A LEBER 2/11/12

St. Theophan the Recluse Topical Compendium
Series Volume I

ST. THEOPHAN'S

"PATH TO SALVATION"

A TOPICAL COMPENDIUM

WITH CROSS REFERENCES

Compiled and Edited by Gregory-Theophan Hoffberg

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Spirituality/ Religion/ Christian/ Orthodox

Tags: Spirituality/ Christian/ Eastern Orthodox/ Russian Orthodox/ Orthodox/ St. Theophan the Recluse/ Spiritual growth/ Spiritual guidance.

Endorsements

From Kh. Frederica Mathewes-Green
This is so impressive! The work is going to be extremely valuable. God bless you for doing it. This

does at any rate seem like an admirable act of devotion, by someone who wanted to thoroughly imbibe St. Theophan's words and thoughts. Very thorough, 856 entries.

From St. Paisius Women's Monastery in Arizona
We commend you for pursuing this project which will be of help for all readers of St. Theophan's works. And if you ever decide to print it in hard copy, we would be interested in selling it in our bookstore. For now, we could have a link to it on our new website. Sister Xenia (for Abbess Michaila. St. Paisius Monastery, Stafford, AZ.)

Fr. Josiah Trenham

What a labor of love! Almost [*over/author*] 100pp of substance. This is very valuable work.

Dedications without whom this work would never have come into existence

St. Theophan the Recluse who was a man of our time and was specially gifted to distill the teachings of the Holy Fathers into this one volume.

My wife Sally-Perpetua who encouraged me when I felt like giving up , my son Elijah for helping me edit.
My Spiritual Father Josiah Trenham without whose blessing I would not be writing
Kh. Frederica Mathews-Green who has helped me in untold and many-fold ways in this production

Anthony Davar who was kind enough to walk me through the Kindle process
And my spiritual son Reader John Danks whose memory inspired me of the necessity and desire for such a work.
I want to especially thank Mark Mellis for his technical help.

Quotes from "Path To Salvation" reproduced with permission from St. Paisius Monastery –Stafford, Az.
Abbess Michaila, Telephone: (928) 348-4900.
http://stpaisiusmonastery.org/about-the-monastery/about-us .

Photo art by Alison Leber-Wood: Pencil Drawing of Vysha Monastery at the end of the 19th century where St. Theophan spent the last 28 years of his life.

F O R E W O R D

"Whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock. And the rain descended, and the floods came, and the winds

blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand. And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it." (Matthew 7:24-27)

The saving confession of the Orthodox faith involves not just a whole-hearted assent and reliance upon the truth of Christ, but also a practical incarnation of the Gospel of Christ. The foundation of salvation is established in the human person by Orthopraxy, and this saving example of life is manifest in the lives of the saints. Each saint radiates the light of the Holy Trinity. Grace is activated in the life of each Christian as the commandments are kept with the help of grace. It is this solid Orthodox way of living that enables believers to endure the rains, floods and winds that will blow upon us all on the Great Day of Judgment.

There is perhaps no more sensitive and gifted guide to Orthopraxy for post-modern man than our near contemporary, St. Theophan the Recluse (1894+). He was a tireless spiritual guide

to clergy and laity in his earthly life in Russia, and his spiritual influence has only increased since his repose and glorification. He was a prolific writer of edifying works designed to assist the Christian faithful in applying the commandments of Christ.

My spiritual son, Theophan Gregory Hoffberg, has immersed his mind and heart in the teaching of his patron saint for many years, and what you are holding is a luscious fruit grown from the tree of this devotion. It is a meticulously fashioned topical index, containing nearly 1,000 entries, drawn from the English translations of St. Theophan's works, and is designed to enable the reader to easily locate saving counsel from the teachings of the Saint. It references subjects relevant to all manner of believers, from the proper upbringing of children and conduct of family life to the correct orientation one ought have toward the Holy Mysteries. It is a treasure trove of precious patristic jewels.

May the Reader find it edifying for mind and salvific for soul!

Archpriest Josiah Trenham, Ph.D.
St. Andrew Orthodox Christian Church

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Introduction Part 1
HOW TO UNDERSTAND AND USE THIS BOOK

Not only does this book do honor to what I consider the most important book for our generation outside of the Bible, but it is one of a kind. You are probably

familiar with a chronological compendium; that is when a book is summarized by the actual words of the author in which they appear on the pages. This compendium is a bit different. This book is organized by topic and listed alphabetically. At the end of most entries are cross references for the reader to look up in order to discover St. Theophan's contextual teaching on one of 858 entries.

The reader will benefit by reading the entrees from A-Z. The student, researcher or religious professional will probably wish to look up entries as he or she has need. We did our best to provide a context for all of the quotations and comments. Further, to make the reading as effectual as possible, we had to utilize unconventional uses of grammatical and punctuation marks. Below are the explanations of these unconventional uses. Please take a moment and read to familiarize these before proceeding. If this seems a bit too much, do not worry, as you will discover these uses are quite intuitive.

Nature of the annotations and quotation marks. The entry topics are more topical in nature rather than exclusively adhering to specific words found in a conventional indexes. Where the word does not occur, it is this editor's opinion that the topic of which

the word is related is at home in its context and useful for the student of St. Theophan's writings.

Not only for Parents and children. Part One of Path is dedicated to the family and specifically how to preserve and strengthen the grace of baptism given at birth. The attentive reader will quickly discover that these observations and counsels are just as relevant for single and married adults as well as children and parents.

For Easier Referencing

1. *Chapter numbers and titles* are in bold sentence case.
2. *Subheadings* of each chapter are in bold upper case.
3. *Quotations and partial quotes* are in regular type.
4. *Entries* are usually comprised of direct quotes from PATH TO SALVATION or partial quotes.
5. *Summary statements* standing alone are in regular type and self evident.
6. When *summary statements* appear interspersed with quotations, the summaries are in italics.
7. Regular type in parenthesis are my own words *clarifying the quote.*
8. Words *in brackets* are descriptive of the context from which the entries originate.

9. When *more than one quote or reference* is given on the same page number, these are separated for convenience sake by a forward slash.
10. *Cross references* Usually appear at the end of an entry. For easier recognition references are in bold italic.
11. When the statement *"See above"* follows a page number (in bold type) it simply means to see the exact same page number in the above entry. This principle follows for entries *below*, or also when referred to another entry.

Introduction Part 2
A Short Overview of St. Theophan: His Person and Works

(January 10, 1815-January 6, 1894)

"It is difficult to gain a full understanding of Theophan's character by looking only at events of his life. When we see that his life before he went into seclusion was itself enough to make him a truly remarkable man, his work in seclusion was/is seen in

its true perspective. This was not a man who turned his back on the world with which he could not cope, but a man who mastered his world, understood its needs and problems, then went on- deeper. . ."[1]

> *"Make the habit to remember God, not only during your prayers, but at every hour and minute of the day, for He is everywhere present. Thus, peace will descend into your soul and purpose into your work; and this work will be well regulated... He who remains in the sun and he who remembers God, never freezes.* (from "What is the Spiritual Life?")

A Well-Rounded Life

Saint Theophan has come to be known in the Western World as the "Recluse." Due to this incomplete title, many in Occidental culture tend to limit his effectiveness as a great teacher of Orthodox Christianity. Furthermore, the majority of Christians who are not familiar with Orthodox spirituality tend to place him in the background with regard to many contemporary issues. The fact of the matter is that he experienced a wide and well-rounded life. The last 28 years of his life were spent in seclusion, following his role model St. Tikhon of Zadonsk. He ultimately

entered that Goal of union with God in which he excelled in his writing ministry for his God and fellow-men

Upbringing

The man Theophan was born George Vasilievich Govorov. Though he was born into a devout household and the son of a priest, we must remember that he was a boy with parents, friends, played, was disciplined and items in common with youths of all ages and of those brought up in a home with Eastern (Russian) Christianity at its core. When reading his works regarding his family life, upbringing of children and the atmosphere of a Christian home, we must not fall into the all too common mindset that stipulates that he was a monk and a recluse. We must remember he was a child growing up in a pious home and the way he interacted with his parents and environment combined with his later union with God and his own keen observation makes him the perfect instructor to parents as well as the rearing and education of children.

Education

Our Father among the God-pleasers, Theophan had a keen mind which was only sharpened during his time at the Orel Seminary, while his heart was deeply moved by visits to the Elders of the Kiev Caves

Monastery, while attending the Kiev Theological Institute. Irregular to the Church Rubrics, he was ordained as a Hieromonk (Priest-monk) and awarded the Master in Theology in 1841 at age 26, demonstrating the hand of his God upon him and the special touch of God and future vocations in life.[2] It was this event in which he was tonsured with the name we all know him by – Theophan.

St. Theophan as Educator

Education for the common man, and especially women, always occupied a substantial space in his heart. Of all occupations, he considered the education of children to be the most holy. Emphasizing the sacred nature of such work, he exhorted the teachers to be educated and raised through all the levels of Christian perfection in his magnum opus, "*Path To Salvation.*" It is no accident that his first post was teaching children in a school attached to the Church.

St. Theophan as Diplomat and Archaeologist

St. Theophan made several official trips to the Middle East; first, as part of the Russian embassy, then later on as part of the Russian embassy in Constantinople. He spent seven years in Jerusalem and the surrounding area scouring the oldest monasteries for manuscripts and observing their

practices. St. Theophan brought many of these discoveries, manuscripts and observations back to his beloved Russia, implementing them whenever practicable. Many of these became the foundation for his many writings. As the Scriptures read, “while dead, he still speak” - and so it is with St. Theophan.

St. Theophan as Pastor

Upon his return, he was appointed Rector of St. Petersburg Theological Academy. As we have seen, he was not isolated, although his deepest desire was to be alone with his God and serve others via correspondence and books. But God’s timetable prevented him from securing his coveted vocation. In 1856 -1863 he served briefly as Bishop of Vladimir, then Tambov. One of the first projects he did in both diocese was to set up schools and continued catechetical classes — of which he emphasized, one should never cease. This man who longed for God more than anything else, felt for the lack of education among the common classes revealed, yet another aspect of his growing heart. Reading his sermons one cannot come away without the impression that his heart melded most intimately with those he was sent to serve. In him was fulfilled the words of Scripture: “he rejoiced with those who rejoiced and wept with those who wept.” This truth is obvious when reading accounts of his farewell sermon before

entering reclusion. It is written that there was not a dry eye present. One witness to his final public sermon reported that “not one dry eye could be found” understanding that they would never see their beloved pastor again on this side of the grave. Here was a man in the world who loved God above all else. Because of this, his heart was one with the people he served. One could honestly say that he “was in the world, but not of it.”

St. Theophan Lover of Vysha Monastery and Partial Seclusion

It was during this time He discovered and came to love Vysha Monastery. Even the trail that led to the monastery brought anticipation. Beginning at a trail head (now a road) our Saint walked deep in prayer through a densely packed forest of pines and other evergreens urging him on with the promise of more just ahead. Before making it to the tree line The deep shade began to let the light of a large and colorful meadow with the beauty of the monastery in full glory on just the other side. This was Theophan’s refuge and place of peace and retreat.

After several requests for retirement throughout the years, his longing was granted in 1886, with a hitch: he was assigned as the head of the monastery. Theophan became a permanent resident and partial

recluse in his beloved Vysha. During the first 6 years he participated in the liturgical cycle of the monastery services. He was seen at times taking long walks as another Adam in union and communion with God while in this flesh. Soon thereafter he petitioned the hierarchs requesting complete seclusion and he received it.

St. Theophan Isolated, Always Serving and Not Alone

Retired to his cell, he gave his full attention to prayer and counseling by correspondence. It is common knowledge that he received between 20-40 letters per day and answered each one. He also served the Church as a whole with his invaluable writing and translating of books. The only persons who saw him during these final years of seclusion were his cell attendant and his Father Confessor. Yet, by his writing, he served many more people than he could have face to face, for his writings continue to be important to generations after his repose at the age of 79 (Jan. 6, 1894).

St. Theophan's Growing Popularity and Canonicity

With the great inroads of the Holy Orthodox Church in the Western Hemisphere Theophan's works are

not only some of the most important books, articles and letters. His popularity has taken off since his canonization in 1988, yet, not nearly enough Christians know of him. While he spoke a little over one-hundred years ago, his union with God makes his words ever-applicable. He also lived basically in modern times, thus he was familiar with the issues of his own day as well as ours.

St. Theophan as Author

"Path To Salvation" and "The Spiritual Life"

Some of St. Theophan's devotees have made the claim that after the Bible, St. Theophan's "Path to Salvation" is the most significant book for us in our generation concerning Christian spirituality. His "The Spiritual Life and How to Be Attuned To It," is a collection of letters, covering much of what is included in "Path." While "The Spiritual Life" is more conversational and for some, easier to read, it remains incomplete compared to "Path." In this author's opinion. Both together make a complete set, for "Path" is comprehensive, but less personal. "The Spiritual Life" reveals the man "Theophan." In order to truly grasp the depths of this Saint of God, both books ought to be part of every Orthodox Christian's annual reading cycle.

Most of his books and collections of letters remain untranslated into English, but those which have been are very revealing about the author himself. It is through his writings we discover a man so in tune with God that he was able to intelligently address any subject of importance in his day as well as ours. By knitting his heart with potential readers or correspondents, he could communicate the same information to pauper and aristocrat alike. While this is readily apparent in his letters, we can also see it in his books. Other than he two mentioned already we can add “Preaching Another Gospel” addressing inroads of what we call Evangelical Protestants. This book as well as some chapters of “Thoughts For Each Day of The Year” we behold him as an able and effective apologist. “Kindling The Divine Spark” is a collection of homilies primarily delivered to nuns in the convents of his Episcopal Jurisdiction. Here we see several of his moods and effective communication with great tenderness. A translation of his Commentary of Psalm 188/119 demonstrates his prowess as an exegete. We owe a debt of gratitude to those responsible for translating St. Theophan’s writings into our native English.

St. Theophan as Translator

It seems every few years another of his works are being translated into English. St. Theophan’s works

are extensive. Besides his own books, he also translated some very important works into his native Russian. Of special note is his translation of the Philokalia, an anthology of Church Fathers from the 4th – 13th centuries. While the subject matter is wide-ranging, the central hub to all of the subjects is the life of prayer, specifically the living in a continual state of prayer, and in some, more specifically, The Jesus Prayer.

Of Note is St. Theophan's "Free Rendering" of Lorenzo Scupolie's "Unseen Warfare." The entire history of this book deserves a volume to itself. St. Theophan did much more than only translate this book that was already becoming a classic. The first translators (into Greek) added many notes to give a clearly Orthodox interpretation. Theophan, now translating into Russian, placed these notes into the text itself. He added or subtracted large portions as well as short sentences. Perhaps, most significant were the entire chapters which he rewrote entirely. St. Theophan was more of an editor and compiler than a translator of "Unseen Warfare."

Our Father among the Saints held a place of affection for St. Ephraim the Syrian. Theophan selected his favorite portions of his many writings and arranged them with the same format as our

Psalter. What a treasure this little volume is – in fact, the title is “A Spiritual Psalter.” The selections are mostly prayers with a few contemplations and is impossible for lovers of God to come away from even one of these prayers without being touched deeply in the heart.

St. Theophan as The Genuine Article

When reading his books, especially “Path To Salvation” and “The Spiritual Life” one comes into contact with an unspoken authority. It is quite clear that he was not writing as an academician, but as one who had grown through the various stages of spiritual growth and attained that union with God he so freely wrote about. One does not leave “Path To Salvation” without a sense that one has come into contact with something sacred and real – as if He were still on earth speaking them to the reader. Perhaps he is speaking them to our hearts from heaven while we read the words on the pages. Reading this treasure can be likened to a disciple sitting and listening to his beloved master, being challenged, encouraged, even chastised or coached in the truly Orthodox Christian life. One can almost hear St. Theophan saying to us “Follow me as I follow Christ.” Lord have mercy and grant us strength to follow.

Part Three - Path To Salvation Topical Compendium With Extended Index And Cross References

This book facilitates at least four purposes: 1) A devotional tool aiding lovers of St. Theophan to gain the mind of St. Theophan on a given subject with the purpose of adapting these truths into the very core of our being. 2) A Research tool for Clergy, seminary professors, students, and interested Church School instructors aiding in the discovery or reinforcing what this St. of God believed and practiced on any given subject in "Path To Salvation." 3) St. Theophan's mastery of distilling the teachings of the Church Fathers and this compendium arranged by topic and alphabetical offers a ready answer to the many questions of both faith and lifestyle in accordance with the Church's Holy Tradition. 4) "Path To Salvation" is a very practical manual for spiritual growth. Having His words in direct quotes, complete or partial with the context at one's fingertips allows us ready access to these spiritual exercises as examples with built in flexibility make it easy for us to overcome and adapt to any given situation and, over time, become what St. Theophan describes as God-pleasers.

ST. THEOPHAN'S PATH TO SALVATION – A TOPICAL

COMPENDIUM WITH CROSS REFERENCES

A

1. Abandoned (by God)

307. OTHER METHODS OF PURIFICATION: SORROWS AND UNPLEASANT SITUATIONS DEVISED BY GOD.

308. Success should not lead to self-reliance and self-praise, but to caution. Perhaps the appearance of success actually means that the Lord has already abandoned you as something unneeded.

2. Abandonment

113-114. [Re: Destruction of the supports for sin]. Each destruction of the supports (sin's) of indifferent self-indulgence constitutes a turning point …because it is always unexpected, operates in an overwhelming …way …doesn't know where to run. The sense of total abandonment is the same as character and special circumstance …leaves a person alone with himself.

126. He who is spiritually cold is as if grace has abandoned him.

138. …if you abandon sin and repent you will partake of the power of His death. **196.**Grace hides itself from one laboring…

198. [Re: Two Ways Of Communing With God. Based on Sir. 4:17-19.]. …and bring fear and dread upon him, the fear of God's abandonment…

3. Abate

323. Fire received at conversion only shows itself in fullness when the passions abate completely.

4. Abhor

138. CONSIDER THE SIN YOU CLING TO – ABHOR AND REJECT IT. It is an evil more disastrous than all evils. **139.** Bring to

your senses all the evil of sin, and force yourself to abhor it and reject it.

5. Abide

192. [Re: FINAL GOAL OF MAN-A LIVING UNITY WITH GOD]. "He is ready to abide in him who is ready to receive Him. Only lack of desire, coarseness, and sinfulness keep us from Him."

6. Abnegation-self

161. "… tread firmly in self-abnegation, prayerfully committing yourself to the will of God and work without relaxing.***" See also "Acceptance (by God)," same page number.***

7. Absent-mindedness

129. 2. HABITS AND INCLINATIONS THAT IMPRISON A PERSON IN SIN. Because sin is ugly …it has many coverings. The covering that is deepest and closest to the heart …self-deception, insensitivity and carelessness. Over them is …absent-mindedness.

