse, the good from the better, the worse from the worst, the better from the best. Before ere man sinned, might Reason have done all this by nature. But now it is so blinded with the original sin, that it may not con work this work, unless it be illumined by grace. And both the self Reason, and the thing that it works in, be comprehended and contained in the Memory.

Will is a power through which we choose good, after that it be determined with Reason; and through which we love good, we desire good, and rest us with full liking and consent endlessly in God. Before ere man sinned, might not Will be deceived in his choosing, in his loving, nor in none of his works. For why, it had then by nature to

savour each thing as it was; but now it may not do so, unless it be anointed with grace. For often because of infection of the original sin, it savours a thing for good that is full evil, and that has but the likeness of good. And both the Will and the thing that is willed, the Memory contains and comprehends in it.

HERE BEGINS THE FIVE AND SIXTIETH CHAPTER;

Of the first secondary power, Imagination by name; and of the works and the obedience of it to Reason, before Sin and after.

IMAGINATION is a power through which we portray all images of absent and present things, and both it and the thing that it works in be contained in the Memory. Before ere man sinned, was Imagination so obedient to the Reason, to which it is as it were servant, that it ministered never to it any unordained image of any bodily creature, or any fantasy of any spiritual creature: but now it is not so. For unless it be refrained by the light of grace in the Reason, else it will never cease, sleeping or waking, to portray diverse unordained images of bodily creatures; or else some fantasy, which is nought else but a bodily conceit of a spiritual thing, or else a spiritual conceit of a bodily thing. And this is evermore feigned and false, and next to error.

This disobedience of the Imagination may clearly be conceived in those who are newlings turned from the world to devotion, in the time of their prayer. For before the time be, that the Imagination be in great part refrained by the light of grace in the Reason, as it is in continual meditation of spiritual things - as be their own wretchedness, the passion and the kindness of our Lord God, with many such other - they may in nowise put away the wonderful and the diverse thoughts, fantasies, and images, which be ministered and printed in their mind by the light of the curiosity of Imagination. And all this disobedience is the pain of the original sin.

## HERE BEGINS THE SIX AND SIXTIETH CHAPTER;

SENSUALITY is a power of our soul, considering and reigning in bodily knowledge, through which we have bodily knowing and feeling of all bodily creatures, whether they be pleasing or displeasing. And it has two parts: one through which it beholds to the needfulness of our body, another through which it serves to the lusts of bodily knowledge. For this same power is it, that grumbles when the body lacks the needful things to it, and that in the taking of the need stirs us to take more than needs in feeding and furthering of our lusts: that grumbles in lacking of pleasing creatures, and lustily is delighted in their presence: that grumbles in presence of misliking creatures, and is lustily pleased in their absence. Both this power and the thing that it works in be contained in the Memory.

Before ere man sinned was the Sensuality so obedient to the Will, to which it is as it were servant, that it ministered never to it any unordained liking or grumbling in any bodily creature, or any spiritual feigning of liking or misliking made by any spiritual enemy in bodily knowledge. But now it is not so: for unless it be ruled by grace in the Will, to suffer meekly and in measure the pain of the original sin, which it feels in absence of needful comforts and in presence of speedful discomforts, and thereto also to restrain it from lust in presence of needful comforts, and from lusty pleasure in the absence of speedful discomforts: else will it wretchedly and wantonly welter, as a swine in the mire, in the wealths of this world and the foul flesh so much that all our living shall be more beastly and fleshly, than either manly or spiritual.

## HERE BEGINS THE SEVEN AND SIXTIETH CHAPTER;

That whoso knows not the powers of a soul and the manner of her working, may lightly be deceived in understanding of spiritual words and of spiritual working; and how a soul is made a God in grace.

LO, spiritual friend! to such wretchedness as you here may see be we



fallen for sin: and therefore what wonder is it, though we be blindly and lightly deceived in understanding of spiritual words and of spiritual working, and specially those which know not yet the powers of their souls and the manners of their working?

For ever when the Memory is occupied with any bodily thing be it taken to never so good an end, yet you are beneath yourself in this working, and without any soul. And ever when you feel your Memory occupied with the subtle conditions of the powers of your soul and their workings in spiritual things, as be vices or virtues, of yourself, or of any creature that is spiritual and even with you in nature, to that end that you might by this work learn to know yourself in furthering of perfection: then you are within yourself, and even with yourself. But ever when you feel your Memory occupied with no manner of thing that is bodily or spiritual, but only with the self substance of God, as it is and may be, in the proof of the work of this book: then you are above yourself and beneath your God.

