

***Cloud of Unknowing* Meditation: An Exercise¹**

Select a set time each day for meditation, once per day. Find a quiet environment, with no distractions or background noise. Sit comfortably in a chair, with your back straight and your eyes closed.

1. Say a brief prayer to God, asking Him to be with you as you hand over everything to Him during the next 20 minutes.
2. Begin to recite the chosen phrase, “surrender,” in your mind, reaching out to God in love. This word serves as a way to focus all of your attention on God in an act of faithful submission, reaching for Him within the “cloud of unknowing” in love.
3. Place all other thoughts beneath a “cloud of forgetting,” gently returning to the chosen phrase, “surrender,” when you notice you are thinking about “earthly things.”
4. When the 20 minutes have concluded, say a brief prayer to God, thanking Him for His providential care.

¹ These instructions are based on the directions in the *Cloud of Unknowing* (Bangley, 2006) and slightly adapted from Knabb (in press). In addition, the instructions are consistent with those proposed by Pennington (1982).

References

- Bangley, B. (Ed.). (2006). *The cloud of unknowing: Contemporary English edition*. Brewster, MA: Paraclete Press.
- Knabb, J. (in press). *The compassion-based workbook for Christian clients: Finding freedom from shame and negative self-judgments*. New York: Routledge.
- Pennington, B. (1982). *Centering prayer: Renewing an ancient Christian prayer form*. New York: Doubleday.