283. [Re: Reviewing our enemies]. 1) In the body: …source of passions is pleasing or comforting the flesh …sensual delight… Wherever they are present there is sexual lust …love of pleasure … absent-mindedness, restlessness …and all manner of pleasing the flesh in lust.

8. Absolution

180. The Lord gave authority to absolve sins …under condition that they be repented of and confessed.

180-181. If something is left incomplete …the spiritual father pronounces "I forgive and absolve you," the Lord will say "I condemn you."

181. …confession is over, the priest lifts his epitrachelion, covers the head …pronounces the absolution of all his sins./ *Continue reading for a more complete description of what occurs at this time.* ***See "Confession" and "Toll Houses."***

9. Absolve

180ff. ***See "Absolution" above.***

10. Abyss

306-307. 12) Finally, a consummate cleansing of our entire makeup …carried out by the Lord Himself. …a time of great trial… expectation of wrath, below is hell… hanging over the Abyss

11. Acceptance (by God)

161. Whoever gives himself over into God's hands in ultimate self-abnegation will attract God to himself.

170. …[the repentant sinner] approaches God like a runaway slave returning to his master, he appears as one guilty… He needs to approach in such a way that he will be accepted./ He will be accepted by God if he a) admits his sins, b) repents of them, and c) makes a vow not to sin.

316. The condition of this indwelling and reigning of God in us …is the renunciation of our own freedom./ …the condition for communion with God in us is the decisive dedication of ourselves to Him. …it is apparent that zeal goes first …God's help follows.

12. Accepted

170. *Compares the return of the sinner and acceptance to that of the Prodigal Son.* ***See also "Acceptance (by God)" above.***

13. Accuracy (of sinfulness)

170-172. KNOW YOUR SINS. …in the inspiration …to abandon sin, you knew …you were sinful… you must discerningly …know you are definitely sinful …to what degree-clearly, individually, …quantitatively, know your sins, with all attendant circumstances … critically review your life with a strict and impartial judgment./ *St. Theophan gives advice on self-examination.*

172. …this first stage of coming to know your sinfulness …it is an exact determination of deeds. Just as a business ledger is written with mathematical accuracy, so should your …list [portray them accurately- …all circumstances of time, place, people, obstacles etc. ***See also, entries to "Confession," "Communion (Preparation of), "Self-examination."***

14. Acquaintances

266. [Re: The outer life according to the spirit of the new life]. This is the law: abandon everything …dangerous to the new life, … ignites passions, brings vanity and extinguishes spirit./ …leaving the world is …cleaning up your external life, removing everything passionate and replacing it with something pure …that aids the spiritual.. Completely reorder your outward behavior in and outside the home, with friends and associates …at work, with acquaintances… how you spend your time.

15. Acquisitiveness

284. The Fathers …chose to trace all passions to their beginnings… Whoever has cut off …covetousness with unacquisitiveness, pride with humility has conquered egotism. ***See also "Covetousness," and "Passions."***

16. Action

161. Let it make itself (the soul) nothing within the heart, then all-effective grace will create something out of nothing./ Though you expect everything from God and nothing from yourself, you must force yourself into action …so there will be something for divine power to protect./ Grace is present …but it acts in the footsteps of your own actions…

256. [Re: A Prayer Rule]. *There are many actions on our part during prayer.*/ …three stages of prayer: the first is bodily prayer, with reading, standing and prostrations… This is active prayer.

17. Active

139. Press into your heart …contrition-producing and softening feelings …your enfeebled will spring into action. …These will be the beginning of your active care for your own salvation.

18. Active Prayer

[Re: Choosing a Prayer Rule – active prayer]. ***See "Action," above and entries on "Prayer."***

19. Actual (Communion)

193. I. VARIOUS ASPECTS OF COMMUNION WITH GOD. Are three forms of communion with God: One is mental …at conversion …the other two are actual, but one is hidden... unknown to ourselves and others, …the other is obvious…/ The first form of communion is the most understandable and common …does not cease during second or … third stages, because spiritual life is mental life. …though it differs in quality.

194. All spiritual life consists in the movement from mental communion …to actual, live, perceptible and manifest communion. ***See entries related to "Communion."***

20. Admits

170. …as a runaway slave returning to his master, he will be accepted …if he admits his guilt./ …a sinner returning to God. He will be admitted if he admits his a) sins, b) repents of them, and c) makes a vow not to sin. …are necessary facts for ardent unification with God…/ …the Prodigal Son returned to his father, he said "…I have sinned-admitting the sin…

174. [Re: Awaken feelings of sincere repentance]. …place yourself alone before the face of God the judge, all-seeing. Reveal …you knew you should not have done it, but wanted to anyway … did not use …self-authority for your good. …reason and conscience were against it …were obstacles …you disdained all of this good counsel./ Do this with every sin, ...each was committed according to your own desire. …conscience will force you to admit your guilt./ …a person confirms one after another his sins …"I have no justification-I am guilty. **See also Confession and Self-examination.**

21. Adulterous Feelings

283. [Re: Sp. Warfare & Reviewing our enemies]. …at conversion the spirit is pure …the body and soul resist …strike at the spirit …attacks are …felt throughout our existence. 1) In the body: the source of passions is pleasing …or comforting the flesh. Bodily life and sensual delight are directly linked. Where these are present there is sexual lust, gluttony, …adulterous feelings, loquacity… ***See entries related to "Passions" and Spiritual Warfare.***

22. Agony, Agonizing

104. [Re: Awakening from the slumber of sin]. …abandoned himself to despair because he previously abandoned the gift …this power of grace will not be granted immediately. Such a person is in a[n] agonizing condition: He thirsts but is not given drink, hungers but is not fed, seeks but does not find…/ Sometimes such a person is left in this condition for a very long time, to the point where he feels divine reproach, as if God has forgotten him, turned away…/ …is only a trial / He goes through this …trial, thanks to his labors and agonizing search The spirit of arousal once again descends on him...

150. THE AGONIZING STATE OF DISPLEASURE VERSUS BOREDOM. During a state of grace a man finds himself in a certain agonizing, sorrowful state of displeasure with himself and his condition./ for having offended God …it enlivens and awakens. [It's] accompanied with yearning for one's heavenly homeland, feeling of dissatisfaction with anything created…/ When the passions begin to settle down, the spirit raises its own cry…

23. Alienating

280. I. WAR WITH PASSIONS AND LUSTS. A person destroys passionateness by alienating it, …not giving it any food. The stifled passions …quiet down like a candle under glass. ***See entries related to the "Flesh," "Passions," and Sp. Warfare."***

24. Alms

145. [Re: Well-known means of grace]. The prayers of the poor are powerful …go and multiply your alms: wipe the tears of the unfortunate, shelter if you can the destitute.

252. [Re: Exercises for developing the will and enlivening the spirit]. …it is good to choose one virtuous work and stick with it unswervingly-…the foundation …to other virtues….save you in times of weakness, …a strong reminder and quickly inspires. – the most reliable of all is almsgiving.

25. Alone

137. 5. HOW TO SOFTEN YOUR INSENSITIVE HEART. REMEMBER YOUR FATE. …any time it could be your hour (to die). Your secret sins will be revealed before all the angels and saints. …there you will stand alone with your deeds. They will either condemn of justify you. And what is Paradise and what is Hell? ***See "Death," "Heaven," "Hell," and "judgment."***

26. Alone (with God)

314. [Re: Ascent to God]. The soul begins to turn away from everything …and draws toward God…/ Here is a sign of this birth: earnest quiet and unforced inner concentration before God …now [the soul] stands …before God without leaving. The person is now happy to be there alone with God. See entries related to ***"Hesychia," "Prayer," "Solitude," and "Stillness."***

27. Ambition

284. [Re: Reviewing our enemies]. c) In the sensual part-passions that shatters peace and tranquility of heart …wrath, envy, …ambition, pride ...sorrow, depression, …expectations.

28. Ambush

299. WAR WITH EVERY INDIVIDUAL THOUGHT. 2) There are thoughts, desires, and passions that come in the form of ambushes and short-lived upsets and …constant ones that last for days, months and years./ The first are easier, but should not be disdained …look for their order …the enemy has a law: not to begin suddenly …repeat the thought often. ***See also "Flesh," "Passions," and "Sp. Warfare."***

29. Amusements

72. [Re: Characteristics of youth – Thirst for impressions]. After a long period in day-dreams, light reading and enjoyments … [the youth] realizes that everything in his soul has become distorted. …has been covered by a kind of veil of forgetfulness …these deceptive things have left their impression …one's inclinations have changed …new ones now take first place.

73. After returning from …distraction[s] …the soul becomes bored …because it finds itself robbed./ …young man, do you desire to preserve the purity and innocence of childhood, or the vow of Christian life without reproach? With as much strength …as you have, refrain from amusements, …disorderly reading of tempting books, and …day-dreams. (*From the forgoing we might add certain television shows and movies, and video/computer games.*).

96. [Re: Particulars of a person who lacks grace]. These occupations take up all his time and …activity./ …fallen away from God …the fullness of everything. He is empty; …pours himself out into an endless variety of things and lives in them./ [Re: Various kinds of emptiness]. There is emptiness of the heart …deprived of the enjoyment of the One Who is everything; …forms a thirst for the satisfaction of various and many things …hope to find pleasure for our senses internal and external.

96-97. The sinner is continually troubled about ...the desire for many kinds of pleasures. …amuses himself, possesses and questions. …around in circles his entire life.

97. …in the company of others, the circles increase …a thousandfold. …an entire world of people doing …amusing themselves …increase self-interest, self-pleasure …placing all happiness in this life in this frenzy./ This is the world of vanity … diversions, amusements …everything …constitutes going around in [these] circles./ The sinner is so entangled in these nets …they are invisible to him.

156. …TO DO WHEN YOU FEEL THE GRACE OF AWKENING. Grace …places a person in a lively state; on the other hand …it makes …pressing demands. …toward the second …tries to disperse what he considers to be dark thoughts by seemingly innocent diversions …as conversation or reading …blots out the salvific change… ***See also "Distractions," "Reading," and "Theaters."***

30. Angel of Death

137. Softening your heart: Convince yourself that the Angel of death has already been sent.

31. Angels

43. Behind the visible protection is an invisible one; the guardian angel placed by the Lord to protect the child from … baptism./ He watches over him; by his presence …influences him …inspires parents …to protect him./ …powerful and active inspirations can be made …fruitless by the unbelief, carelessness, impiety of the parents.

108. [Re: Grace felt by the senses]. Angels have appeared many times …singly or in assembly. …to St. Andrew in opposition of the dark forces.

137. [Re: Remembering your fate]. …secret sins will be reproached before all the angels and saints.

32. Anger

50. [Re: Training children]. …unsteady development left to the will of the child, develops into hyperactivity …for others, slowness and laziness. …the former disobedience [is] turned into a law …in connection are aggressiveneness, anger and unrestraint in one's desires.

52. The body is the dwelling place of the passions, especially the fiercest ones, such as lust and anger.

284. [Re: Reviewing our enemies]. c) In the sensual part-passions that shatter peace …pleasantness and unpleasantness: wrath, envy, hatred, anger…

See "flesh," "Passions," "Self-will."

33. Anthropology (Man)

28. [In relation to zeal as fire]. …like fire because, just as fire devours the material …also …zeal for …life in Christ devour the soul which receives it …the fire of zeal …embraces the whole being of man.

3. [Re: In relation to baptism]. Baptism makes a man worthy …vouchsafed …the gifts of grace through other Mysteries…/ … through baptism …receive a new name and sign …impressed on the whole being of the one …heavenly and earthly beings recognize him.

36. ***See the same page under "Baptism."*** *Here St. Theophan contrasts the man before and after Baptism.*

48. Chapter Two – The Chief Activities of the Body, Soul and Spirit. I. DIRECTING THE DEVELOPING POWERS OF THE SOUL AND BODY. …essential to place them within their proper bounds and to strengthen them with the force of habit./ **IN RELATION TO FOOD.** The first requirement for bodily life is food. …relation to morality, this is the seat of the passion for sinful enjoyment of the flesh, or the arena of its development and nourishment./ …feed the child in …a way that developing the … body …not ignite in the soul, pleasing of the flesh.

49. *Theophan lists guides for feeding of children, along with sleeping and other comforts./* **IN RELATION TO MOVEMENT.** The second function of the body is movement … its organ is the muscles …strength …means of labor …the seat of the will./ *The remainder of this section covers the main aspects of human life: mind, will, senses.*

66. …one must consciously place oneself the …yoke of Christ, choose the life of Christianity …dedicate oneself to God all the days of his life …with enthusiasm. Here only does a man …begin the Christian life./ A man becomes entirely human when he comes to self-awareness and independence of mind …master of ideas and deeds…/ …becomes a Christian remains …a man …in his Christianity he must be rational …to the profit of holy faith.

97. The sinner will continue going around in circles because this is our nature when …enslaved to sin. …in the company of others, the circles increase …a thousandfold. …an entire world of people doing …amusing themselves …increase self-interest, self-pleasure …placing all happiness in this life in this frenzy./ This is the world of vanity …diversions, amusements …everything … constitutes going around in [these] circles./ The sinner is so entangled in these nets …they are invisible to him. ***See also, "Baptism," "Body," "Flesh," "Food," "Gluttony," "Grace," "Passions," "Soul," "Spirit," and Zeal.***

34. Antipathy

166. [Re: Redirecting the will]. We must energetically perform it and not stop until the heart makes the changes it needs –

we must not stop until we reach the final limit – antipathy to sinful inspiration. . . antithetical disposition to the demands of sin.

35. Anxiety

140. [Re: Driving away the sleep of indolence]. 4) You know no peace …night or day. All around you is confusion and anxiety. **178.** [Re: Assurance apart from Confession]. It will soon be toppled with doubts: …this doubt brings inner anxiety, and from anxiety comes a weakening. Life has neither firmness or form.

36. Apostolic (State)

325. Dispassion… life hid with Christ in God… are God's mystics, hearing an inner voice, their senses united to God, the same state as the Apostles.

37. Appearance

138. [Re: Softening the heart]. Turn to God …before the face of Him …the omniscient …and long-suffering. …Will you still offend the eye of God with your loathsome, sinful appearance? ***See also "Approach" below.***

38. Approach

138. [Re: Softening the heart]. Turn to God …before the face of Him …the omniscient …and long-suffering. …Will you still offend the eye of God with your loathsome, sinful appearance? ***.***

39. Arousal

109-110. …to arouse the slumbering spirit grace either 1) directly acts on it …2) indirectly acts on it…

110. *This, and the following pages give examples how grace arouses the spirit, to break the bonds of sin.*

139. [Re: Contrition producing feelings]. **LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW.** Realize all this and arouse yourself to hatred of this man-hater and all his works.

140. Energy is always aroused in an enfeebled will when a person places himself between two extremes …perish or change your life.

286. …a certain arousal that belongs particularly to the world, …consists in its charming appearance and progress, its power to awe …this is followed by all manner of sorrows.

289. The demons, world and lust often arouse the same passions. **See also *"Awakening" and "Temptations."***

40. Arrogance

202. 1. THE INNER MAKEUP OF THE CONVERT. [Sin] permeates all his existence …taking on the appearance of something natural… Thus become intertwined …arrogance with the mind, greed with desires…

210-211. The minute a man wishes to produce something himself he stifles …grace. The results …lead to arrogance and self-opinion …the devil's seeds, sown by him. …ungodly work spoils godly work.

251. …he who does something out of self-reliance, …boldness, …audacity, …self-gratification …no matter how righteous the works …only fosters …an evil spirit of self-righteousness, Arrogance and pharisaism.

283. …sins that attack are felt throughout existence… 2) In the soul: a) In the mental part: opinion, …belief in one's own intellect …puffing up and arrogance …mental plundering. ***See also "Self-reliance," "Vainglory" and "Vanity."***

41. Arrows (of the Devil)

196. When grace hides from the laborer: it allows the arrows of the devil to wound the soul at the most inward point of its sensitivity …to make the soul search out God with warmer resolve and more humble disposition.

283. [Re: Reviewing our enemies]. …there are movements aimed directly at the spirit …are the fiery arrows …the enemy shoots …at the prisoner escaping his tyranny.

289ff. 4. THE RULES OF SPIRITUAL WARFARE. Rules for preparing and waging battle. *The word arrow is not used, but the concept of attack from the enemy is pervasive.* ***See also "Demons," "Passions (Struggling with)," "Persecuting the Flesh," "Satan," and "Spiritual Warfare."***

42. Art

60. Church building, singing, icons-are the first objects of fine art. ***See "Family," and "Child-rearing" for the importance of art in the spiritual development; and "Icons."***

43. Ascend

138. ASCEND IN THOUGHT UPON GOLGOTHA AND CRUCIFY YOURSELF. Ascend in thought upon Golgotha, and understand what your sins have cost. …by sinning you participate in tormenting the Savior and will partake of the tormentor's lot. … crucify Him and perish or crucify yourself and inherit eternal life with Him.

154. I. ASCENT TO THE RESOLVE TO ABANDON SIN. *Grace places a man in a middles state to disclose his will.*

155. *Grace and the will join to resolve*. …the thought is born a) lean towards it with our desire, b) remove obstacles …and c) resolve to do it./ One who awakens from sleep, sees that it is time to arise (ascend)./ …the will agrees to begin …the work of arising from fallenness./ *The remaining pages offer steps to ascend to resolve to live a God-pleasing life.* ***See also "Ascent (to God)" below and "Resolve."***

44. Ascent (to God)

312. I. ASCENT TO GOD. The mind's ascent to God … unfolds according to the degree the inner work is strengthened./ To preserve this inner state and awaken a longing for God (Ascent) one should: 1) accustom the mind to living in the presence of God …let him ascend to the feeling that he is seen by God… 2) Do everything for the glory of God…

313. 3) Do everything in the awareness of its being God's will…/ *St. Theophan offers a beautiful, deep and genuine description of the exercises, stages of interior formation and blessedness through this process of ascending to God*./ He acquires the kingdom within himself …joy and peace in the Holy Spirit.

315. The essential condition for this is purification of heart that it can accept God Who draws it to Himself …(Matt. 5:8)./ The

decisive step towards ascent to God …is a perfect dedication of oneself to Him …that …we …become His instruments, working with Him in thoughts, desires and feelings; in words and deeds. ***See Ascend, pg 154ff. above; entries for "Communion," "Dispassion," "Standing in the presence of God," "Stillness," and "Yearning."***

45. Ascetic Labors

130. [Remove] the sinful coverings as one removes the layers of earth to expose a buried treasure…/ **THE BODY** First …refuse [the body] delights and pleasures, restrict indulgences, even the most natural needs…/ Physical ascetic labor weaken these bonds (of sin) and eliminate their effects./ What you have done previously according to habit …in support of your usual occupations …begin to do with some changes and additional austerity …there will be tangible fruits.