Above yourself you are: for why, you attain to come thither by grace, whither you may not come by nature. That is to say, to be oned to God, in spirit, and in love, and in accordance of will. Beneath your God you are: for why, although it may be said in manner, that in this time God and you be not two but one in spirit - insomuch that you or another, for such onehead that feels the perfection of this work, may truly by witness of Scripture be called a God - nevertheless yet you are beneath Him. For why, He is God by nature without beginning; and you, that sometime were nought in substance, and thereto after when you were by His might and His love made ought, wilfully with sin made yourself worse than nought, only by His mercy without your desert are made a God in grace, oned with Him in spirit without departing, both here and in bliss of heaven without any end. So that, although you be all one with Him in grace, yet you are full far beneath Him in nature.

Lo, spiritual friend! hereby may you see somewhat in part, that whoso knows not the powers of their own soul, and the manner of their working, may full lightly be deceived in understanding of words that be written to spiritual intent. And therefore may you see somewhat

the cause why that I durst not plainly bid you shew your desire to God, but I bade you childishly do what you can to hide it and cover it. And this I do for fear lest you should conceive bodily that that is meant spiritual.

HERE BEGINS THE EIGHT AND SIXTIETH CHAPTER;

That nowhere bodily, is everywhere spiritual; and how our outer man calls the word of this book nought.

AND on the same manner, where another man would bid you gather your powers and your mind wholly within yourself, and worship God there - although he say full well and full truly, yea! and no man trulier, if he be well conceived - yet for fear of deceit and bodily conceiving of his words, I would not bid you do so. But thus will I bid you. Look on nowise that you be within yourself. And shortly, without yourself will I not that you be, nor yet above, nor behind, nor on one side, nor on other.

"Where then," say you, "shall I be? Nowhere, by your tale!" Now truly you say well; for there would I have you. For why, nowhere bodily, is everywhere spiritual. Look then busily that your spiritual work be nowhere bodily; and then wherever that thing is, on which you wilfully work in your mind in substance, surely there are you in spirit, as truly as your body is in that place that you are bodily. And although your bodily mind can find there nothing to feed them on, for them think it nought that you do, yea! do on then this nought, and do it for God's love. And let not therefore, but travail busily in that nought with a waking desire to will to have God that no man may know. For I tell you truly, that I had rather be so nowhere bodily, wrestling with that blind nought, than to be so great a lord that I might when I would be everywhere bodily, merrily playing with all this as a lord with his own.

Let be this everywhere and this ought, in comparison or this nowhere and this nought. Reck you never if your mind cannot reason of this nought; for surely, I love it much the better. It is so worthy a thing in

itself, that they cannot reason thereupon. This nought may better be felt than seen: for it is full blind and full dark to those who have but little while looked thereupon. Nevertheless, if I shall soothlier say, a soul is more blinded in feeling of it for abundance of spiritual light, than for any darkness or wanting of bodily light. What is he that calls it nought? Surely it is our outer man, and not our inner. Our inner man calls it All; for of it he is well learned to know the reason of all things bodily or spiritual, without any special beholding to any one thing by itself.

HERE BEGINS THE NINE AND SIXTIETH CHAPTER;

How a man's affection is marvellously changed in spiritual feeling of this nought, when it is nowhere wrought.

WONDERFULLY is a man's affection varied in spiritual feeling of this nought when it is nowhere wrought. For at the first time that a soul looks thereupon, it shall find all the special deeds of sin that ever he did since he was born, bodily or spiritual, secretly or darkly painted thereupon. And however that he turns it about, evermore they will appear before his eyes; until the time be, that with much hard travail, many sore sighings, and many bitter weepings, he have in great part washed them away. Sometime in this travail he thinks that it is to look thereupon as on hell; for him think that he despairs to win to perfection of spiritual rest out of that pain. Thus far inwards come many, but for greatness of pain that they feel and for lacking of comfort, they go back in beholding of bodily things: seeking fleshly comforts without, for lacking of spiritual they have not yet deserved, as they should if they had abided.

