

## **Nine Grades of Prayer**

*Vocal prayer, with your words;*

*Meditation, with your mind;*

*Affective prayer, with your heart;*

*Acquired recollection, a simple gaze, Oh!;*

*Infused contemplation, divine illumination;*

*The prayer of quiet, taste the divine sweetness, Oh!;*

*Simple union, God captures all within you;*

*Conforming union, flights of ecstasy;*

*Transforming union, life within the Trinity. Oh!*