

**St. Gregory of Nyssa on the Knowledge of God (Θεογνωσία) in
Light (Φῶς) and Cloud (Νεφέλη)**

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Abstract

In Gregory of Nyssa we can distinguish three important stages or rather three "ways" in man's mystical ascent towards God. As Moses proceeded from the light to the cloud and then to the divine darkness of Mount Sinai, so man through illumination, contemplation and mystical participation with God can reach his ultimate goal in uniting himself with God. Someone who really wants to reach the summit of the mystical experience in being with God, needs first, to follow an endless road, a road without any stop towards his ultimate goal; secondly, he must be inspired by a profound desire and longing for God; and thirdly, he must achieve a complete and absolute purity of his whole self. The darkness represents the deep, deep presence of God. When one is in God's presence, they find themselves with no words, hence, the silence of God and the silence of contemplation, meditation, reverence and awe.