208. I. THE SPIRIT AND CHARACTER OF ASCETIC STRUGGLE. [Re: One who has dedicated himself to God]. The spirit hates sin, but the flesh and the soul …cling to it, because they are clothed in passions. …oppose the demands of his body and soul …force himself to do the opposite …same as opposing oneself in the bad and self-forcing in what is good. …[is] the beginning of asceticism./ This …comprises the struggle of a man with himself … podvig./ From this minute of his new life, the repentant sinner commences his podvig, struggle, and labor and begins to bear …the yoke (of Christ).

209. …the zealous are eager for ascetical struggles of self-forcing and self-opposition with the aim of self-correction ..raising themselves to primordial purity. …the more speedily come to worthy of communion with God./ …all the saints …embarked upon the most severe ascetic labors of self-mortification-fasts, vigils, …solitude and so on.

210. 2. THE FRUITS OF ASCETIC LABORS ARE PRESERVED AND RIPENED THROUGH GRACE. The fruits of ascetic labors is sown and ripens under the influence of grace-only by grace./ God gave the increase" (I Cor. 3:6)./ …as the spiritual life began through God's grace, so it can only be preserved and ripened

through it./ The first seed of the new life is made up of the combination of freedom and grace, and progress …comes only from it.

211. [Apart from grace] lead only to arrogance and self-opinion./ *As an extension of grace, the following addresses the need for a guide and a rule.*

244. 1) Abandon all evil customs… 2) Purge all relationships… 3) Rearrange …the duties of whatever occupation you may have… 4) Establish order in your family affairs… **4. FORMING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE.** These are our exercises and ascetic practices! They should be always with us, like a plaster bandaging wounded areas of our constitution./ …the most effective place …where they appear in their purest form, is Govenie - …for our purification and illumination through the Mysteries./ By this is meant: 1) Completing all ascetical labors as preparation for receiving the Mysteries.

245. 5. GENERAL NOTES ABOUT ALL THESE ASCETIC LABORS AND PRACTICES. The ascetic should fulfill all labors in form applicable to him…in themselves form only the material framework for rules./ Every ascetical laborer should build a rule for himself……a rule for every practice …they build an all-encompassing order of spiritual exercises and ascetical labors … designates a time and place for everything…/ …ascetic labors and practices correspond to inner work …external behavior and bodily discipline …for maintaining spiritual awareness and inner concentration.

246. …go within and enter a state of spiritual awareness, motivate your life activity …proceed in the ascetical order … arranged./ …keep in mind that ascetical labors …in and of themselves have no power to purify life …[only] the grace of God working through them does./ When commencing ascetic practice … open yourself to grace like a ready vessel utterly dedicated to God./ [Ascetic labors] gains access or is channel[grace] through [them]. **258.** By laboring in asceticism we seek purification of the heart and renewal of the spirit.

264. [Re. Keeping the body in the spirit of the new life]. 7) The most important physical ascetic labors that persecute the flesh

are: fasting, vigils, labor, and purity. **See *"Asceticism," "Communion (with God)," "Exercises," "Govenie" "Labor," "Podvig," "Self-Correction," "Self-Forcing," "Self-Opposition, Zeal."*.**

46. Asceticism

145. 10. AWAITING GOD'S VISITATION. Having cast off procrastination, humble and lighten your flesh with physical ascetic struggle./ The following demonstrates the necessary guidelines to perform this maxim.

146. …[these labors] only attract grace. They are not grace itself…/ It is …dangerous to think there is a reward for due for these labors… - …this only prepares you to receive it, but the gift is entirely dependent upon the giver. **208. *See same page number in previous entry.***

216. [Re: Rules]. With rules there is only one way: …do it as you are supposed to and it gets done. …no pauses and the work goes forward./ Penitential feelings are the signs of true asceticism.

218. 4. RULES FOR THE BEGINNER OF AN ASCETIC LABOR. Its clarification (of a plan) is composed of all the rules for the beginner of an ascetic labor. …the application of these rules…/ The Director …applies [these rules] to his child's personality, … change them as they need changing. …to construct …rules … emphasize …the state of the penitent ascetic./ …the goal is to mortify …passionateness and raise up his nature to its essential purity. **GUARD THE SEED PLANTED WITHIN YOU.**

219. TEAR AWAY PASSIONATENESS BY THE RULE OF LABOR. 220. THE ASCETICAL LABOR OF SELF-OPPOSITION. The two points sum up the tone of the ascetics work …his exercise of self-forcing./ **RULES TO PRESERVE THE INNER ORDER OF LIFE.** 1) Rules for preserving the inner spirit of zeal; 2) Rules for exercising the powers for good, or self-forcing; and 3)Rules for warring with the passions, or self-opposition.

322. The inner pull towards stillness and sweet standing before God. …requires purifying from the passions by means of ascetic labors that strengthen good and exhaust evil in us. **See**

Ascetic Labors," with all references mentioned, "Awakening (Grace-Filled)," and "Mortification."

47. Associate

141. [Re:: changing one's life for the better]. "… see how all good people in heaven and earth will be to associate with you."

48. Associations

244. [The Association between the inner and outer life]. **2. BODILY EXERCISES.** …exercise[s] should be assigned to each bodily function …thus benefiting us spiritually as well./ It becomes a most worthy instrument of our spirit and a worthy temple of the Holy Spirit. **3.THE OUTWARD ORDERNIG OF LIFE.**

244. As the inner activities of our powers (…our inner character), are changed, our external appearance, …their expression, will inevitable change./ 1) abandon all evil customs… 2) Purge all relationships and acquaintances… **4. FORMING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE.** This is a practice that embraces the whole person and nourishes the spirit, the soul …the body.

265. …leaving the world does not mean running away from family or society, but abandoning the morals …that are antithetical to the spirit of Christ …in us./ Citizenship and family life are blessed by God …we should not run away from them or have contempt for them or nothing belonging to their essential good order./ Running away from the world means establishing yourself in the true family and citizenship./ [Re: how associating with the world pollutes our soul]. The vain, passion-soaked world is inevitably transmitted to our souls, and arouses or infuses passions. …as one walks near soot becomes black…

266. This is the law: abandon everything that is dangerous to the new life, ignites passions …extinguishes spirit./ Now is the time to cease from all theaters, …dances …travels …acquaintances…/ …leaving the world [means] cleaning up the entire external life …reorder your outward behavior …with friends and associates …with whom and how much you spend your time.

See entries related to "flesh" and "World."

49. Assurance

177. [Re: Mysteries of Repentance and Communion]. Now that the conscience has been cleansed (by Repentance) …it will not give any peace until we are decisively assured of forgiveness./ When a person has raised himself to make a decisive vow, a certain assurance that he is no longer repugnant to God comes, but this assurance is his own

178. …cannot be durable. A Person needs to hear that all is forgiven from God…finally at peace in the assurance in God's mercy…/ *The remainder of this section instructs us in preparing for a salvific confession.*

183. [Re: The Prodigal Son]. His parental heart was not satisfied with forgiveness only-it wanted to decisively assure his son of His peace …this is accomplished in Holy Communion./ *The following pages explain that the new and full life in Christ are bound up in His internal dwelling in us, His abiding in us is via Holy Communion: How to prepare for this Mystery as well as to preserve the state of mind between Confession and communion.*/ ***See entries related to "Confession (Mystery of), "Communion, (Mystery of)," and "Forgiveness."***

50. Attack

284. The source of all passions …is self-love or egotism … although conquered or refused at first, attack often …wage war against the spirit./ This residual egotism …with the …army of the passions comprises …the fleshly man …from which something always attacks …contrary to the spirit's desires./ The Fathers … trace[d] all passions to their beginnings …to discern what the warrior should attack./ [Re. the 8 Primary passions]. The holy fathers describe the attacks of these passions and how to war with them./ It is easier to vanquish it (the Primary Passions) by destroying its children than by attacking it itself.

284-285. FORGETFULNESS OF GOD LEADS TO OTHER SINS. …the spirit …reviving is not free from enemy strikes, which are …more dangerous [than attacks against the soul or body] …they

touch the outgrowths of life and often go unnoticed because of their subtlety and depth.

285. …it often happens …an eruption, an expulsion from within to the senses.

285. SUBTLE TEMPTING MOVEMENTS AIDED BY THE WORLD AND THE DEMONS. Attacking the consciousness of free will, one or another such feeling cuts off or cuts short the flow of our spiritual life and places us in danger. …outside help is extremely necessary. Sometimes the person …is not aware of these tempting movements.

287. Besides invisible struggles from demons …also a visible attack …sensed through the body: …specters, even taking over the body./ …to be successful in battle …know what forms these attacks take. ***See also "Flesh (Persecuting)," "Passions (Struggle with)," "Self-Forcing," "Self-Opposition," "Spiritual Warfare," and "Thoughts."***

51. Attacks

56. Frequent passions not mastered during childhood …their disturbing attacks will not cease to the end of one's life.

281. [Re: Rules for struggling with the passions …self-opposition]. When passions attack they directly storm the mind and or spirit. ***See "Attack" above with references.***

52. Attention

56. A passion which reveals itself with more frequently than others …be …treated with special attention …it can become the ruling element in one's life.

129. HABITS AND INCLINATIONS THAT IMPRISON A PERSON IN SIN. …a beneficial thought has been accepted and occupies our attention. Now we must …lead it to a level of awakening …leading all our inward parts into practice.

132. CARELESSNESS, INSENSITIVITY AND BLINDNESS. …step up to [the beneficial thought] with …a mighty mental exertion, collecting all your attention …force [this thought] into your inner state./ First …remove the veils from the eyes of your mind …that keep it in blindness./ Such blindness is the result of inattentiveness

to himself./ …this blindness is supported by certain prejudices concerning himself./ …is necessary to unite deep soberness to deep attention at this moment.

153. The awakened state cannot go by unnoticed, but it is possible not to give it the attention it deserves…

156. WHAT TO DO WHEN YOU FEEL THE GRACE OF AWAKENING. …feeling a lightness and joy at the improper time … does not allow him to give the necessary attention to what has happened …inner scattering and …coolness…/ *Read the following pages for steps to take at such a strategic time.*

161-162. [Re: Inspirers of sin]. All attention must be directed to them, all arms …taken up against them …when defeated, the petty fighters will scatter by themselves.

164. [Re: What to do when assailed by tempting thoughts]. 1) Hasten to push these thoughts from your soul. Push them from your consciousness with special self-force of self-action…

165. 2) …this work is not yet done in you. Remember that these thoughts are only squeezed from your attention and perhaps intentionally hidden themselves …to attack at a more opportune time. …you must kill them on the altar of determination./ *Theophan, then offers some internal (Thinking or attention) exercises to help with this process.*

185. [Re: Time between Confession and Communion]. 1) Preserve your attention undistracted and your heart undisturbed./ *The following points are suggestions in obtaining this goal.*

186. [Cont. of last series]. 4) …keep your attention on that which is necessary to be with you and in you./ Beware …the enemy will be trying to tempt you in every way …Attend to yourself, praying to God and you will escape these stumbling blocks./ *The following points are important to keep the mind focused.*

191. [Re: Where to turn to arrive directly and quickly where one should]. The goal towards which the convert should direct all his attention and labors is the final goal of man and …salvation … pleasing God, a living unity with God, becoming worthy of His kingdom. with God./ The first law is "…seek the Lord at all times"(Ps. 104:4)./ …it was audacious for man to refuse it through …inattentiveness and neglect in his thoughts, even during labors.

223. [Re: Being Within]. All the powers of the soul …should gather near the consciousness in the heart.. The gathering of the mind in the heart is attention, …of the will is vigilance, …of the senses is soberness./ Attention, vigilance and soberness are the three inner activities by which self-gathering and being within are accomplished./ In order to have attention, we must focus our inner eye./ *Fr. Theophan continues with practical exercises in which to begin this practice of self-gathering and being within.*

235. [Re: Remaining in the feelings that lead to resolve]. Open your heart and pray, keep your attention fixed on what you are moving in your heart…/ In order to do this. Every time you stand at prayer, while collecting yourself within …stand in the spiritual world. …for this learn some kind of prayer …learn them by heart, reading it over and over again with attention.

255. [Re: Prayer]. Prayer is the yearning of the mind and heart toward God, but inattentiveness or inability can extinguish this spark.

256. [Re: A Prayer Rule]. 3) Pray always with fear, diligence and all attention. 4) This requires: standing, prostrations, kneeling, …sign of the cross… 10) …firmly keep in mind the limits of your prayers. 11) The first stage …is bodily prayer …If the attention wanders, the heart does not feel, ..no eagerness./ The second stage is attentive prayer. The mind gets used to collecting itself at the hour of prayer, and says with all awareness…

237. This is the common advice of the saints-do not let this leave your attention (Prayerful feeling)..

264. [Re: Persecuting the flesh]. This war with [the flesh] continues to the grave, but much harder at first. Later it becomes easier until finally there remains only attention to its behavior with … occasional fleshly upsurge[s]. 6) …hold all parts of the flesh to the law of restraint, turning all your attention to inner work.

289. [Re: Spiritual Warfare]. …regardless of what inspires sinfulness, turn all your attention and strength towards this very sinfulness-begin …and fight./ …this is where all the ascetic's attention should be directed inside himself …thoughts, desires and passions. …most of all towards thoughts. ***See "Awakening,"***

"Inspirers of Sin," "Intellect," "Mind," "Passion," "Prayer," "Spiritual Warfare," "Thoughts."

53. Attentive Prayer

256. *Praying with full attention and feeling.* ***See same page number under "Attention."***

54. Attitudes

56ff. [Re: Child rearing and activities of body and soul.] **3. FORMING ATTITUDES.** If the prescribed order of action …is strictly kept (towards the child) the soul …receive[s] …a splendid preparation for a truly good attitude./ …only preparation …attitudes …must be formed by a positive action on all his powers: mind, will, and heart. *The following pages Theophan expounds on the application of forming good attitudes on each of the main powers of the soul. You will not want to skip over this.*

55. Attraction

289. [Re: Spiritual Battle].All attention should be directed… inside himself, at thoughts, desires, passions, and attraction.

313. [Re: Ascent to God]. Yearning is the goal …it should be made real, alive, like a natural pull [as] when iron is drawn to a magnet … only apparent God is touching us when there is this living attraction [to Him]. ***See also "Dispassion," "God (Presence of)," Hesychia," "Prayer," "Standing," and "Stillness."***

56. Austerity

130. [Re. Habits and inclinations that keep a person in sin]. **THE BODY.** First of all, go after the body. Refuse it delights and pleasures, restrict indulgences …lengthen …vigil, decrease … amount of food, add labor to labor. What you had …done according to habit …you now …do with some changes and additional austerity for the sake of salvation.

262. [Re: Keeping the body in the spirit of the new life]. …the flesh is fortified at the expense of the spirit; …the spirit ripens …at the expense of the fleshly comfort. Not a single saint had an easy life; they all lived austerely, in persecution …and withering of the

flesh. ***See "Asceticism," "Flesh (Persecution of)," and Passions."***

57. Authority

153. [Re: Distinguishing Awakening Grace from Ordinary manifestations of the spiritual life]. Awakening …only initiates [the work of conversion]. Everything is related to two turning points: first …towards oneself, and then turning away from self to God. …the first movement …regains the authority he lost over himself …the second brings him forth as a sacrifice to God. ***See "Asceticism" and "Flesh."***

58. Aversion

281. [Re: Freely choosing and loving good]. The possibility and basis for all inner victories is first …over ourselves-the breaking of our will and dedicating ourselves to God …denial of everything sinful. At this time is born the dislike for passionateness, hatred and aversion, which is a spiritual fighting strength…

293. DURING THE BATTLE. Everything sinful is foreign to us …separate it from ourselves …having recognized it as from the enemy …engender an aversion to it in your heart.

59. Awaiting God's Visitation

145-146. 10. AWAITING GOD'S VISITATION. *Theophan reviews the necessary stages of conversion necessary for our reception of divine grace.*/ Having cast off procrastination, humble and lighten your flesh… Remove yourself from cares and distractions …and solitude, …concentrating …on …salvific thoughts, … cast out all blindness, insensitivity and indolence by reasoning with yourself …placing yourself under …such occupations as divine grace has chosen…/ …these labors only comprise the our struggle to attract grace; they are not the grace itself…/It is …dangerous to think there is a reward due for this labors, and grace should be automatically sent down to you. Absolutely not! This only prepares you to receive it, but the gift itself is entirely dependent upon the Giver. ...go on awaiting God's visitation… ***See also "Asceticism" and "Grace (Means of).***

60. Awakening

311. [Re: Entering Within, Inner Concentration and Soberness]. This goal and striving is: longing for God as the highest good. …only possible as the sweetness of life in God is sensed./ At first man …serves as a slave, out of duty and obligation he became aware of at the moment of his awakening./ …fear subsides and without losing fear, sweetness of pleasing of settles in.

61. Awakening in the A.M.

223. [Re: Being Within: attention, vigilance and soberness]. …the work of being within through self-gathering consists in the following. In the first minutes after awakening from sleep, as soon as you become aware of yourself, descend within to the heart…

249. [Re: Exercises that develop the intellect and warm the spirit]. …always keep in mind the main goal-impressing the truth on yourself and awakening the spirit./ …the whole truth is in the catechesis. Every morning take the truth from it and clarify it to yourself, carry it in your mind and nourish yourself with it as long as it feeds the soul… Do the same thing with another truth.

250. EXERCISES FOR DEVELOPING THE WILL, FOCUSING ALSO ON AWAKENING THE SPIRIT. Developing the will means impressing upon it good dispositions or virtues…/ …the chief infirmity of self-will …healed by submission to the will of God with denial of your own…

251. Clarify the sum of righteous deeds it is possible for you to do in your station, calling and circumstance …determine the general outline of the deeds …nothing you do would be accidental …do everything with discernment. It is best to daily all possible occurrences and deeds. ***See also "Asceticism" and "Flesh (Persecution of)."***

62. Awakening Grace

101-105. ACTION OF DIVINE GRACE Awakens the sinner to his danger… *Prodigal Son as illustration -3 stages of Awakening grace… Removes customary bonds so he may freely choose the new life… difference between those who have never been*

Awakened & those who have, but rejected it… agonizing condition of those who have rejected it. **SPECIAL ACTIONS OF DIVINE GRACE.**

111ff. Awakening grace [seeks to] break the bonds of self-indulgence, the world, the devil.

122. *Various ways the WORD of God awakens…*

124 ff.. **USUAL ORDER OF AWAKENING GRACE.** …one [action of grace] is that kind which God uses to awaken a sinner who previously experienced such an awakening but again fallen into his usual mortal sins./ The more often these falls are repeated the weaker the corrective impulse becomes …it ceases to be an energetic feeling …approaching the realm of thought, finally, … nothing more than a simple thought …then a simple recollection./ *Theophan continues the downward affects of repeated rejection of grace.*

125. …the state of one who has never been awakened./ … salvation is in great danger. As weak as such a call may be, we must speedily rush to make use of it with all firmness of intension … intensify it to the fullest extent of human freedom.

