

from “The Cloud of Unknowing”

“distractions and attractions”

Chapter 5 creates a cloud of forgetting
into which place all distractions of the world

Chapter 6 how do I seek God

Chapter 7 overrules the thought
tempter Satan
and focus on God by
choosing a single syllable
word to keep
you in touch
 “SEEK”
for example

in this part we will encounter the
counterpart to the whole book
being

“the cloud of forgetting”

so we have to put into this other cloud
all the worldly things
that act as distractions

chapter 6

shows us to love God
attractions
entirely and above all else
knowledge of God the unknowable
to love is enough and better

chapter 7

points out to resist tempting thought

here's a parallel to Satan tempting Christ in the wilderness

telling thought that

love is what you offer to God

the tempter will try to break that down

and distract you from your loving attractions

of and to God

finally we choose a single syllable word to keep us in touch
with God (attracted) and
away from tempting thought (distractions)

closing prayer

I pray Almighty God that love
will keep me from the tempter
and close to you
heavenly father

Amen