For he that abides feels sometime some comfort, and has some hope of perfection; for he feels and sees that many of his foredone special sins be in great part by help of grace rubbed away. Nevertheless yet ever among he feels pain, but he think that it shall have an end, for it waxes ever less and less. And therefore he calls it nought else but purgatory. Sometime he can find no special sin written thereupon, but

yet him think that sin is a lump, he know never what, none other thing than himself; and then it may be called the base and the pain of the original sin. Sometime him think that it is paradise or heaven, for diverse wonderful sweetness and comforts, joys and blessed virtues that he finds therein. Sometime him think it God, for peace and rest that he finds therein.

Yea! think what he think will; for evermore he shall find it a cloud of unknowing, that is betwixt him and his God.

HERE BEGINS THE SEVENTIETH CHAPTER;

That right as by the failure of our bodily mind we begin more readily to come to knowing of spiritual things, so by the failure of our spiritual mind we begin most readily to come to the knowledge of God, such as is possible by grace to be had here.

AND therefore travail fast in this nought, and this nowhere, and leave your outward bodily mind and all that they work in: for I tell you truly, that this work may not be conceived by them.

For by your eyes you may not conceive of anything, unless it be by the length and the breadth, the smallness and the greatness, the roundness and the squareness, the farness and the nearness, and the colour of it. And by your ears, nought but noise or some manner of sound. By your nose, nought but either stench or savour. And by your taste, nought but either sour or sweet, salt or fresh, bitter or liking. And by your feeling, nought but either hot or cold, hard or tender, soft or sharp. And truly, neither has God nor spiritual things none of these qualities nor quantities. And therefore leave your outward mind, and work not with them, neither within nor without: for all those that set them to be spiritual workers within, and think that they should either hear, smell, or see, taste or feel, spiritual things, either within them or without, surely they be deceived, and work wrong against the course of nature.

For by nature they be ordained, that with them men should have knowing of all outward bodily things, and on nowise by them come to the knowing of spiritual things. I mean by their works. By their failings we may, as thus: when we read or hear speak of some certain things, and thereto conceive that our outward mind cannot tell us by no quality what those things be, then we may be truly certified that those things be spiritual things, and not bodily things.

On this same manner spiritual it fares within our spiritual mind, when we travail about the knowing of God Himself. For have a man never so much spiritual understanding in knowing of all made spiritual things, yet may he never by the work of his understanding come to the knowing of an unmade spiritual thing: which is nought but God. But by the failing it may: for why, that thing that it fails in is nothing else but only God. And therefore it was that Saint Denis said, the most goodly knowing of God is that, which is known by unknowing. And truly, whoso will look in Denis' books, he shall find that his words will clearly affirm all that I have said or shall say, from the beginning of this treatise to the end. On otherwise than thus, desire me not cite him, nor none other doctor, for me at this time. For sometime, men thought it meekness to say nought of their own heads, unless they affirmed it by Scripture and doctors' words: and now it is turned into curiosity, and shewing of cunning. To you it needs not, and therefore I do it not. For whoso has ears, let him hear, and whoso is stirred to know, let him know: for else, shall they not.

#### HERE BEGINS THE ONE AND SEVENTIETH CHAPTER;

That some may not come to feel the perfection of this work but in time of ecstasy, and some may have it when they will, in the common state of man's soul.

SOME think this matter so hard and so fearful, that they say it may not be come to without much strong travail coming before, nor conceived but seldom, and that but in the time of ecstasy. And to these men will I

answer as feebly as I can, and say, that it is all at the ordinance and the disposition of God, after their ableness in soul that this grace of contemplation and of spiritual working is given to.

For some there be that without much and long spiritual exercise may not come thereto, and yet it shall be but full seldom, and in special calling of our Lord that they shall feel the perfection of this work: which calling is called ecstasy. And some there be that be so subtle in grace and in spirit, and so homely with God in this grace of contemplation, that they may have it when they will in the common state of man's soul: as it is in sitting, going, standing, or kneeling. And yet in this time they have full deliberation of all their mind bodily or spiritual, and may use them if they desire: not without some hindrance (but without great hindrance). Example of the first we have by Moses, and of this other by Aaron the priest of the Temple: for why, this grace of contemplation is figured by the Ark of the Testament in the old law, and the workers in this grace be figured by those who most meddled them about this Ark, as the story will witness. And well is this grace and this work likened to that Ark. For right as in that Ark were contained all the jewels and the relics of the Temple, right so in this little love put upon this cloud be contained all the virtues of man's soul, which is the spiritual Temple of God. Moses ere he might come to see this Ark and to know how it should be made, with great long travail he climbed up to the top of the mountain, and dwelt there, and wrought in a cloud six days: abiding to the seventh day that our Lord would vouchsafe to shew to him the manner of this Ark's making. By Moses's long travail and his late shewing, be understood those that may not come to the perfection of this spiritual work without long travail coming before: and yet but full seldom, and when God will vouchsafe to shew it.