126. …how to receive grace [to] reach its original energy level…/ [One who has never fallen from awakening grace] his work is done zealously, quickly, ardently…/ [One who has fallen from this grace] his work is cold, languorous, full of difficulties. ...feels as if grace has abandoned him, …to feel how precious faithful obedience to God is… He does not grant a sudden renunciation but holds the man in the midst of it, in a laborious state …to test his zeal and to develop his desire and resolve.

129. …must hasten to bring the thought to a level of awakening …become a strong linchpin, easily and powerfully leading all our inward parts into action./ …must perform an operation on ourselves as preparation for awakening. [To do this we] must remove those nets or coverings of sin that imprison and entangle a person in sin./ The first covering (self-deception, insensitivity and carelessness) is the essential one. ...it undercuts a person's desire to change. The second two are essentially instruments …grace strikes at the first covering…/ [The one who was previously awakened must work from the outside and work in…

130. First …go after the body. Refuse it delights and pleasures, restrict indulgences…/ Cares [and scattered thoughts] do not leave any tome to work on oneself.

131. …put aside cares for a time, all without exception./ … requires solitude and cessation of usual occupations…

132. …your inner man, …in the deep slumber of carelessness, insensitivity and blindness. Begin to awaken it. Step up to [the beneficial thought] with good hope and mighty mental exertion … force on yourself …ideas …accepting them into your inner state.

138. [Re: Mental exercises to seek awakening grace]. **TURN TO GOD AND PLACE YOURSELF BEFORE HIM.** …hasten to awaken and strengthen within yourself godly pity and sorrow./ **ASCEND IN THOUGHT UPON GOLGOTHA AND CRUCIFY YOURSELF.** Understand what your sins have cost …crucify Him and perish, or crucify yourself, and inherit eternal life with Him./ **CONSIDER THE SIN YOU CLING TO-ABHOR AND REJECT IT.**

139. Bring to all your senses the evil of sin and force yourself to abhor and reject it./ **LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW.** When you press into your heart …contrition-producing … feelings …little by little your heart will warm up, strain …and spring into action. As volts of electricity …this feeling …awaken slumbering energy and renew the call …the beginning of your active care for salvation. **140. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE.** …gather thoughts that usually awaken energy. … bring yourself to a state of vigorous tension… Tell your soul: *St. Theophan offers 5 exercises specifically to accomplish this purpose*.

141. 7. LABOR …WITHOUT RELAXING.

142. 8. REASONING WITH YOURSELF ABOUT SALVATION. Every truth that comes to mind will inspire the thing it requires./ …be conducted in a way that will fit the aim-to act upon the soul and awaken. To this end: *5 directives are given by Theophan.*

193. I. VARIOUS ASPECTS OF COMMUNION WITH GOD. Communion begins at the moment of awakening …but still outside. In …Baptism of Confession the Lord enters man by His grace. … allows him to taste His sweetness …then hides …renewing it from time to time. …in this condition until he reaches a certain level of

maturity. [Then] perceptibly manifests His indwelling in the man's spirit, which by then has become a temple…/ …three forms of communion …one is mental …during conversion. The other two are actual, but one is hidden …the other is obvious to us and others. "***Awakening Grace" touches on many aspects of life. In order to receive a clear understanding of its importance in Path, look up the "other headings" which are associated with "Awakening Grace." See especially entries under the heading of "Communion"***

63. Awakening

186. ***See the headings under the category of "Awakening." …also "Awakening in the A.M."***

64. Awareness

185. [Re: Time between Confession and Communion]. 1) Preserve your attention undistracted and your heart undisturbed./ *The following points are suggestions in obtaining this goal.*

186. [Cont. of last series]. 4) As soon as you awake resurrect you're awareness of the greatness of the dawning day./ …keep your attention on that which is necessary to be with you and in you./ Beware …the enemy will be trying to tempt you in every way … Attend to yourself, praying to God and you will escape these stumbling blocks./ *The following points are important to keep the mind focused.*

194. [One who has repented] …has actually entered into communion with God, but it is still hidden, secret, unmanifest. His goal is to attain communion that is …perceptible. …in the Sacrament of Confession (or Baptism) grace descends perceptible …then hides …from the awareness, although it does not …go away. …remains imperceptible until the heart is purified… ***See entries for "Baptism," "Communion (with God)," "Confession," "Grace," and "Mysteries."***

65. Banishing Thoughts

164. WHAT TO DO WHEN ASSAILED BY TEMPTING THOUGHTS AFTER RESOLVE TO SERVE THE LORD. [These thoughts] penetrate to the depths of the soul, stun it and lure it to their side …use some effort… Prayerfully confirming yourself in self-abnegating trust in God's will and all-powerful grace. 1) Hasten to banish all these thoughts from your soul. Push them [from] your consciousness with self-force of self-action back from where they came and return the calm to your heart.

165. …do not entertain them …do not enter into conversation with them./ The throng of tempting thoughts will become more demanding if you allow them to linger in your soul, especially if you enter into conversation… 2) …only been pressed out of your attention, or …hidden themselves …your need to …draw them out and immolate them on the altar of determination./ *The next paragraphs are also useful, describing the nature of sin.* ***See also "Temptation," "Thoughts." and Spiritual Warfare."***

66. Baptism

35. HOW CHRISTIAN LIFE BEGINS IN THE MYSTERY OF BAPTISM. Without it one cannot enter into the Christian world and become a member of the Church.

36. 4. NEW CREATURE IN CHRIST THROUGH BAPTISM. *After a survey of the effects of sin, Theophan describes the blessings of Baptism.*/ Baptism delivers from all these evils. It takes away the curse …and returns the blessing. …are children of God ...the Kingdom of Heaven belongs to him …satan loses the power to act arbitrarily in him …denied access to him …these are outward privileges…/

36-37. [Re: Inward Affects] The healing of the affliction and injury of sin. The power of grace penetrates …restores the divine

order in all its beauty …treats the disorder in all its parts …changes orientation from self to God.

37. …rebirth or new birth …puts man in a renewed condition *with emphasis on Romans 6./* …placed [sin] in a condition that has no power over us …it is still acts in us, but not as lord.

36-37. *Theophan examines the results of the Mystery of Baptism according to St. Diadochus:* Before Baptism sin dwells in the heart and grace acts from the outside, but after …grace settles in the heart and sin attracts us from the outside. …banished from the heart …it settles on the outside in the parts of the body …attacks in fragmented state. [Sin] is a tempter and seducer, but no longer a master; …disturbs …but does not command.

38. [Re: The conditions of seeking, desire, cooperation and repentance fulfilled infants]./ **5. BAPTISM FOR INFANTS.** *For quotes regarding this issue* ***see "Baptism (Infants)."***

61. [Re: Child-rearing]. The spirit of grace received at Baptism, if not quenched by improper development (by parents) cannot but help give life to our spirit and what can prevent it from manifesting its power? **80.** ***See "Baptism (Grace not Preserved)" below.***

91. [Re: Mystery of Repentance]. The grace-filled Christian life is suppose to begin in baptism. But those who preserve this grace are rare./ [For various reasons] such people no longer live a truly Christian Life. Our Church offers the …Mystery of Repentance for this./ …from the number of those who have fallen away from Baptism we could even say that repentance has become the only source of true Christian life.

93. ***See "Baptism (Infants) below."***

183. [Re: the necessity of Communion]. [Communion] is not an overabundance, but an essential requirement./ The Christian life is life in the Lord Jesus Christ. He who falls after Baptism loses this grace; …rising up from his fall …he has to become worthy of it again, and this is done through Holy Communion.

192. [Re: The final goal of man-Union with God]. It may seem strange the kingdom of God must be attained when it is already present through Baptism or Confession (Gal. 3:27).

193. [Re: Various aspects of communion with God]. In the Sacrament of Baptism or Confession the Lord enters a man by His

grace, is in live communion …allows him to taste the sweetness of divinity… ***See entries related to "Baptism" "Confession," "Communion," "Grace," and "Mysteries"***

67. Baptism (Grace not preserved)

80. Chapter Four - Preserving the Grace of Baptism. I. WHY BAPTISM IS NOT PRESERVED. …the grace of baptism is not preserved is because the order, rules and laws of upbringing …are not kept./ The chief causes for this are: 1) Going away from Church and its grace-giving means... 2) Failure to pay heed to one's bodily nature… 3) …development of the …soul which is undiscriminating …not directed to a single aim.

81. 4) Complete forgetfulness of the spirit… 5) Entering youth without …determination to live in a Christian way…/ Because of not restraining the attraction of youthful life, but give[n] over to thirst for impressions, through amusements, light reading and heating of the imagination by fantasies; indiscriminate contact with others, especially the opposite sex and given over *to the ways of* the world [and its vanity]./ Carelessness without attention …*will of itself take on* a corrupt form, beginning in the home; then times of study, etc. writes Theophan.

82. *Theophan lists the chief deviations of a proper upbringing, followed by instructions for correcting a bad order…, pg.* ***82ff****.* ***See "Baptism," "Family," "Mysteries."***

68. Baptism (infant)

38. [Re: Conditions for Baptism in adults]. The fulfillment of this condition in repentance and in the baptism of adults is clear; but how is it fulfilled in the Baptism of infants? …cannot fulfill the condition of the beginning of Christian life on his own part-…desire to dedicate himself to God. …this condition must be fulfilled …depends on the means of fulfilling this condition./ **5. BAPTISM OF INFANTS.**

38-39. Grace …produces on him (the infant) exactly the same result as if freedom had participated …on the condition that in the future the infant …when he comes to awareness will willingly dedicate himself to God, receive out of his own desire the grace

which has been …in him …give thanks that it was done for him … that he would not have it any other way…

39. For the sake of his future dedication …and coming together of freedom and grace, …gives everything to the infant … that it is natural to for it to produce…/ …the seed of Christian life is planted in him [secretly] …it acts as an educating power in him./ The grace of Baptism becomes the property of a man …when he comes to awareness and [freely] dedicates himself to God./ Up until [awareness Christian life is active in him …without his knowledge.

40. …is formed in the Church among Christians much as a person is formed bodily in the womb of his mother./ [Parents and Sponsors] must lead the child so when he comes to awareness, he will with joyful desire ..with the obligations and way of life which they demand. ***See "Baptism" with listed entries.***

69. Baptism (Preserving the Grace of)

80ff. ***See "Baptism (Grace not preserved)" above.*** **93.** In Baptism, grace is given at the moment [it] is performed …later free will is assimilated to what has been given. In repentance, free assent must participate in the very act. ***See other entries related to "Baptism," "Grace," and "Mysteries."***

70. Barriers

130. …if you want to …contemplate the thought[s] …about your sinful life, begin by removing the sinful coverings as …layers of earth to expose a buried treasure…/ …suppose the body that the flesh has already been humbled …two barriers divide the soul from itself: Cares, anxieties and worries, and scattered thoughts… ***See also "Coverings," "Bonds," "Flesh," "Nets," "Passions," and "Sin."***

71. Battle (with sin)

160. A DECISIVE BATTLE WITH SIN. …a great struggle …is a decisive Battle with sin./ …he must decisively …conquer [his] enemy (sin)./ …all later hope …for victories will be founded on success of this battle./ *The following pages consider* the main

turning points of this battle*:* Disposition during the battle… Inspirers of sin – breaking their bonds. Various rules during battle with sin.

181. *Absolution and counsel inspire the penitent against inspirers of sin.* ***See "Flesh (Persecution of)," "Passions (Struggle with)," and "Spiritual Warfare."***

72. Battlefield

288. THE BOUNDARIES OF THE BATTLEFIELD. These are the boundaries of the battlefield …appearance of the thought, lusts, passions, and attractions to the disappearance and cleansing of their every trace. …all the rules of this struggle are directed towards./ *The world, flesh and the devil tempt from without, but disrupt the conscious only by thoughts./* …what they mean to inspire in us.

289. Whatever inspires sinfulness, turn all your attention and strength toward [it] and begin the fight. ***See also "Flesh (Persecution of)," "Passions (Struggling with" and "Spiritual Warfare."***

73. Beginning

212. [Re: The need for a Spiritual Guide, especially in the beginning]. [Embarking] upon the spiritual life is as one who has embarked on a regular journey. Since we do not know the way, we need someone to lead us.

213. It is no less self-reliant …has the opportunity to seek out a guide, yet does not choose one, assuming God will lead him without an intermediary./ Inside the beginner is a fog …the beginner …will see something when there is nothing there …only an experienced man will be able to discern and explain what is going on.

216. At the beginning …there was repentance. Repentance should grow and ripen together with life.

217. The beginner thus with fervent and speedy zeal puts everything he has into the most resolute ascetic labors …awaiting strength and help from God …hoping for success but never seeing it (Grace works under cover in the beginning)./ …he is in a state of perpetual beginning, under the direction of a father, bounded by rules and holding the most humble part.

218. RULES FOR THE BEGINNER OF AN ASCETIC LABOR. It's (a plan) clarification is composed of all the rules for the beginner of an ascetic labor. ,,,the application of rules…/ *The rest of this section lays out the necessary aspects of developing a rule for the beginner.*

247. EXERCISES THAT DEVELOP THE INTELLECT. [Re: spiritual reading]. Exercises …for this are: Reading and hearing the Word of God, patristic literature, lives of the Holy Fathers …asking questions of those more experienced./ …it is needful to know that the lives of saints are better for beginners, patristic literature for the intermediate and the Word of God for perfect. **See also "Flesh (Persecution of)," "Passions (Struggle with)," "Rules," "Spiritual Guide."**

74. Behavior

233. 3. THE OTWARD ORDERING OF LIFE. Our externality is the outflow of our actions, their field as well as their cause and support, …cause and …outcome.

244. …as the activities of (…our inner character) are changed, our external appearance, which is their expression, will also inevitably change./ *Theophan next offers several suggestions of areas that require changing, which all have to do with outward behavior.*/ 1) …determine your conduct and behavior with people. ***See also "Body," "Flesh," "Govenie," "Nets," "Passions," and "Soul (Powers of).***

75. Being Within

222 ff. I. Being Within/ Attention, vigilance, soberness./ exercising self-gathering. ***See also "Self-Gathering," and "Within (Being)" for much more complete quotes and notes.***

76. Benediction

43. [Re: Childrearing]. A great influences is exercised on a child by frequently taking him to church, …kiss[ing] the Holy Cross, …likewise at home …the blessing of a priest , bringing home icons from the church …in general, everything from the church warms and

nourishes the …child… ***See also "Absolution," "Communion," Confession" and "Mysteries."***

77. Beneficial (Thoughts)

131ff. Rules to cut off scattered thoughts./ When a beneficial thought comes to mind to change your life, do not put it off until a fast. ***See "Thoughts" for more complete quotes.***

78. Beware

186. [Re: Preserving a holy frame of mind between Confession and Communion]. *After listing various exercises to preserve this good state of mind, the Saint writes:* Beware! The enemy will be trying to tempt you …to put your soul into a bad mood, or to scatter your thoughts, or generate some worry or dissatisfaction …inspire some displeasure…

237. [Re: Remaining in feelings of resolve]. …secret instruction the vision of some subject or the awakening of spiritual feeling by means of some word from the Holy Scriptures … remembrance of God, …death, …of sins… Beware of these things and remember them ceaselessly. ***See also "Communion," "Confession," entries related to "Spiritual Warfare" with its references and "Temptation (Steps of)."***

79. Bible

32. …let someone intentionally define a course …continuous doing of good, …define the order …according to the Word of God. …for one's whole life.

119. [Re: Ordinary and Extra-ordinary Means of Grace]. **3. THE WORD OF GOD REPLACES ALL METHODS SHOWN.** [All previous methods shown are incomplete in and of themselves.] … the thirst for something better …but how may it be obtained? …same for all other instances too. The Word of God in its various forms supplements all methods shown, clarifying …and indicating their ultimate goal./ *Theophan lists the Apostle Paul and St. Justin Martyr among others demonstrating the necessity of the Word of God to instruct and direct awakening.*/

120. Catechistic teaching must be heard unceasingly …is heard in church./ The Word of God not only enhances all methods shown; it can also replace them./ Through its affinity with the spirit …it passes inwardly…/ The invisible energy concealed inside it touches the soul, …and bursts the bonds that hold it.

121. The preaching of the Apostles and those who came after …consists of a simple presentation of the truth …depict the truth as it is without cluttering it with intellectualizing …speculation and … probabilities./ [Conversions] by a clear consciousness of divine things, by instruction of the Word of God, living or written.

122. …the spirit's barriers are often overcome by the power of the Word, and it is given freedom./ …the Word of God goes throughout the world and reaches our ears in various forms. Theophan next offers examples of how the Word is heard everywhere in an Orthodox cultures (Russia in the 19th century).

144. 9. GRACE CHOOSES WELL-KNOWN MEANS. Grace has worked through the Word of God.

237. [Re: Remaining in feelings of resolve]. …secret instruction the vision of some subject or the awakening of spiritual feeling by means of some word from the Holy Scriptures … remembrance of God, …death, …of sins…

240. [Re: Exercises to confirm one in goodness]. We must now seek out the works and activities which God, Himself, through the Scriptures, or …the saints has chose …for healing our powers and restoring …their lost purity and wholeness./ We can easily discover these …only scan a few lives of ascetics …they become evident. Fasting, labor, vigil …reading the Scriptures…

247. Exercises for developing the powers of the soul and the spirit of Christian life… reading the Word of God. ***See entries for "Word of God" for more detailed and other quotations.***

80. Bible Reading

230. Take a verse from the Scriptures concerning a subject, repeat it throughout the day. *Various suggestions*…

233. Delve into the Gospel commandments and see what you lack…

234. [Re: feelings that lead to resolve]. …take a passage from the Scriptures that strongly that expresses one of these states… ***See entries for "Bible," "Scriptures," and "Word of God."***

81. Blasphemous Thoughts

285-286. SUBTLE TEMPTING MOVEMENTS AIDED BY THE WORLD AND DEMONS. Attacking the consciousness of free will … such feelings either …cuts off or cuts short the flow of our spiritual life and places us in extreme danger. …outside help is extremely necessary …sometimes the person is not aware of these movements …they are subtle…

286. …is something in this cycles of sins that only the demons could whip up… That is blasphemous thoughts-doubts, lack of faith…

299. [Re: Warring with individual thoughts]. Continual thoughts are onerous and murderous …they are not from nature-are always from the enemy. The Lord allows them with the special purpose of purifying us and to test and confirm our devotion. These temptations are such as blasphemy, despair, and unbelief. ***See "Spiritual Warfare," "Struggling with Passions," "Temptation," and "Thoughts."***

82. Blessedness

137. REMEMBER YOUR FATE. …stand alone with your deeds. They will either condemn or justify you. In Paradise is indescribable blessedness. ***See also "Heaven," "Paradise."***

83. Blessing

140. [Re: Thoughts that drive away indolence]. 3) And what a blessing! Throw off your yoke and enter into freedom. **148.** It is God's blessing… subject to His authority… allows man to taste His blessing.

84. Blindness

132. CARELESSNESS, INSENSITIVITY, AND BLINDNESS. …remove the veils from the eyes of your mind that keep your mind in a state of blindness./ Such blindness is the result of inattentiveness

to himself. The person does not know himself because he has never gone inside himself …or thought about his moral condition./ For the most part his blindness is supported by certain prejudices concerning himself.

