



THE CLOUD OF UNKNOWING

Teaching by Cynthia Bourgeault

Recorded in February 2013 / Released in 2015
Long Bay, Auckland, New Zealand
10 CD set (approx. 11 hours)

As this is a LIVE recording you may notice some audio variability and background noise.

Written by an anonymous Christian mystic in medieval England, The Cloud of Unknowing provides profound advice and instruction for all persons on the contemplative path and is the foundational model of the contemporary practice of Centering Prayer. The author believed that the Cloud of Unknowing that appears to separate us from God cannot be penetrated with the intellect, but only through a form of love. Cynthia Bourgeault offers an introduction to the core teachings in this classic text of Christian mysticism, showing how it remains as relevant today as when it was written in the fourteenth century. The topics covered include an examination of the relationship between the active life and the contemplative life, the nature of sorrow of being that may arise in contemplative practice, and the role of apophatic love in the Centering Prayer practice.

Our thanks to the Contemplative Network Aotearoa for recording this teaching at Vaughan Park Anglican Retreat Centre, Long Bay, Auckland, New Zealand: www.contemplative.org.nz ("Aotearoa": The Land of the Long White Cloud, the Maori name for New Zealand).

Disc & Track Titles

Disc 1 (1:06:39)

Track 1	The 14 th -century context	(5:42)
Track 2	The Church then and now	(5:51)
Track 3	Provenance of the text	(6:12)
Track 4	The value of Progoff translation	(5:39)
Track 5	Unitive consciousness	(6:11)
Track 6	About different modes of perception	(6:15)
Track 7	The meaning of contemplation and love	(6:38)
Track 8	Centering Prayer: first condition	(5:53)
Track 9	Centering Prayer: second condition	(6:15)
Track 10	Pure awareness	(6:06)
Track 11	Training consciousness	(5:57)

Disc 2 (1:13:06)

Track 1	Non-dual and The Cloud	(6:55)
Track 2	The theme of The Cloud	(6:00)
Track 3	Releasing possessiveness	(5:41)
Track 4	Content free consciousness	(6:30)
Track 5	Union with God and its obstacles	(5:49)
Track 6	Obstacles to union	(5:57)
Track 7	Releasing memory	(6:13)
Track 8	Results in everyday life	(6:13)
Track 9	Chapter 3	(5:59)
Track 10	Presence	(5:38)
Track 11	Not thinking	(6:00)
Track 12	Focusing attention	(6:11)

Disc 3 (1:08:06)

Track 1	Intent and will	(6:04)
Track 2	Naked intent	(5:59)
Track 3	Entering The Cloud	(6:29)
Track 4	Special words in the text	(6:03)
Track 5	The meaning of darkness	(6:54)
Track 6	Conceptions of God	(6:21)
Track 7	Timelessness	(6:44)
Track 8	The Cloud of Forgetting	(6:00)
Track 9	Why forgetting	(6:04)
Track 10	Practice in life	(7:01)
Track 11	Consciousness without thinking	(4:58)

Disc 4 (1:11:33)

Track 1	Distraction by images of God	(6:04)
Track 2	The need of the kataphatic	(3:33)
Track 3	Fear of not thinking	(6:43)
Track 4	God is not met by thinking	(6:35)
Track 5	Love	(5:34)
Track 6	The history of Centering Prayer	(6:04)
Track 7	Thoughts	(6:24)
Track 8	Temptation of thought	(5:09)
Track 9	Kataphatic preparation	(6:35)
Track 10	Kataphatic or apophatic first?	(7:05)
Track 11	Value of the kataphatic	(6:01)
Track 12	Concept of God	(5:46)

Track titles continued on reverse.

Disc 5 (1:10:44)

Track 1	Sacred word	(6:19)
Track 2	Power of the sacred word	(5:56)
Track 3	Use of the sacred word	(5:50)
Track 4	Choosing a word	(6:04)
Track 5	Attitude to Centering Prayer	(5:41)
Track 6	Conditions for Centering Prayer	(6:27)
Track 7	States of consciousness	(4:45)
Track 8	Handling retreats	(6:40)
Track 9	No beautiful thoughts	(6:08)
Track 10	When thought is evil	(5:48)
Track 11	The danger of pride	(6:12)
Track 12	Egoic motivation	(5:47)

Disc 6 (1:16:05)

Track 1	The horizontal axis	(5:31)
Track 2	True Self	(5:56)
Track 3	Fear of the new	(6:46)
Track 4	Transformed by God	(8:40)
Track 5	Active vs contemplative	(6:11)
Track 6	The higher active life	(5:56)
Track 7	Self-reflection	(6:07)
Track 8	The lower contemplative life	(6:00)
Track 9	The Bible as allegory	(5:55)
Track 10	To the higher contemplative life	(6:00)
Track 11	Being conscious	(6:19)
Track 12	The higher contemplative life	(6:44)

Disc 7 (1:13:36)

Track 1	Hostility to the higher contemplative	(2:13)
Track 2	Interference with the higher contemplative	(6:03)
Track 3	Attention of the heart	(5:52)
Track 4	Releasing attachments	(6:06)
Track 5	Retraining the brain	(6:00)
Track 6	The egoic system – uses and abuses	(5:51)
Track 7	Dis-identification	(6:32)
Track 8	Real identity	(5:47)
Track 9	Humility	(5:47)
Track 10	Pride	(5:55)
Track 11	Humility and egoic pride	(6:29)
Track 12	Imperfect humility	(4:57)
Track 13	Responsibility vs. victimization	(6:04)

Disc 8 (1:12:50)

Track 1	Perfect humility	(5:28)
Track 2	Perspective on self	(7:18)
Track 3	Humility and belonging	(2:11)
Track 4	Forms of Centering Prayer	(5:16)
Track 5	Mary Magdalene	(6:07)
Track 6	Mary - Chapter 16	(5:40)
Track 7	The musicality of the original	(6:02)
Track 8	The power of yearning	(6:03)
Track 9	Infinite yearning	(5:27)
Track 10	Limits to self-examination	(6:23)
Track 11	Perfect love	(6:55)

Disc 9 (1:13:22)

Track 1	Mary's perfect love	(5:54)
Track 2	The soul beyond death	(6:54)
Track 3	Exorcising demons	(3:26)
Track 4	Original sin	(6:08)
Track 5	Trauma and transformation	(6:16)
Track 6	Self-forgiveness	(5:56)
Track 7	Incarnation hides God	(5:08)
Track 8	Separation from being created	(6:09)
Track 9	Terror of the loss of God	(5:52)
Track 10	Created and unitive	(6:08)
Track 11	The sorrow for being created	(6:15)
Track 12	The sorrow of separation	(6:16)

Disc 10 (12: 34)

Track 1	Choosing the sorrow	(5:39)
Track 2	Opening to the infinite	(6:55)

We hope you find this an enriching and beneficial teaching series. For other live recordings of the teaching of Rev. Dr. Cynthia Bourgeault please visit our website at www.contemplative.org or email admin@contemplative.org for a current listing.