But that that Moses might not come to see but seldom, and that not without great long travail, Aaron had in his power because of his office, to see it in the Temple within the Veil as often as him liked to enter. And by this Aaron is understood all those which I spake of above, which by their spiritual cunning, by help of grace, may assign to them the perfection of this work as them like.

## HERE BEGINS THE TWO AND SEVENTIETH CHAPTER;

That a worker in this work should not deem nor think of another worker as he feels in himself.

LO! hereby may you see that he that may not come to see and feel the perfection of this work but by long travail, and yet is it but seldom, may lightly be deceived if he speak, think, and deem other men as he feels in himself, that they may not come to it but seldom, and that not without great travail. And on the same manner may he be deceived that may have it when he will, if he deem all other thereafter; saying that they may have it when they will. Let be this: nay, surely he may not think thus. For perhaps, when it like to God, that those that may not at the first time have it but seldom, and that not without great travail, since after they shall have it when they will, as often as they like. Example of this we have of Moses, that first but seldom, and not without great travail, in the mount might not see the manner of the Ark: and since after, as often as he liked, saw it in the Veil.

## HERE BEGINS THE THREE AND SEVENTIETH CHAPTER;

How after the likeness of Moses, of Bezaleel, and of Aaron meddling them about the Ark of the Testament, we profit on three manners in this grace of contemplation, for this grace is figured in that Ark.

THREE men there were that most principally meddled them with this Ark of the Old Testament: Moses, Bezaleel, Aaron. Moses learned in the mount of our Lord how it should be made. Bezaleel wrought it and made it in the Veil after the example that was shewed in the mountain. And Aaron had it in keeping in the Temple, to feel it and see it as often as him liked.

At the likeness of these three, we profit on three manners in this grace of contemplation. Sometime we profit only by grace, and then we be likened to Moses, that for all the climbing and the travail that he had into the mount might not come to see it but seldom: and yet was that

sight only by the shewing of our Lord when He liked to shew it, and not for any desert of his travail. Sometime we profit in this grace by our own spiritual cunning, helped with grace, and then be we likened to Bezaleel, which might not see the Ark ere the time that he had made it by his own travail, helped with the example that was shewed to Moses in the mount. And sometime we profit in this grace by other men's teaching, and then be we likened to Aaron, which had it in keeping and in custom to see and feel the Ark when he pleased, that Bezaleel had wrought and made ready before to his hands.

Lo! spiritual friend, in this work, though it be childishly and lewdly spoken, I bear, though I be a wretch unworthy to teach any creature, the office of Bezaleel: making and declaring in manner to your hands the manner of this spiritual Ark. But far better and more worthily than I do, you may work if you will be Aaron: that is to say, continually working therein for you and for me. Do then so I pray you, for the love of God Almighty. And since we be both called of God to work in this work, I beseech you for God's love fulfil in your part what lacks of mine.

HERE BEGINS THE FOUR AND SEVENTIETH CHAPTER;

How the matter of this book is never more read or spoken, nor heard read or spoken, of a soul disposed thereto without feeling of a true accordance to the effect of the same work: and of rehearsing of the same charge that is written in the prologue.

AND if you think that this manner of working be not according to your disposition in body and in soul, you may leave it and take another, safely with good spiritual counsel without blame. And then I beseech you that you will have me excused, for truly I would have profited you in this writing at my simple cunning; and that was my intent. And therefore read over twice or thrice; and ever the oftener the better, and the more you shall conceive thereof. Insomuch, perhaps, that some sentence that was full hard to you at the first or the second reading, soon after you shall think it easy.



Yea! and it seems impossible to my understanding, that any soul that is disposed to this work should read it or speak it, or else hear it read or spoken, but if that same soul should feel for that time a true accordance to the effect of this work. And then if you think it does you good, thank God heartily, and for God's love pray for me.