133. THOUGHT PROCESSES THAT KEEP ONE IN BLINDNESS. …bring onto neutral ground the various thought processes that keep you in blindness …subject it to a severe and unhypocritical judgment./ *Theophan goes over the most common prejudices that keep one in blindness over the next few pages.* **4. CEASE MAKING EXCUSES IN SINS AND WORK ON YOUR BLINDNESS.** …hasten to disperse the mist of prejudicial reasoning which keeps you in blindness and does not allow you to see yourself as you should-make this goal of this chief work on yourself./ You will come to this naturally when you take away one false support after another for your blindness. ***See also "Attention."***

85. Bodily (Exercise)

243. [Re: The curative exercises for the powers of the soul]. **2. BODILY EXERCISES.** The body is by nature pure. …we must estrange it from unnatural cravings and strengthen …things natural to it./ The body should assist the soul…/ We must turn the [body's] satisfaction to those of the soul and spirit./ …exercise should be assigned …to heal our fleshliness and benefit us spiritually. …the prescribed rules: 1) For the senses: Guard the senses… for the body in general…

261. 7. KEEPING THE BODY IN THE SPIRIT OF THE NEW LIFE. Persecution of the flesh…

263. Rules for persecuting the flesh. ***See "Persecution of the Flesh." Also, "Asceticism," "Flesh (Persecution of)," "Powers," "Soul."***

86. Bodily Prayer

256-257. [Re: A Rule of Prayer]. 3) Always pray with fear, diligence and all attention. 4) This requires: standing, prostrations, kneeling, making the sign of the cross, reading …singing. 7) The prayer rule is simple: standing at prayer …speaking into God's ear, accompanying it with the sign of the cross, prostrations and falling

down, corresponding to the movement of the spirit. 11) There are three stages of prayer. The first stage is bodily prayer, with reading, standing and prostrations. …this is active prayer.

257. 13) …no matter how perfect one has become in prayer, the prayer rule should never be abandoned …should always be begun with active prayer. ***See also entries related to "Communion," "Prayer," and "Union."***

87. Body and Blood of Christ Our Lord

138. [Re: Softening one's heart]. **ASCEND IN THOUGHT UPON GOLGOTHA AND CRUCIFY YOURSELF.** …You are a Christian redeemed by the Blood of Christ… sat at the table of the Lord, nourished by His Body and Blood… You have flouted all this for the sake of sin that destroys you./ Understand what your sins have cost.

276. 3. CONCERNING COMMUNION. 1) Go as often as possible to Liturgy …stand in firm and bright faith in the sacrifice being made to God./ The Sacrament of the Body and Blood is divine food for the Christian and a sacrifice./ Not everyone receives …the Sacrifice is by all and for all./ The following pages continue the theme of "Communion." **See also entries related to "Confession," "Communion," and "Mysteries."**

88. Body (Flesh)

38. [Re: Effects of baptism]. [sin] is banished from the heart … and it settles outside in the parts of the body.

47. [Re: Influence of the parents on the child]. …must conduct and direct the developing powers of the soul and body so not to give them over to enjoyments of the flesh, to curiosity, to self-will, or self-centered pleasures …one must teach the child to master them… **48. Chapter Two The Chief Activities Of The Body, Soul, And Spirit. I. DIRECTING THE DEVELOPING POWERS OF THE SOUL AND BODY.** First …the needs of the body are aroused… It is …essential to place them in their proper bounds and to strengthen them with the force of habit, so later there will be less disturbance from them./ **IN RELATION TO FOOD.** The first requirement for bodily life is food. …this is the seat of passion for sinful enjoyment of the flesh…/ …

one must feed the child for strength and health without igniting the …the pleasing of the flesh./ From the beginning one must restrain the flesh and …teach the child to be master of it. **48-49.** *Theophan lists several guides for training the flesh of a child with their positive consequences.*

49-50. IN RELATION TO MOVEMENT. …the muscles with power and strength of the body …the means of labor. With relation to the soul it is the seat of the will.

50. [To not inflate self-will] and destroy the spirit for the sake of the flesh. …the chief things are moderation, a definite schedule and supervision./ So there is no better training in being the master of one's body than by forcing it to exert itself according to orders.

51. IN RELATION TO THE NERVES AND SENSES. …the purpose of the nerves as the center of sensuality of the body, or the capability of receiving outward impressions which are unpleasant to it./ …one must make a rule to train he body to endure every kind of outward influence without misfortune…/ The chief evil in relation to the body is love of the body and self-pity./ Here also is the place for medical advice…

52. The Christian life …by its nature is remote from sensuality and every kind of pleasing the flesh./ …must keep the child's body under strict discipline from the beginning./ The body is the dwelling place of the passions …of the fiercest ones./ *Continue reading through page 56 for more advice on raising children in relationship to their bodies and senses.*

80. I. WHY THE GRACE OF BAPTISM IS NOT PRESERVED. 2) Failure to pay heed to one's bodily nature. People think they can develop the body …without any harm to the soul, … the bodily members are the seat of the passions which develop together with its development …become rooted in and take possession of the soul./ Penetrating into the bodily members the passions receive …a place to settle …secure power for …the time to come.

130. [Re: Habits and inclinations that imprison in sin]. **THE BODY.** First of all, go after the body. Refuse it delights and pleasures, restrict indulgences… lengthen the hour of vigil, decrease the usual amount of food, add labor to labor./ …lighten the flesh,

thin its corpulence…/ The material body prevailing over the soul communicates …the body's coldness and lethargy. Physical ascetic labors weaken these bonds and eliminate their effects.

208. Chapter Three- **A Guiding Rule For A God Pleasing Life.** …flesh is sympathetic and clings to sin./ oppose demands of body/ self-opposition/ soul & body comprise the personality…

222-223. I. BEING WITHIN. Gathering all the powers of spirit, soul and body into the consciousness near the heart. Soberness – gathering of the bodily senses to the heart...

261-262. KEEPING THE BODY IN THE SPIRIT OF THE NEW LIFE. The differentiating feature here is persecution of the flesh./ …not giving it any pleasure in lusts or not doing anything with relish. …not accepting any …feeling or impression indiscriminately … accepting everything as if it were passing away./ …receiving everything with a certain restraint-not according to fleshly desire./ Give the body what it needs, but deprive it a little./ Leaving it behind a little and turn it entirely to the soul.

262-263. *The nature and affect of feeding the flesh in relation to the spirit, as well as rules for persecution the flesh.* ***See entries for "Flesh" on the same page numbers for more details.***

283. [Re. Passions remaining after baptism]. At conversion the spirit …is pure. But the soul and the body remain passionate. When healing has begun the soul and body resist and fight …against the spirit which persecutes them./ …are the arrows the enemy shoots at the physical-emotional/psychological ambush…/ …the attacks of sin and passions are felt throughout our existence. 1) In the Body: The source of passions is pleasing the flesh or comforting the flesh …the whirlwind of our bodily life and sensual delight are directly linked. Wherever they are present there is sexual lust, gluttony, love of pleasure…

286. The demons …teach every sin, working through the flesh, especially …the senses and that element where the soul and demons …live.

286-287. There is something …only the demons could whip up …blasphemous thoughts …darkening the mind …passionate temptations that take over, for example uncontrollable sexual passion and stubborn hatred…

287. …there is also a visible attack from [demons] …is sensed through the body. …even …taking authority over the body.

320. "A hesychast is one who strives to confine his incorporeal being within his bodily house."/ The cell of the hesychast is the confines of his body…" (*From the Ladder*).

323. …according to …Climacus: "Dispassion is the resurrection of the soul before the body."

324. Whoever has been vouchsafed …this state (dispassion), …still covered with …flesh, is a temple of the living God.

324. He who is dispassionate to all things doesn't feel the movements of passion. ***See also "Flesh," "Flesh (Persecution of)," "Passions," "Soul."***

89. Bonds

111. [Re: Grace directly acting on the spirit]. Grace …directly touches the spirit …draws it from the bonds that torment it into the divine light, into the realm of divine life. [Re: Grace indirectly acting on the spirit]. All means …are directed to breaking spiritual bonds./ Spiritual bonds …are interconnected …composed of: 1) Self-indulgence; 2) the world; 3) the devil.

112. 1) Self-indulgence. The bonds with the closest grip on the spirit …the comprehensive, dominating, self-indulgence in our physical-mental aspect./ These …are the contact with other bonds …from the world and the devil. Destroying them is so important … very difficult and complicated./ [The] unbeliever lives entirely in [these bonds, they] expand and …intricately interwoven to the full extent…/ To understand how these …are broken, it is necessary to understand with what they are affiliated. …which nourishes …which expresses [them]./ to free the spirit …grace …destroys the supports…/ *Be sure and read this section in its entirety.*

161. THE DEEPLY ROOTED INSPIRERS OF SIN – BREAKING THEIR BONDS.

162. [These are]: …self-pity, …the world, ….sensuality.

163. The chief inspirers are self-pity, sensuality, man-pleasing and earthliness. ***See also "Associations," "Earthliness," "Flesh,"***

"Man-pleasing," "Passions," "Self-indulgence," "Self-pity," and "Sensuality" with their references.

90. Books

122. The spirit's barriers are often overcome by the power of the Word, and is given freedom./ By virtue of …the Word of God goes throughout the world in various forms. …heard unceasingly in churches at every divine service …outside churches in every religious ceremony …in sermons and every enlightening book.

230. [Re: Ways to stand in the spiritual world or paradigm]. *… depict one or another aspect or subject of this paradigm./* …it is a fixed mental vision./ …take a verse from the Holy Scripture …and repeat it unceasingly throughout the day.

230-231. Take out books and articles that sharply convey these subjects….

231. …support the impression with reading… ***See "Amusements," "Reading." And "Word of God."***

91. Boredom

73. [Re: Youth: Thirst for impressions]. Why …does the soul become bored [after returning from some distraction]? Because it finds itself robbed./ …with as much strength …as you have refrain from amusements disorderly reading …and day dreams./ How good it is to subject oneself …to discipline …the whole time of youth, under the guidance of others.

150. [Re. Discerning states of awakening from natural states]. **THE AGONIZING STATE OF DISPLEASURE VERSUS BOREDOM.** In boredom there is a no particular object …afflicted and sad without knowing why or about./ …is tortuous, dark and murderous …is said to be "stifled by boredom." ***See also "Amusements," "Displeasure," "Distractions," "Impressions," "Pleasure," and "Scattered Thoughts."***

92. Born Again

184. [Re: Opening the door of the heart to the Lord by contrition and Confession and preparation for Communion]. Now the man is born again. A totally new life begins for him./ [This new life] requires

customary food. Such food is the Body and Blood of the Lord./ *Quotes from John chapter 6.*/ …his constant requirement is communing with the Lord by means of this partaking.

93. Boundaries

288. THE BOUNDARIES OF THE BATTLEFIELD. These are the boundaries of the battlefield – from the appearance of the thought, lusts, passions, and attractions to the disappearance and cleansing of their every trace./ …tempting affects reach our consciousness by no other way than the world, the flesh or the devil …their concern is for shaking the inner disposition and inclining it towards them.

289. …all attention should be directed – to thoughts, desires, passions and attractions./ *Continue reading for the rules of spiritual warfare.*

94. Breaking (The Will)

92. Repentance: … characterized by an extreme breaking of the will.

166. Redirecting the will results in a new inner order. … most essential for breaking our will.

281. … the first victory over ourselves is the breaking of the will and dedication to God. ***See also "Dedication (to God)," "Flesh (Persecuting," "Passions (Struggling With)," "Repentance," and "Will."***

95. Burdens

130. [Habits and inclinations that imprison a person in sin]. **THE BODY.** …go after the body. Refuse it delights and pleasures. …lighten the flesh in its corpulence. / …the soul will free itself from the bonds of matter …more receptive to good impressions./ The … body prevailing over the soul communicates to the soul the body's lethargy and coldness./ **CARES AND SCATTRED THOUGHTS** The body burdens the soul from the outside; Scattered thoughts wear it down from within./ …two barriers divide the soul from its own self. …cares …must put aside all cares for a time… ***See also "Barriers," "Bonds," "Nets,"***

C

96.Call

139. Contrition, regret, seeing sin from the devil's point of view… renews the call to escape your dangerous condition. ***See also "Attention," "Awakening," "Inspire,""Thought (Beneficial," "Thoughts (Good)."***

97. Carelessness

43. [Re: Christian upbringing …influence of the child by parents and exposure to churchly things by parents]. But all these strong protections …can be dissolved and made fruitless by unbelief, carelessness …bad life of parents.

44. The spirit of faith and piety of parents should be regarded as the most powerful means for preserving …the life of grace in the child.

125. [Re: The diminution of the effects of grace after repeated falling away]. [From a simple thought, the disposition] to live as you like. …a man has fallen into the depths of evil and carelessness.

129. 2. HAB1ITS & INCLINATIONS THAT IMPRISON A PERSON IN SIN. Sin is ugly in and of itself, *therefore it exists under coverings*. The covering that is deepest and closest to the heart is comprised of self-deception, insensitivity, and carelessness./ The first covering is the essential one …prevents … seeing the danger …and undercuts desire to change./ When divine grace comes, it strikes directly against the first covering …stands before his consciousness in all its ugliness.

132. CARELESSNESS, INSENSITIVITY AND BLINDNESS. [Your inner man] is in the deep slumber of carelessness… Step up to [the beneficial thoughts] with good hope and mighty mental exertion…/ [Spiritual] blindness supported by certain prejudices … the mind never took them apart carefully./ *The following pages offer guides to overcome this carelessness and blindness.*

142. Most …do not lose their faith …only become morally corrupted …cleansed by strengthening their conviction, weakened

by inattentiveness and carelessness…

295. Do not allow yourself to grow careless or slacken your zeal (after victory in battle). ***See also "Attention," "Concentrate;" and entries related to "thoughts."***

98. Catechesis

120. [The Word of God replaces all methods of awakening grace, and the power of the Scriptures]. …it is essential to proclaim the universal divine way of grace …to not waste that arousal (Awakening grace), or stray off course …or waste them and energy fruitlessly. Catechistic teaching must be hear unceasingly …is heard, in Church./ …believers will become established more firmly …the fallen and aroused will have an immediate, true guidebook./ It arouses more fully and distinctly …through the spirit it passes inwardly to the division of soul and spirit and enlivens the latter./ […invisibly] touches the soul. …arouses the entire person …[acts] on his entire being.

142. [Re: Reasoning about salvation…]. …see what you should believe, how you should live, whom you should trust, according to the Symbol of Faith and the Lord's Commandments. If you have trouble, look at the catechesis…

242. 1. THE THREE POWERS OF THE SOUL AND THEIR CURATIVE EXERCISES. FOR THE MIND. These …exercises are receptive and conducive to grace …chosen from tests [of] ascetic exercises. 2) Studying and impressing upon yourself all the God-given truths in brief statements (The Catechesis).

249. [Re: Exercises for the intellect that also warm the spiritual life]. …keep in mind the main goal-impressing the truth on yourself and awakening the spirit. …requires …you to clarify what the truth is and hold it in your mind until they bond together. ….The easiest method …considered in the following: the whole truth is in the catechesis./ Every morning take the truth from it and clarify it … carry it in your mind …nourish yourself with it as long as it feeds the soul-a day …or longer./ ..the same with another truth, continue to the end./ …a method …applicable to everyone. ***See also "Bible," "Mind," "Reading," "Scriptures," and Word of God."***

99. Ceaseless (Prayer)

257. When the prayerful feeling ascends to ceaselessness, then spiritual prayer begins… ***See "Hesychia" and all entries related to "Prayer."***

100. Cell (of the heart)

224. [Re: Being within]. …(Lk. 17:21) then enter thy closet and shut the door (Matt. 6:6). This is the cell of the heart… **320.** The cell of the hesychast is the confines of his body… ***See "Hesychia" and all entries related to "Prayer."***

101. Change

140. You must choose one or the other, either perish eternally should you remain as you are or repent and turn to the Lord. ***See also "Amendment," "Change (of the Heart)" below, "Confession," "Flesh (Persecution of)," "Penance," "Repentance,""Sin," and "Will."***

102. Change (of Heart)

166. [Re: Reasoning about salvation]. …the reasoning is a key factor, but the important thing is the changing of the heart./ We must energetically perform it (ascetical reasoning exercises) and must not stop until the heart has made the necessary changes… ***See also "Amendment," "Change," above, of the Heart)" below, "Confession," "Flesh (Persecution of)," "Penance," "Repentance," "Sin," and "Will."***

103. Chief Passions

172. [Re: Coming to know one's sinfulness]. …such a review [of sins] …determine the …inspirers in the heart …and sinful inclinations. When this is done, the chief governing passion will have nowhere to hide./ …the root of all sin is self-love. From self-love proceed pride, mercenariness, love of pleasure; and from these proceed all other passions, eight …considered to be chief, …the rest are without number. ***See entries related to "Flesh," "Passions,""Sin," and "Repentance."***

104. Children (of God)

36. 4. A NEW CREATURE IN CHRIST THROUGH HOLY BAPTISM. …a man comes not out [the same] way he went in (to the baptism font)./ *This paragraph describes a man as he was before entering the baptismal font. The following paragraph and pages describe the radical difference of who he is after rising out of the baptismal waters./* Those who are baptized are children of God. (*Rom. 8:17 is quoted*).

37. …baptism is a rebirth or a new birth which puts a man in a renewed condition.

140. [Re: Driving away the sleep of indolence]. Gather … thoughts that usually awaken energy. On the side of good…On the side of sin…Tell your soul: …3) And what a blessing! Throw off that yoke… emerge into the freedom of a child of God. ***See also "Baptism," "Grace," and "New Birth."***

105. Children (of Passions)

284. [Re: The source of passions]. The Holy Fathers …strove to trace all passions to their beginnings …to discern which to attack. …they placed three close to the effluence of egotism: pleasure, covetousness and pride …after this are five more…/ The Holy Fathers describe the attacks …and how to war with them./ Whoever has cut of pleasure by self-directed wrath, covetousness with unacquisitiveness, and pride with humility has conquered egotism, for it is easier to vanquish it by destroying its children than by attacking it itself. ***See entries related to "Bonds," "Coverings," "Flesh," and "Passions."***

106. Choose

140. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. Tell your soul: 1) You must choose one or the other: either perish eternally or . . . repent and turn to the Lord… ***See also "Amendment," "Change," and "Repentance."***

107. Chosen Ones

211. 3. THE NEED FOR A SPIRITUAL GUIDE AND A RULE. …having given himself to God, immediately enters into His direct guidance …is quickly …led into perfection.

212. …in fact, there are very few such people. These are the chosen ones of God… burst from themselves to God. ***See also "Conversion," "Holy Fathers," "Holy Ones," and "Saints."***

108. Christ

36-37. [Re: Results of baptism]. *There is far too much to offer short quotes or excerpts here. Launching from Romans, Theophan contrasts the work of Christ in Holy Baptism with the person outside of Christ before Baptism.* ***You will also wish to look up "Grace," "Confession," "Communion," "Hesychia," and "Prayer."***

109. Christian Life

188. The final state that must be reached is complete renunciation of the sins and dedication to God… From this minute begins the fully Christian life …a life hidden in God.

260. [Re: Ascetical Exercises]. Whoever has become practiced in this …having gone through everything set forth above, is a practitioner of the Christian life. ***There are many references to "Christian life" under the following entries: "Baptism," "Church," "Communion," "Grace," "Flesh (Persecution of)," "Passions (Warfare with)," "Prayer," and "Zeal."***

110. Church

35. HOW THE CHRISTIAN LIFE BEGINS IN THE MYSTERY OF BAPTISM. The Mysteries which primarily refer to the beginning of the Christian life are Baptism and repentance. …the rules concerning …life in a truly Christian way …[are] under these heading[s]./ …makes a Christian man worthy …of the gifts of grace through the other Mysteries also. Without it (baptism) one cannot enter into the Christian world and become a member of the Church.

36. By entrance into the Church, satan is denied access to the newly baptized…

42. [Re: Christian childrearing]. …we should think of the influence of the Holy Mysteries, and with them the entire churchly way of life.

43. A great influence is made on the child by frequently taking him to church./ [Re: Liturgical services and items at home]. anything

from church warms the child…

45. Parents protect the cradle of the child [the] spirit of piety … holy Mysteries …and all of church life, act upon him from without and from within … sets a spiritual atmosphere…/ …one must continue it …during the whole time of upbringing… The Church, its life and the Mysteries are like a tabernacle …should be under it without leaving./ *Further, St. Theophan mentions instances from history, both Biblical and extra-biblical.*

106. In the Lord Jesus Christ, …the Holy Spirit, under the direction …of the Church, leads to eternal, unending bliss in the future life.

114. [Re: Actions of Grace]. …it continually maintains two other sacred, divine worlds …the divine economy …calls it to our attention…/ The two divine worlds are visible nature and the divine church./ the conversion of our forebears was confirmed on them by the action of the Church.

186. Entering the Church, feel as though you were in the upper chamber…

235. [Re: Preserving Zeal]. … no more reliable way to impress (divine feelings) than attending church services.

240. [Re: Means of healing and preserving goodness and purity]. …these activities which God, through the Scriptures or the teachings of the saints, has chosen for us…/ We can easily discover these …only scan a few lives of ascetics …Fasting, labor, vigil, … Scriptures, …Fathers, going to Church, frequent Confession and Communion…

244. 4. FORMING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE. …the most effective place for them (ascetic labors) …is govenie-the holy Church's most salvific institution through the Mysteries. By this word is meant… ***See all entries related to "Baptism," "Confession," "Communion," "Eucharist," "Govenie," "Mysteries," "Repentance," "Sacraments," and "Spiritual Exercises."***

<u>111. Church/ Creed</u>

66. 2. CONSCIOUS ACCEPTANCE OF THE YOKE OF CHRIST. [When] a man becomes a Christian he still remains a man

…in his Christianity he must be rational, …this rationality should turn to the profit of the holy faith./ Let him be rationally convinced that the holy faith he confesses is the only faithful path of salvation…

67. …no honor to be a blind confessor: he must be a conscious confessor …acting this way, he acts as he should. ***See also "Catechesis," "Creed," And "Truth."***

112. Church Life

52. [Re: Childrearing:] …one must not leave out the influence of church life and all that affects the body…

59. The most effective means of education of the heart is a church-centered life.

80. A chief cause of not preserving grace is not going to church.

83. ..one must keep the child under the education and influence of the holy church, which acts on the formation of the spirit.

114 ff. [Re: Grace reveals two worlds transmitting the spiritual life]. The two worlds are: are the visible creation and the Church./ *How the divine world of the Church breaks the bonds of the world.*

186. [Re: Preparation and Receiving Holy Communion]. *Sunday Morning:* 4) …resurrect your awareness of the greatness of the dawning day… 5) Entering the Church, feel as though you are in the upper chamber where the Lord communed with His Holy Apostles… Direct every thought to the Lord preparing a supper of salvation for you. 6) Warm your faith in the actual presence of the Lord …in the Mysteries. 7) Work hard to stand through the whole service…

206. [Re: uprooting passions and sealing virtues leading to blessed communion with God]. …adopt virtues, good morals, rubrics …all facets of righteousness.

235. [Re: Remaining in feelings that lead to resolve]. …no more reliable way of impressing them upon yourself than attending Church services.

240. [Re: Exercises to confirm a person in goodness]. …seek out the works God through the Scriptures or the teaching of His saints, has chosen for us …[for] healing our powers and restoring ..their lost purity and wholeness. …scan a few lives of ascetics and

these exercises become evident. Fasting, labor, vigil, …going to Church, frequent Confession and Communion, vows and other acts of piety…

244. [Re: Govenie]. … govenie… the church's most salvific institution… ***See also "Baptism," "Christian life," all entries related to the "Church," and "Grace."***

113. Church Rule

242. [Re: Curative exercises for the Soul]. …submission to the whole church rule… attending holy church services and holy items.

255. [Re: Developing the heart]. 5) You must observe all church solemnities, rituals, customs, and rubrics, cover yourself with them… ***See "Baptism," "Christian life," all entries related to the "Church," and "Grace."***

114. Church Services

144. 9. GOD'S GRACE USES WELL-KNOWN MEANS. 1) God's grace has chosen the churches … and church rubrics for His activity./ …go to church services, and patiently, attentively and reverently listen to the services.../ …the Church and its structure, the order of services, the singing and reading – all of this can have an effect.

186. [Re: Approaching Communion]. 5) Entering the church, feel as though you are in the upper room… heed whatever is being sung or read… The Lord is preparing a supper of salvation for you.

235. Beyond doubt, there is no more reliable way (of maintaining feelings of resolve) than by attending church services.

240. [Re: Means God chooses for restoring us]. Fasting, labor, vigils, going to church, frequent confession and communion…

242. [Re: Curative exercises]. **FOR THE MIND.** studying and impressing God-given truths in the catechesis… **FOR THE WILL.** Submission to the whole church rule… the heart: Attending church services…

253. DEVELOPMENT OF THE HEART. The work directed at it is all of the church services in all their forms. Common and alone; at home or in church…

254. Church services …all the daily services, together with the entire arrangement of the church's icons, candles, censing …as well as services for various needs. …all these holy things… working on all the senses. Wipe clean the senses of a deadened soul…/ Walking into a church, we walk into a completely different world. Are influenced by it and change according to it.

2**54-255.** [Re: Rules For Transforming our Hearts]. It is necessary to establish a pattern of going to church …Matins, Liturgy and Vespers. Have a longing for this …where God dwells, where He promised to quickly hear our prayers. ***See "Baptism," "Christian life," all entries related to the "Church," and "Grace."***

115. Clean/ Cleansed

138. [Re: Softening your heart]. **ASCCEND …UPON GOLGOTHA AND CRUCIFY YOURSELF.** Remember you are a Christian, redeemed by the Blood of Christ, cleansed with the water of Baptism. ***See also "Baptism," "Confession," "Cross," and "Repentance."***

116. Cleansing the Conscience

271. [Re: Preparing for Communion]. This preparation consists of cleansing the conscience from dead deeds. ***See "Confession" and "Self-examination."***

117. Cleansing From Sin

277. [Re: Communion]. We participate with our faith, our pained contrition over our sins …falling down before the Lord, who has sacrificed Himself…/ Faith and contrition always bring cleansing from sins and a treasured touch from the Lord upon the hearts of Christians. ***See entries related to "Baptism," "Change," "Cleansing," "Confession," "Communion," "Contrition,""Purity," "Purify," and "Repentance."***

118. Cling

138. [Re: Clinging to sin]. Consider what that sin you cling to is. …an evil more disastrous than all evils, separates from God… ***See "Bonds," "Flesh," "Nets," "Passion," and "Sin."***

119. Cold

213. [Re: Need for a Spiritual Guide]. In the usual order of things God …leads us through others. Without a guide. . . he will do and redo them (ascetic exercises)… Often for this reason many people get stuck, grow cold…

262. [Re: Relation of flesh to spirit]. … satisfying fleshly desires make one grow cold. ***See "Guide (Spiritual)," "Spiritual Director," and "Spiritual Father."***

120. Coldness

167. [Re: Self-pity and relaxation from our labor]. …not opposition to goodness, only a request to relax …if you give in, even a little, you will lose everything …gained.

168. …he finds himself …as though he had never begun to work on himself. Coldness, turgidity and lethargy …overcome him. …as though he must start all over …from the beginning. ***See "Body (Flesh)," "Comfort," "Earthliness," "Sensuality," "Spirit (Man's)," and "Zeal."***

121. Comfort

261. [Re: Persecuting the flesh]. …means not giving it any pleasure in lusts, or doing anything with relish./ …not accepting any feeling or impression indiscriminately. …should be accepted with a certain restraint not according to the measure of fleshly desire, but according to reason and good intentions.

262. The Holy Fathers call this fleeting comfort of the flesh …a most dangerous infirmity, hateful too God./ Fleshly comfort is to the Spirit as water to fire…

263. *The following pages contain* rules for persecuting the flesh.

283. [Re: Reviewing our enemies]. 1) In the body: The source of passions is pleasing of the flesh, or comforting the flesh. …the whirlwind of our bodily life and sensual delight are directly linked. ***See "Body (Flesh)," "Coldness," "Earthliness," "Sensuality," "Spirit (Man's)," and "Zeal."***

122. Comforting the Flesh

283. The source of passions is pleasing or comforting of the flesh. ***See "Comfort" above with other entries.***

123. Commandments

140. [Re: Thoughts that awaken energy]. Tell your soul: 1) Choose one or the other: either perish eternally, should you remain as your are …or repent and turn to the Lord and His Commandments …be aware, death is at the door. 3) …emerge into the freedom of a child of God.

142. … see for yourself how you should live… according to the Lord's commandments.

221. [Re: Preserving Zeal]. We must fulfill the commandments – all of them. …zeal alone is capable of fulfilling the commandments./ …If the fulfillment of the commandments is the foundation of for salvation, then …zeal is our only saving power.

250. EXERCISES FOR DEVELOPING THE WILL …ALSO ON AWAKENING THE SPIRIT. Developing the will means impressing upon it good dispositions …that the virtues would eventually constitute its very nature…/ [Self-will] is healed by submission to the will of God. Its first and most important requirement is observing the laws or commandments. ***See "Humility," and "Obedience."***

124. Comingling with God

193. I. VARIOUS ASPECTS OF COMMUNING WITH GOD. Communion begins at the first moment of awakening. God is outside man and man outside God, not comingling, not freely mutually accepted./ During Baptism or Repentance God enters a man …allows him to taste the sweetness of divinity…/ But he then hides this manifestation, only renewing it from time to time …as in reflection…/ He leaves him in ignorance until he reaches a certain level of maturity and education …becomes a temple of the Tri-hypostatic Divinity, filling him. ***See also "Baptism," "Hesychia," "Prayer," "Union," and "Being Within."***

125. Communing With God

21. One may know man's final goal: communion with God./ This is easily said, but how to do it?

27. Christian life is zeal and strength to remain in communion with God by means of …fulfillment of His holy will…/ The essence of Christian life consists in communion with God in Christ Jesus … which in the beginning is usually hidden …the testimony of this life is …zeal…

183ff. Preserve [and] apply your good frame of mind [after confession] to your communion with the Lord in Holy Communion./ *Next St. Theophan lists 7 rules or exercises for this purpose.*

192. [Re: The final goal of man-living unity with God]. … strange that communion with God must be attained when it is already present, or is given through the sacrament of baptism or confession…

193. Various Aspects of Communion With God.

270. [Re: Grace-filled means for developing …the spiritual life]. Communion with the Lord works through Communion of His Body and Blood.

276. [Re: Govenie – Concerning Communion]. Not everyone receives Communion at every liturgy, but the sacrifice is …from all and for all.

277. Faith and contrition often [bring] a treasured touch from the Lord upon the heart …as a sort of communion in spirit./ *Our Saint continues describing such communion within the context of Govenie.*

311. Chapter Eight , The Beginning of Ascent Towards Living Communion with God. *Description of man's developing relationship with God, leading to communion.*

312. *Yearning for God is the key disposition.*

313. Standing in the presence of God… the beginning of ascent to living communion with God. ***See also "Baptism," all entries for "Communion," "Hesychia," "Prayer," "Union," and "Being Within."***

<u>126. Communion (two ways)</u>

198ff. 3. TWO WAYS OF COMMUNING WITH GOD. *An exposition of Sir. 4:17-19. Two Ways of Communing With God are*

1) hidden, and disciplinary, then 2) actual and obvious. ***See all entries regarding "Communion," "Conversion," and "Union" with references.***

127. Communion (3 Kinds)

193ff. I. VARIOUS ASPECTS OF COMMUNION WITH GOD. 1) Mental during conversion. 2) Actual but hidden. 3) Actual but obvious. *Continue reading the section. Similar to the above explanations.* ***See all entries regarding "Communion," "Conversion," and "Union" with references.***

128. Communion (Actual)

193ff. ***See "Communion (3 Kinds)" above.***

129. Communion (Frequent)

270. [Re: Means of strengthening the spiritual life]. There are special elements …that feed our spiritual life. These second are the Sacraments./ The Lord has given us the Sacrament of His Body and Blood for the purpose of feeding and elevating our spiritual life./ … from the beginning of Christianity true zealots considered frequent communion the chief blessing.

276. 3. CONCERNING COMMUNION. 1) Go as often as possible to the [Communion] Liturgy./ *Continue reading this section for more ways frequent Communion strengthens our spiritual life.* ***See all entries regarding "Communion," "Conversion," and "Union" with references.***

130. Communion (in Spirit)

277. [Re: Govenie – Concerning Communion].Faith and contrition often [bring] a treasured touch from the Lord upon the heart …as a sort of communion in spirit./ *Our Saint continues describing such communion within the context of Govenie.*

131. Communion (Mental)

193ff. *Mental communion begins during conversion and accompanies mental hidden and obvious communion after baptism.* ***See "Communion (3 Kinds)" above.***

132. Communion (Mystery of)

240. [Re: Exercises to confirm a person in goodness]. … means for healing and restoring lost purity./ We can easily discover these exercises …scan the lives of a few ascetics …they are evident. Fasting, labor, …frequent Confession and Communion…/ …their significance …their ability to heal should attract us.

244. 4. COMPLETING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE. [Govenie] …our purification and illumination through the Mysteries./ By this word is meant is meant 1) Completing all the ascetical labors as preparation for receiving the Mysteries. 2) Receiving the Sacraments of …Communion of the Body and Blood of Christ./ …a practice that embraces the whole person, …nourishes the spirit, the soul, the body.

270. [Re: Strengthening the Spiritual Life]. Attracts grace, fuels zeal, feeds, strengthens and elevates our spiritual life… considered the chief blessing is frequent Communion.

276. Go as often as possible… participate with full attention and concentration. Pray at home if you cannot attend. ***See also "Body and Blood (of Christ)."" Govenie," "Mysteries" and "Sacraments."***

133. Communion (Perceptible)

194ff. [Re: Grace settling in the repentant soul]. All spiritual life consists in the movement… to actual, live, perceptible communion with God. ***See all entries for "Asceticism," "Goal (of Man)," "Communion," especially "Communion (with God)," "Perceptible" and "Union."***

134. Communion With God

21. [Re: Man's Goal]. Man's final goal, communion with God… but how to do it?

27. Christian life is Zeal and strength to remain in communion… The essence of Christian life is communion with God.

183. [Re: Confession and Communion]. …rising up from his fall …returning to the Lord …this he does through Holy Communion.

183-184. *Based on Jn. 6 Theophan expounds on the essence of this communion by Communion,* …becomes one with the Lord.

184. He enters and feasts with the communicant.

185. [Re: Between Confession and Communion]. ….preserve your good frame of mind and apply it to your communion with the Lord in Holy Communion.

191-93. [Re: Final Goal of Man]. – Living Unity with God.

192. Without eradicating human personality God manifests Himself as He who wills and acts in him… /…seems strange that communion must be attained when it is already present…

193.**VARIOUS ASPECTS OF COMMUNION WITH GOD.**

270. *Communion with the Lord works through Communion of His Body and Blood.*

276. 3. CONCERNING COMMUNION. *Theophan explains various aspects of this sacramental and internal communion.*

313. [Re: Ascent To God]. Standing in the presence of God is the beginning of ascent to living communion with God.

135. Comparing With Others

134. …judge yourself only without comparing yourself to others./ If you want to compare… with the holy God-pleasers.

136. Complete Conversion

187. …inner transformation is instantaneous …complete conversion may take years. ***See also "Conversion."***

137. Concentrate

274. [Re. Govenie]. Concentrate exclusively on cleansing the conscience.

138. Concentration

186. [Re: The time between Confession and Communion]. Keep your attention focused [Sat. eve. – Sun. Morn.]/ Concentrate on the Lord Himself coming to you [Communion].

139. Condemned by God

180. [Re: Confession and Absolution]. It could be when the.… Father pronounces "I forgive and absolve you," the Lord will say: "I condemn you."

140. Condition

139. [Re: Awakening Grace]. Awakening… renew the call… to escape your dangerous condition.

142. [Re: Reasoning about salvation-the condition of the sinner]. …unwholesome head to toe… morally corrupt…

315. [Re: Ascent towards God]. …essential condition for purification of the heart…

316. …condition for indwelling of God is renunciation… condition for communion with God is decisive dedication to Him.

141. Conduct

244. [Re: Reordering the outer life to aid the new life]. …to the family: 1. Abandon all evil customs… Purge harmful relationships… determine your conduct and behavior with people. ***See also "Behavior," "Goals," "Nets," "Outward Life" and "Purging."***

142. Confession

305. revealing all thoughts and struggles to a spiritual father (director: priest or lay).

308. Contrition requires attentive knowledge of our sins and frequent confession. ***See "Spiritual Father," "Sp. Guide" and "Sp. Warfare."***

143. Confession (Mystery of)

240. [Means for healing our powers]. … frequent Confession, Communion, vows….

244. FORMING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE. Govenie …most salvific institution …all ascetical labors as preparation for receiving the Mysteries of Confession and Communion.

270. [Re: Means for strengthening the spiritual life]. [Zeal unstable and powerless] if not sealed with Confession and Communion.

270-271. …opinion of all the saints …no salvation apart from Communion …no progress in life without frequent Communion.

271. Preparation for Communion consists in cleansing the conscience… Confession… / Confess worthily and you will worthily Communicate./ Confession itself is a Mystery requiring preparation./ Must be with words, feelings, actions, dispositions… requires exclusive preoccupation… why according to a known office.

272. 4 fasts have the aim for the zealous to prepare and confess.

273. …cleansed by …Confession …receiving Holy Communion.