Do then so. And I pray you for God's love that you let none see this book, unless it be such one that you think is like to the book; after that you find written in the book before, where it tells what men and when they should work in this work. And if you shall let any such men see it, then I pray you that you bid them take them time to look it all over. For perhaps there is some matter therein in the beginning, or in the midst, which is hanging and not fully declared there as it stands. But if it be not there, it is soon after, or else in the end. And thus if a man saw one part and not another, perhaps he should lightly be led into error: and therefore I pray you to work as I say you. And if you think that there be any matter therein that you would have more opened than it is, let me know which it is, and your conceit thereupon; and at my simple cunning it shall be amended if I can.

Fleshly janglers, flatterers and blamers, gossips and tale-bearers, and all manner of worthless people, cared I never that they saw this book: for my intent was never to write such thing to them. And therefore I would not that they heard it, neither they nor none of these curious lettered nor unlearned men: yea! although they be full good men in active living, for it accords not to them.

HERE BEGINS THE FIVE AND SEVENTIETH CHAPTER;

Of some certain tokens by which a man may prove whether he be called of God to work in this work

ALL those that read or hear the matter of this book be read or spoken, and in this reading or hearing think it a good and liking thing, be never the rather called of God to work in this work, only for this liking

stirring that they feel in the time of this reading. For perhaps this stirring comes more of a natural curiosity of knowledge, than of any calling of grace.

But, if they will prove whence this stirring comes, they may prove thus, if they like. First let them look if they have done what they can already, enabling them thereto in cleansing of their conscience at the judgement of Holy Church, their counsel according. If it be thus, it is well inasmuch: but if they will know more near, let them look if it be evermore pressing in their remembrance more customably than is any other of spiritual exercise. And if they think that there is no manner of thing that they do, bodily or spiritual, that is sufficiently done with witness of their conscience, unless this secret little love pressed be in manner spiritual the chief of all their work: and if they thus feel, then it is a token that they be called of God to this work, and surely else not.

I say not that it shall ever last and dwell in all their minds continually, that be called to work in this work. Nay, so is it not. For from a young spiritual prentice in this work, the actual feeling thereof is often withdrawn for various reasons. Sometime, so he shall not take over presumptuously thereupon, and think that it be in great part in his own power to have it when he desire, and as he desire. And such a thinking were pride. And evermore when the feeling of grace is withdrawn, pride is the cause: not ever pride that is, but pride that should be, were it not that this feeling of grace were withdrawn. And thus think often some young fools, that God is their enemy; when He is their full friend.

Sometimes it is withdrawn for their carelessness; and when it is thus, they feel soon after a full bitter pain that beats them full sore. Sometimes our Lord will delay it by an artful device, for He will by such a delaying make it grow, and be had more in dainty when it is new found and felt again that long had been lost. And this is one of the readiest and sovereignest tokens that a soul may have to know by, whether he be called or not to work in this work, if he feel after such a delaying and a long lacking of this work, that when it comes suddenly

as it does, unpurchased with any means, that he has then a greater fervour of desire and greater love longing to work in this work, than ever he had any before. Insomuch, that often I know, he has more joy of the finding thereof than ever he had sorrow of the losing.

And if it be thus, surely it is a true token without error, that he is called of God to work in this work, whatever he be or has been.

For not what you are, nor what you have been, beholds God with His merciful eyes; but what you wish to be. And Saint Gregory to witness, that all holy desires grow by delays: and if they wane by delays, then were they never holy desires. For he that feels ever less joy and less, in new findings and sudden presentations of his old purposed desires, although they may be called natural desires to the good, nevertheless holy desires were they never. Of this holy desire speaks Saint Austin and says, that all the life of a good Christian man is nought else but holy desire.

Farewell, spiritual friend, in God's blessing and mine! And I beseech Almighty God, that true peace, holy counsel, and spiritual comfort in God with abundance of grace, evermore be with you and all God's lovers in earth. Amen.

HERE ENDS THE CLOUD OF UNKNOWING.

Glossary

Beholding; Regard, consideration.

Boisterous; Rough, violent, unskilful, crude.

Clergy; Learning.

Counsel; Spiritual adviser or director.

Fairhead; Beauty.

Forsobbed; Soaked or penetrated.

Forsunken; Immersed.

Namely; Specially.

Onehead; Union.

Reckless; Indifferent.