274. Govenie includes 3 illuminating works… fasting, Confession and Communion …should lead to as much constancy as possible. .

275. 2. CONCERNING CONFESSION. Every sin that burdens the conscience… private confession every night before go to sleep.

276. Reveal every perplexity, confusion or new understanding…

308. Contrition requires attentive knowledge of our sins and frequent confession. ***See all entries for "Confession," "Govenie," "Mysteries," "Sacraments," "Toll Houses" and "Union."***

144. Confusion

140. [Re: those in unrepentant sin]. All around you is confusion and anxiety.

145. Conscience

60. To the spirit belong… the conscience (corresponding to the will)…

61-62. THE CONSCIENCE. Demands the closest guidance./ will of parents is the law of conscience and of God in children…

106. [Re: Special action of grace awakening sinners]. … presents a better world… destroys everything in the consciousness that is old and bad…

107. … a new way of life revealed to the consciousness… starting place for Divine grace is a clear consciousness of a new

way…/ Consciousness of a new way comes in one of two ways: a. visibly through the senses, b. internally.

138. Sin… torments your conscience.

148. Awakening-seeing all one's ugliness… his conscience gnaws at him.

150. Awakening… sounds an alarm in the conscience…

151. Disappointment, "How can I follow my conscience?" This is not the voice of the spirit's conscience…

171. KNOW YOUR SINS. *This topic includes the conscience, perhaps more than any other.*

174. …place yourself alone with your conscience before God…/ your reason and conscience were against it (sin)./ Conscience forces you to confess your guilt.

271. Preparing for Communion consists in cleansing the conscience…

288. …until resolve is made to sin the conscience remains clean…

<u>146. Consciousness</u>

129. Awakening Grace uncovers a person so he stands naked before his own consciousness…

202. [Re: The state of sin of the convert]. …in the consciousness and will …man becomes permeated with sin.

204. 2. THE GRACE-FILLED LIFE IS AT FIRST ONLY A SEED. The mind and spirit comprise the free consciousness of man… [are]regenerated first, then…

222. **I. BEING WITHIN.** …when grace acts upon the heart of man. His spirit delves into it with its consciousness, followed by soul and body.

223. [Re: Being Within]. Being within is the locking of the consciousness in the heart.

224. … suppress pleasures and bodily comforts – do this until the consciousness settles in the heart.

281. [Re: Struggling with the passions]. …passions attack the mind or spirit – the seat of consciousness.

282. The enemy shoots his arrows, by way of the passions … from soul-related qualities and fleshliness… ….as long as the

consciousness and freedom are whole …on the side of good … however fierce the attack, the victory is ours./ [The renewed spirit and grace] destroys one thing and builds another, but through the spirit or consciousness and free-will. ***See references to the "Soul," and "Powers of the Soul."***

147. Consolation

137. REMEMBER YOUR FATE. …in Hell is torment without consolation.

140. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. … thoughts that awaken energy… on the side of good… consolation being prepared.

197. [Re: Grace hiding itself]. …this hiddenness (of God's presence)… is sometimes mixed with consolations.

309. [Re: Struggling with the passions]. God sends consolations to whoever has external sorrows-moments of exalted joy that make you forget your sorrows, heal your wounds, and render grief impossible. ***See "Heaven" and "Paradise."***

148. Constancy

274. Govenie: fasting, confession, and communion… should lead to as much constancy… as possible.

149. Contact With God

322. …contact with God consummately purifies a man and leads him to dispassion. ***See entries for "Ascent," "Communion" and "Union."***

150. Contemplation

114. [Re: Breaking the sinful bonds of the spirit]. Through them (2 divine worlds of visible nature and the Church) …constantly reiterates the emptiness of worldly life./ …frequently the mind … becomes sober through contemplation of divine nature or entering the Church./ *Theophan next gives examples of such dynamics from history.*

115. Contemplation of the beauties of the visible creation …, engenders the tearing from the world of vanity…

143. 8. REASONING WITH YOURSELF ABOUT SALVATION. Having clarified a subject, take it to heart… Do not run too quickly from one thought to another… Do not leave a thought naked, but clothe it in some image…

144. [Guides for reasoning about salvation]. 5) For prayer, just as of contemplation, make short cries and repeat them often: *Our St. next gives examples from the Psalter and Orthodox Hymnography.*

157. [Re: Feeding grace]. …the best are… solitude, prayer and contemplation.

192. Contemplation should only be considered a means…

209. Thus, the zealous are eager for ascetical struggles …that they might all more speedily become worthy of communion with God./ …all the saints …embarked on the most severe ascetic labors… They did it to quickly achieve divine contemplation, and they did achieve it quickly.

230. [Re: Standing in the spiritual world for preserving grace]. …more than thinking of something, but a fixed mental vision or faith in the subject… as an aid to successful contemplation …the holy Scriptures… pictures… remember… picture to yourself… the best is the Symbol of Faith.

234-235. [Re: Remaining in feelings that lead to resolve]. …as an aid, use the Scriptures… robe feelings in Scriptures… 12 prayers of Chrysostom…

237. *Rules and qualities of feelings* …the fruit of contemplation and patristic reading. Remember these [subjects] talk with them ceaselessly in your heart.

288. [Re: Degrees or stages of passionate attacks]. …onrush of thoughts, contemplation [of a sin], delight in it …resolve and then the deed ***See also "Imagination," "Meditation," and "Thoughts."***

151.Contempt

284. …contempt is a sin of the sensual part of the soul.

152. Contrition

139. …press into your heart contrition-producing …thoughts and feelings.

184. [Re: Confession and Communion]. The heart is opened [to the Lord] by contrition and repentance…

307. [Re: Methods of purification]. With other means of purification, most important are contrition…

308. Contrition requires attentive knowledge of our sins… Without contrition one cannot overcome egotism… God produces contrition-forming and sorrowful circumstances but the greater part of contrition is in our own hands. Seeing you labor, He will grant ceaseless contrition…

153. Conversion

101. Three stages in conversion to God: arousal, decision, repentance & communion.

115. [Re: Means of Awakening Grace]. Conversions due to martyrdom…

116. …conversion of the robber… Conversion of the profligate woman… conversions by example of life…

141. In the matter of conversion, reasoning… is the only way in.

153. Awakening only initiates conversion.

187. Instantaneous conversions are very rare… most conversions happen… gradually.

212. Sudden conversions were not intended for everyone… for the few, such as Mary of Egypt and Antony… God converts the penitent.

265. …conversion consists in turning away from… the world…

267. From the moment of conversion it is… necessary to cease all contact… with the world.

283. …no such thing as peaceful progress in goodness …the passions are still alive…/ Man is totally passionate until he converts. At conversion the spirit …is pure. But the soul and body remain passionate.

287. …a man's face at conversion. It is inside, in another world …has spiritual subjects on his mind …spiritual deeds in his intentions. …has left the passionate and sinful./ Later, when

beneficial order rules …is enveloped in spiritual light, he is holy./ The sinful and passionate are estranged from his attention.

296. …having given yourself to sin, you will transgress the boundaries of conversion…

311. Chapter Eight, The Beginning Of Ascent Towards Living Communion With God. …the convert directs all the strength of his zeal towards …correcting himself …freeing his powers and strengthening them in God-pleasing activities./ According …to the order of his new state …beginning of unceasing inner concentration./ …according to the measure of estrangement from …passions, the main goal appears as the main striving and longing of our spirit …longing for God.

316. ***See "Dedication."***

322. [Re: Hesychia and the fire of God that purifies and attracts]. This fire is implanted at the moment of conversion … begins to work as soon as the person makes his vow and takes up his labor./ *This fire does not show itself always, but strengthen us for our labors. As we are purified the fire becomes more constant.* ***See also, "Awakening Grace," "Baptism," "Dedication," "Mysteries," and "Repentance."***

154. Convert (Make up of)

202. The Inner Make-up of the Convert. [Before conversion]. Sin takes possession and entices his attention, desires, longings...

203. counterfeits the person's true nature with an alien, sin nature. Awakening brings awareness of this duality.

204. The Grace-filled life is at first only a seed. ***See "Conversion" above with references.***

155. Correction (Self)

209. [Re: Self-Forcing and Self-Opposition]. The zealous are eager for ascetical works of self-forcing and self-opposition with the aim of self-correction, …the beginning of asceticism. …raising themselves to …purity, so they might more speedily come to God. ***See also "Asceticism," "Bonds," "Nets," "Passions (Struggling with), and "Spiritual Warfare."***

156. Coverings

129. Sin hides itself from the soul by its many coverings… 1st coverings: self-deception, insensitivity, carelessness./ *Continue reading for the other layers or coverings.* ***See also "Layers," and "Nets."***

157. Covetousness

284. [Re: Parts of the Soul]. Covetousness – a sin of the desirous part… one of 3 sins close to the effluence of the soul.

158. Craving

288. [Re: Boundaries of Spiritual Warfare]. Simple or passionate thought with craving. ***See entries related to "Passions," "Sin," and "Temptations (Steps of)."***

159. Creation (of sin)

139. [Re: Thoughts that lead to resolve]. **LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW.** The Devil – sin's creator and propagator.

160. Creed

66. 2. Conscious acceptance of The Yoke of Christ. …only here does a man …begin to live a Christian life. A man becomes entirely human …when he …becomes master and commander of his own ideas, because he finds them to be true./ …he still remains a man …rational …only let his rationality turn to the profit of the holy faith.

67. It is no honor to be a blind confessor; he must be a conscious confessor

142. …see for yourself what you should believe, how you should live, …what you should trust according to the Symbol of Faith.

142-143. 8. REASONING WITH YOURSELF ABOUT SALVATION. *Theophan offers practical steps in the following pages to aid in this reasoning according to the Creed.*

227. [Re: The Invisible, Spiritual World]. … - The Symbol of Faith, all the major subjects are here…

231. [Re: Preserving Zeal] …best of all is to read the Symbol of Faith. See also ***"Symbol of Faith."***

161. Criticism

283. [Re: Passions in the Mental part of the soul]. …self-opinion, criticism, etc. sins of the mental part of the soul. ***See also entries related "Flesh," "Passions," "Soul."***

162. Cross Bearing

106. [Re: Summary of the "the divine way of life:"]. God in Trinity is worshipped saves us, the fallen by the grace of the Holy Spirit, under the direction …of the Holy Church, and through one's life here of trials and bearing the cross... ***See "Asceticism," "Exercises (Spiritual)," "Flesh (Persecuting)," "Passions (Struggling with), and "Yoke (of Christ)."***

163. Cross of Christ

36. Baptism takes away the curse… by the power of the cross of Christ.

138. ASCEND IN THOUGHT UPON GOLGOTHA AND CRUCIFY YOURSELF. Remember that you are a Christian… Ascend in thought upon Golgotha, and understand what your sins have cost. Will you still wound the head of the Lord with the thorns of your sins? Will you still nail Him to the Cross, pierce His side and mock His longsuffering? …by sinning you participate in tormenting the Savior and …in the tormentor's lot. But if you abandon your sin and repent you will partake of the power of His death./ Choose … either crucify Him, then perish eternally-or crucify yourself, and inherit eternal life with Him.

176. [Re: Feelings of repentance leads to a vow]. We …knew the power of the Lord's death on the cross, but he who [regrets] his sins feels it …it becomes an element of his life.

230. [Re: Preserving zeal] …have a picture of death, the cross…

293. Never go into battle without the sign of victory (i.e. the Cross of Christ). ***See also "Communion," "Death," "Redemption," and "salvation."***

164. Cross (Sign of)

35. Baptism… receive a new name and a sign (Cross)… impressed upon the whole being…

43. A great influence is exercised on the child by having him kiss the cross… by the sign of the cross…

256. Rules for prayer… standing, making the sign of the cross…

293. Never go into battle without the sign of victory

165. Crucifixion/ Crucify

138. Ascend upon Golgotha (***See same entry under "Cross of Christ***).

306. [Re: Struggle with passions and sorrows]. 12) Finally, a consummate cleansing of our entire makeup, purification by fire, is carried out by the Lord Himself./ …from the outside by sorrows and inside by tears.

307. The more a man grows, the more they intensify./ …St. Isaac the Syrian …portrayed by the lifting onto the cross, or Final crucifixion of the outer man. ***See "Flesh (Persecution of)," and "Passions (Struggling with)."***

166. Curiosity

46. [Re: Child-rearing]. The fundamental things that arouse and draw one towards sin are arbitrariness of mind (curiosity)…

47. …one must not give them over to captivity of the flesh, to curiosity, and self-will.

51. [Re: Nerves and Senses relating to Child-rearing and youth]. …from the nerves …the senses …observation …food for curiosity.

54. Curiosity is the irresistible desire to see and hear without purpose.

55. Curiosity consists in trying to know everything without order, without aim, without distinguishing its need or not… preserve a measure of order… no food for curiosity./ *The rest of section deals with preventing or correcting curiosity in the child*.

98. THE SEDUCTIONS OF THE PRINCE OF THE WORLD. He [satan] kindles curiosity…

250. [Re: Spiritual Exercises]. It is a sickness to read many books out of curiosity alone. ***See especially "Youth (Turbulent period of)."***

D

167. Daily

128. [Re: Procrastination]. …futile to offer advice to one who puts it off to another day. **256.** [Re: A Prayer Rule]. Choose a rule of prayer… daily… Rule for Daily prayer. ***See "Evening," "Morning," all entries under the heading of "Rules;" and "Within (Being)."***

168. Dances

266. [Re: Ordering the external life acc. To the New Life]. Abandon everything that is dangerous to the new life… now is the time to cease all theaters… dances. ***See also "Govenie," and "Outward Life."***

169. Danger

102. [Re: Awakening from sin]. …the one awakened senses… the danger of his situation.

125. [Re: Lapsing after Awakening]. …as one never awakened… this man's salvation is in great danger.

127. Clearly imagine the …danger of procrastination.

129. [Re: Coverings that prevent us from seeing our condition]. …self-deception, insensitivity, and carelessness prevent a person from seeing the danger he is in.

132. If a person does not run from sin it is because he does not know himself and the danger he is in…

136. Make this your chief goal… to realize your dangerous condition.

137. [Re: Working on Sp. Blindness]. …stunned by the sense of danger your are in.

143. Do not leave a thought naked, thus St. Tikhon, to impress the danger the sinner is in… *The Saint offers appropriate images in order to bring the whole person into the truth; to bring it into a state more than a simple thought.*

148. [Seeing the ugliness of sin]. He also realizes the danger of his condition. …becomes ashamed and …cares for his fate.

165. Imagine the danger they [inspirers of sin] will throw you…

175. [Re: Feelings of Repentance]. …offended God and placed himself in such a dangerous condition.

212. [Re: Necessity of a spiritual guide]. It (The spiritual path) also dangerous and exhausts the spirit.

216. [Necessity of a Rule]. …there is no small danger: without a rule …without a support and falls and mistakes are inevitable./ Where there is no rule, there will be omissions, mistakes and pauses.

232. [Re: Vision of another world]. …you will see yourself in dire straits …times of extreme danger.

285. SUBTLE TEMPTING MOVEMENTS AIDED BY THEWORLD AND DEMONS. …either completely cuts off or cuts short the flow of our spiritual life and places us in extreme danger. …outside help is extremely necessary. ***See Dangerous "below."***

170. Dangerous

266. Abandon everything that is dangerous to the new life. ***See "Danger" above.***

171. Darkened

265. Participation in worldly things… the mind immediately becomes darkened. ***See "Blindness" and the next 2 entries related to "darkness."***

172. Darkening of the mind

265. Participation in worldly things… the mind immediately becomes darkened.

286-87. Something only demons can whip up… darkening of the mind.

307. [Re: Purifying Trials]. In the mind is darkness, in the heart, torment… ***See "Darkened" and "Darkness."***

173. Darkness

205. …is darkness of the passions (I Jn. 1:6-7.) …lack of love and three-pronged lust… ***See the above two entries related to "Darkness."***

174. Daydreaming

72. [Re: Turbulent period of youth]. Among youth: fantasy and daydreaming are present… Daydreams, light reading and enjoyments – same thing in spirit…

283. [Re: Reviewing our enemies]. 1) In the body: The source of passions is pleasing or comforting the flesh …the whirlwind of bodily life and sensual delight are directly linked. Where they are present there are …daydreaming.

175. Death

137. 5. HOW TO SOFTEN YOUR INSENSITIVE HEART. Remember your fate… soon will come death. …angel of death is already sent./ What will happen at the time of death? What is Paradise and Hell?

140. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. 1) You must choose one or the other: …perish eternally if you remain as you are …if you do not want that, repent … be aware that death is at the door.

227. [Re: The four finalities]. …death, judgment, Paradise and Hell.

228. [Re: Vision of another world]. …you are a warrior of Christ; a citizen of His city; your are established in death and judgment, with your gaze turned either to Heaven or Hell./ See yourself as seen by God's eye, in the Lord standing after death and judgment… received in Paradise or swallowed into hell.

229. …the hour of death and judgment, at the threshold of Hell or Paradise.

230. Have a picture of death or the cross, or Last Judgment, and place it where it is easily seen.

232. Others have wept unceasingly by the remembrance of death. ***See "Finalities," "Heaven," "Hell," and "Judgment."***

176. Deception

29. Good order in one's life (apart from Zeal) …can lead one to deception. ***See also "Demons," "Temptation," and "Spiritual Warfare.***

177. Decisive

166-167. [Re: Redirecting the will]. This labor is most essential for breaking the will… must not stop until the heart has made the changes it needs… with a decisive repugnance to evil and tendency for the good./ *The word **"decisive"** does not occur more than this, but the entire context from page 166 to 170 is dealing with decisiveness and should be read.* ***See "Dedicate" Below.***

178. Dedicate

66-67. CONSCIOUS ACCEPTANCE OF THE YOKE OF CHRIST: ... exclusively dedicate oneself to God… here only does a man begin to live the Christian life.

67. We see in the lives… a moment when they decisively dedicated themselves to God…

84. THE FRUIT OF A GOOD UPBRINGING: Certain high advantages belong to him who from earliest years dedicated himself to God. The following pages list many of these advantages of early dedication.

86. One who has preserved purity and dedicated himself to God from his early years does what is pleasing to God…

87. One must dedicate himself to God, for in this alone is salvation./ If one hopes to live without dedicating himself to God will only make it more difficult…

114. A man… after being in a church… dedicated himself to the service of God. **154ff. ASCENT TO THE RESOLVE TO … DEDICATE ONE'S LIFE TO PLEASING GOD…**

179. Dedication

161. THE SOUL'S DISPOSITION IN THE BATTLE. Whoever gives himself over into God's hands in ultimate self-abnegation will attract God to himself.

169. RISING TO THE PROMISE TO DEDICATE ONE'S LIFE TO GOD. The goal of human freedom is not freedom itself, …but in God. …with the intention that man would voluntarily bring it as a sacrifice to God, a most pleasing offering.

212. [Re: Those who immediately dedicate their whole selves after conversion]. They were saved by one decisive dedication of themselves to God.

246. Open yourself to grace like a ready vessel utterly dedicated to God./ … if we do not dedicate ourselves to God… we will not attract grace.

316. [Re: Ascent to union with God]. The condition for communion with God in us is the decisive dedication of ourselves to Him./ Dedicating ourselves to God is the most internal and precious act of our spirit./ This is the act of resolute dedication to God./ …one must proceed to dedication to God./ …the inner-ascent from zeal to zealous dedication to God… is God's work in us.

318. This is the final point of preparation for the lesson of dedication to God./ The feeling of one's nothingness and dedication to God unfolds best under constant sorrows… and crosses./ One who has dedicated himself to God begins to be a doer… / Free-will… still exists for self-dedication is not a final act…

318-319. Union with God… comes about according to one's dedication./ As this dedication grows gradually…/ …whoever has dedicated himself to God and begun to experience unceasing prayer is ready for hesychia. ***See also "Asceticism," "sacrifice," "Self-abnegation," "Spiritual Director," "Guide," "Father," and "Union," "Zeal."***

180. Defiled

138. …place yourself, defiled, before the face of Him. ***See also "Confession," "Flesh," "Passions," "Repentance," "Self-abnegation" "Sin."***

181. Delight

203. [Re: The inner makeup of the convert]. …passionate desires.., are not delighted in…

288. [Re: Stages of temptation]. …forms of passionate attacks… onrush of thoughts, contemplation, delight in it, …attraction …deed. ***See "Desires," "Flesh," "Passions," "Spiritual Warfare," and Temptation.***

182. Delusions

132. CARELESSNESS, INSENSITIVITY AND BLINDNESS. [Re: Spiritual Blindness]. …is supported by certain prejudices concerning himself. This is moral delusion… when the heart intrudes into the realm of reason.

133. THOUGHT PROCESSES THAT KEEP ONE IN BLINDNESS.

214. [Re: A spiritual Director]. … another more experienced will disperse the delusion and warn him.

267. [Re: Ordering the outer life according to the spirit of the new life]. The thought that you can live like a Christian while holding on to the world and worldliness is an empty and deluded thought.

300. [Re: Struggling with passionate thoughts]. Entrust every thought to your spiritual guide. Breaking this law… is the cause of great falls and delusions. ***See "Desires," "Flesh," "Passions," "Spiritual Warfare," and "Temptation."***

183. Demons

35. [Re: Benefits of Baptism]. …in baptism …they receive a new name and a sign …by which… heavenly and earthly beings recognize them.

43. [Re: Raising and Protecting infants and children]. The sign of the cross and… everything from the church… protection against the invisible and dark powers.

44-45. 7. THE INFLUENCE OF THE PARENTS UPON THE CHILD.

...the sincere piety [of the parents], the guardian angel …all of church life …there is formed around the child a spiritual atmosphere ...here too cannot be penetrated by the evil spirits.

52. [Re: The body, nerves and senses]. The body is the dwelling place of the passions… also the organ through which demons penetrate into the soul, or come to settle near it.

82. [Re: Preserving the grace of baptism]. The means of receiving grace… without these the Christian is a defenseless garden which is trampled by the roaring demons…

98. THE SEDUCTIONS OF THE PRINCE OF THIS WORLD. …is unparalleled in his cunning… and seduction./ …through materialism that he has access to the soul./ He kindles …self-interest and pleasure-loving/ …through suggestion he plans for satisfying them./ …his entire horde of evil spirits… deepen entanglement in the net of sin./ … they gather around the self-willed person.

99. THE INVISIBLE KINGDOM OF SPIRITS IN WHICH EACH SINNER IS EMERSED. …. They pour out sinful gloom and block the divine light./ The aggregate of worldly ways is the organ …through which they express their will and power./ …each sinner is kept there… by some particular thing./ Satan has one goal …that God is not the soul occupier of the heart…

117. [Re: Bonds of the soul]. The third bonds of the spirit come from Satan and his demons./ …they coincide for the most part with self-indulgence and the world…/ …a kind of faint-heartedness, fear, and confusion come directly from Satan. …spiritual flattery … despair, doubt, disbelief.

118. …everything sinful must be attributed to him as its source./ He composes and suggests sinful urges towards nature… grumbling…/ Grace often snatches sinners from the jaws …of satanic disgrace.

213. [Re: Need for a guide]. …without a spiritual guide/director… the chief danger is inner disorder and satanic delusion./ …the chief danger in this comes from Satan. Because he is the foremost self-reliant thinker…he moves and lives …those who guide themselves with their own minds …this is how he most often destroys them…

286. [Re: Subtle tempting movements aided by the world and demons]. …pernicious movements are aided by… demons…/ demons …the source of sin, surround and teach people …working

through the flesh, especially the senses… and that element of the soul where they live./ …considered the cause of sin…/ Blasphemous thoughts, doubts, unusual revulsion, darkening of the mind come directly from demons.

287. Demons attack visibly through the senses… specters and controlling the body./ The chief form they take in us is as thought.

288. Boundaries of the battlefield. …attack us from outside, but tempting effects our consciousness./ …concern is for shaking our inner disposition./ The world, passions, & demons arouse the same passions.

289. THE RULES FOR SPIRITUAL WARFARE.

295. The enemy often pretends to be defeated…

298. WAR WITH EVERY INDIVIDUAL THOUGHT. …subtle thoughts not only spiritual…

299. The enemy has a law – not to begin suddenly… but with a thought and repeat it… Continual thoughts are always from the enemy… sometimes tempt with good thoughts in the wrong way./ submission to a father… most sure method of vanquishing demons.

305. [Re: Struggling with passions and the need for a guide]. You may not always see the enemy in mental warfare, nor …always be able to counteract him …and preserve your zeal and determination…/ …revelation of thoughts and submission to a father is most conclusive uprooter of passions and vanquisher of demons. ***See references related to "Desires," "Flesh," "Passions," "Satan," "Spiritual Warfare," and "Temptation."***

184. Deny (self)

162. [Re: Chief inspirers of sin]. 'let him deny himself…" … to be as foreign to himself, not worthy of attention or sympathy... ***See also "Asceticism," "Flesh (Persecution of, and "Self-denial."***

185. Depart (to God)

200. [Re: The final goal of man]. … The soul flames and yearns with indescribable love to leave the body and depart and be with the Lord. ***See "Ascend (to God)," and "Communion."***

186. Depression

196. GRACE HIDES FROM ONE LABORING FOR SLVATION. …may lead to feeling abandoned by God… even a light depression.

197. When grace hides to educate us… the arrows of the enemy can produce great sadness, and a measure despair…

284. UPROOTING PASSIONS. In the sensual part… sadness, sorrow, depression…

296. [Re. falls]. …rather than falling into depression… take heart for new ascetic labors. ***See "Communion," "Demons," "Despair," and "Grace."***

187. Desires

33. 3. IN THE FACE OF TEMPTATION. …thought after thought, desire after desire… disturb the soul…

34. …imagination, desire is born, passion is aroused.

48. … without noticing it, [parents] can develop in him love of pleasure…

126. …as if God has abandoned him… to value God's aid. The Lord preserves this desire./ [God] does not grant sudden renunciation …to test his zeal and develop his desire and resolve.

149. What you do not know you will not desire.

155. …lean towards thought with desire… resolve…/ desire for abandoning sin… already there…/ Desire for self-forcing introduces preparatory labors./ There is mental, sympathetic, and active desire.

158. [Re: choosing good]. It depends on the strength of desire…

202. Vices intertwined with virtues… greed with desire…

283. …bodily life and sensual delight are directly linked.

287-88. …desire can lean towards thought… from thought comes resolve… this is already sin…

288. [Re: Process of temptation]. Onrush of thoughts… contemplation…. Delight… desire…/ …thought, lust, craving desire…

289. Passions and desires rarely attack by themselves.

294. …harder to vanquish desires…

299. There are thoughts, passions, and desires that come as ambushes… and others that are constant and go on for years./ …a desire is born and a passion. ***See also "Flesh," "Passions," "Pleasure," "Resolve," "Temptation," and "Zeal."***

188. Desirous Part

284. [Re: Struggling with passions]. In the soul-Desirous part: In the desirous part- self-will, love of authority ...possessions, ungratefulness. ***See "Flesh," "Passions," "Soul," "Vices," and "Virtues."***

189. Despair

87. GIVE ONESELF TO GOD FIRST THING IN THE FIRST MOMENTS OF AWAKENING. … makes the most sense unless one is given over to despair.

117. [Re: Thoughts and temptations that come directly from satan]. …unfounded hope in mercy, spiritual flattery… the other side, despair with disbelief and doubts.

125. Clearly this man's salvation is in great danger… but must not despair of the possibility of salvation, we must think timidly in our weak condition…

157. [Re: Awakening grace]. …do not let yourself miss this action of God's mercy… and you fall back into a hardened state of hopelessness and despair.

175. Painful feelings of repentance… realizes how dangerous his position is, having offended God… this moment, sometimes the demon of despair grabs a man.

197. Sometimes grace hides itself: this brings great sadness… even a measure of despair.

299. Continual thoughts (temptations) such as despair are not from nature, but the enemy… ***See "Depression" with references.***

190. Destroying Passions

280. RULES FOR STRUGGLING WITH THE PASSION… A person destroys passionateness by alienating it, not giving it any food, or by placing a yoke on it…

281. Where aversion and hatred are for our passions, we have already won…/ healing from the passions through ascetic labors…

282. METHODS FOR UPROOTING THE PASSIONS. At conversion the spirit is pure but the body and soul remain passionate…

283. Destroying the passions 1. in the body – source pleasing the flesh. 2. In the soul- a. mental part – source: arrogance and egoism.

284. b. Desirous part – source: self-will. c. Sensual part – source: pleasures and what shatters peace… anger…

285. Passions directly tied to demons. ***See "Flesh," "Passions," and "Spiritual Warfare."***

191. Developing the Intellectual Aspect

247. EXERCISES THAT DEVELOP THE INTELLECT. Impress the intellect with truths of the faith …reading/ *Also mentioned are discussions and pictures.*

248. [Re: Exercises for the intellect and warm the spirit]. The necessity of spiritual directors…/ *Rules for reading*…

250. EXERCISES FOR DEVELOPING THE WILL. Impressing virtues upon the will…

251. let nothing be done accidentally./ Do everything with discernment./ Remember the law of graduality.

252. Begin with the small and ascend to the higher./ Choose a virtuous work according to your personality.

253. [Development of the heart]. …developing a taste for what is holy and divine.

254. [Re: Necessity of Church and churchly things]. ***See also "Soul."***

192. Devil (Satan)

111. DIVINE GRACE ACTING DIRECTLY ON THE HEART OF MAN. …spiritual bonds are interconnected: self-indulgence, world, & devil. Destructive actions of grace are directed against these.

112. Bonds of self-indulgence connect with other bonds… the devil.

117. The 3rd bonds of the spirit come from satan and his demons/ …invisible & coincide with the world and self-indulgence./ satan strengthens… holds the mind in darkness./ Temptations that come directly from satan: vague fear, spiritual flattery, despair, depression, blasphemy, doubts, unfounded hope in mercy, self-assurance, …/

118. Ultimately everything sinful originates with him./ … composes sinful urges towards nature, grumbling./ Grace shames satan by disgracing his power, unmasking him.

139. LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW. … work for satan when sinning. …befriend satan when sinning. Satan. trembles w/joy when sinning.

159. [Re: Choosing the good]. Furious attacks from the devil against those who have resolved to abandon sin. **160.** Satan follows after those turning to God attempting to lure them back, spreading nets.

196. *Grace allows the arrows of the enemy to penetrate the soul in order to search out God with more resolve and humility.*

213. [Re: The need for a spiritual guide]. The chief danger without a spiritual guide is inner-disorder and satanic delusion.

288. [Re: Process of temptation]. …satan works from without…/ tempting effects only reach us through the world, flesh or the devil./ …chief purpose is shaking the inner disposition and inclining the soul to sin./ …demons use all their cunning to this end. ***See "Asceticism," "Flesh," "Passions," and "Temptation."***

193. Devoted

117. [Re: Conversions]. Many saints, after seeing the vanity of the world withdrew from it and resolutely devoted themselves to God.

194. Directing Sins

167. [Re: Redirecting the will]. *Sin thrown out is external*… now a tempting sin rather than directing sin.

195. Disbelief

117. *Disbelief a directly comes from satan.* ***See "Demons."***

196. Discipleship

22. Path of pleasing God… need a guide to show him the dangers… how to begin and perfect oneself in the Christian life.

23. Labor to educate his whole self according to the Christian standard… 3 Stages: Turns to God, 2nd purification or self-amendment, 3rd Sanctification. Or, 1. Turns from satan to God, 2. Cleanses his heart, 3. Lord communes in the heart.

24. All this indicates the path to salvation.

28. When this zeal begins… Christian life begins… is living in a Christian way.

32. Spirit produces a zeal that is devouring and all-active.

41. One must use every effective means to overcome sin and please God… even under the guidance of someone else. ***See also "Spiritual Director,""Spiritual Father," "Spiritual Guide."***

197. Discipleship (Beginning of the Christian Life)

22. [Re: the need for certain guiding rules] …how to begin to begin the Christian life…

23. 1st stage turning to God from satan…

27. Chapter One How The Christian Life Begins In Us. When a person begins to live in a Christian way… essence is communion with God in Christ… Testimony of this (Christian) life that can be seen or felt is active ardor or zeal to please God alone …with total self-sacrifice and hatred for everything opposed to this.

28. … when this zeal begins, Christian life begins.

31. Like a seed. The Spirit of God penetrates the heart and begins life according to the Spirit.

32. Grace descends and unites with our freedom igniting a mighty zeal.

34. If you wish to desire to begin to live in a Christian way, seek grace.

35. The minute grace descends and joins itself to your will is… when Christian life is born in you./ this grace is performed in the Mysteries./ Mysteries which refer to the beginning of the Christian life are Baptism and repentance./ Baptism is the first Mystery (Sacrament).

36. NEW CREATURE IN CHRIST THROUGH HOLY BAPTISM. *The rest of this page lists many privileges and gifts received or performed through baptism.*

37. Baptism puts a man in a renewed condition…/ sin is not exterminated in baptism, only put in a place in which it has no power over us. / Acc. To St. Diadochos: grace changes places with sin. *Sin was inside and grace outside. Now grace is inside and sin outside.*

47. One must direct developing powers of soul and body …not give them over to the captivity of enjoyments of the flesh, …self-centered pleasures and self-will. This is the chief thing in the beginning. ***See also "Baptism," "Grace," "Spiritual Guide," and "Zeal."***

198. Discipleship (Christian Life)

27. Chapter One, How The Christian Life Begins is us. … not a decisive sign if one calls himself a Christian./ [Re: The distinctive characteristics of the Christian life] …zeal …strength to remain in communion …fulfillment of His holy will …with the grace of God./ …essence is communion with God

27-28. Testimony of this (Christian) life that can be seen or felt is active ardor or zeal to please God alone …with total self-sacrifice and hatred for everything opposed to this.

28. …constant zeal is living in a Christian way./ …fire of zeal fills the whole man./ As salt zeal penetrates and preserves from sin and corruption./ …fervor of spirit is an inseparable attribute of Christian life. **29.** Liveliness of spirit… sacrifice to God…/ not only mechanical fulfillment of rules – life must be present./ Zeal wishes to do good and persecute sin in its smallest forms./ …is zealous for perfect purity.

30. 2. THE FIRE OF ZEAL. Enthusiastic to please God … is undermined by self-pity./ …does not only what is commanded, but also every good suggestion… and acquirer of good things./ *Compared to* a soldier, merchant, scholar…

31. …full of consolations…/ …everything for the glory of God./ As a seed …when the Spirit penetrates the heart.

32. Grace descends through the Mysteries and unites with our freedom.

36. 4. NEW CREATURE IN CHRIST THROUGH HOLY BAPTISM. …takes away the curse by the power of the cross… children of God and heirs with Christ… freed from authority of satan… member of the Church… restores the divine order… orientation changed to pleasing God… ***See "Communion," "Fervor," "Grace," and "Zeal."***

199. Discipleship (Obstacles)

22. Danger …of losing one's way at the many crossroads./ … sinful inclinations/ …disordered faculties/ …flattery of satan/ [Re: Need for a spiritual guide]. …necessary to be shown the deviations that are possible… know how to avoid them./ Certain guiding rules to remain on this path - Path to Salvation.

23. The new life is not surrounded by favorable elements./ His body and soul remains unadapted to the new life… Labor of sweat required to reeducate.../ …is a battle with oneself… warfare of forcing and opposing oneself./ Dislodge it (the heart) from inclinations and desires hostile to… ***See "Asceticism," "Flesh," "Passions," "Spiritual Guide," and "Spiritual Warfare."***

200. Discipline

52. [Re: Child rearing]. …should not be arbitrary [towards] the development of the child's body, but must keep it under a strict discipline from the very beginning…/ …the body is the dwelling place of the passions, the fiercest ones. *The following pages are from St. John Chrysostom.*

333. This is how to discipline and teach your child… these will secure the kingdom…

335. Educate your children in the instruction and discipline of the Lord… ***See "Childrearing," "Education," "Flesh," Passions," and "Soul (Faculties of)."***

201. Discussions

144-145. GOD CHOOSES WELL-KNOWN MEANS OF GRACE. …discussions with pious people./ … hear word after word of discussion, will not one word strike you…?/ …a living word, warmed with love, Perhaps… will penetrate into your heart…

230-31. PRESERVING ZEAL. …a verse from Scripture or other subject and repeat it ceaselessly… conduct discussions with those of like mind… strive to support the image with discussions…

248. EXERCISES TO CONFIRM GOODNESS. …most necessary to have someone with whom he can discuss spiritual matters-who already knows all our problems…/ Idle conversation… should be avoided at all cost.

249. [Re: Rules for reading]. …continually impress the truth on yourself… if this does not come about they are idle, itchings… if done with intelligence then the truths impress and rouse the spirit…

202. Disobedience

50. [Re: Childrearing] Unsteady development, left to the will of the child. . . turns disobedience into a law. *The amazing this about all these passages related to children have a special relevance to adults, especially to those of us brought up in the Western World since the 1960's.* ***See also "Family," Intellect," "Obedience," "Soul," and "Will."***

203. Dispassion(Passionlessness)

323. *The following are either quotes from St. John Climacus or expositions of St. John's words found in "The LADDER OF DIVINE ASCENT."* [Re: Ascent towards communion with God in hesychia]. …material of passions is destroyed by divine fire… while the …soul is being purified, all the passions retire./ …the meaning of passionlessness, …"Dispassion is the resurrection of the soul before the body."/ ….Exodus of the Old Man./ complete, and ever-maturing perfection…

324. He who is dispassionate to all things that arouse and feed the passions has become insensitive to the point …they have no effect upon him …because he is wholly united to God./ …is a temple of the Living God who instructs him in all words, deeds and thoughts …to know the will of the Lord as if hearing a certain voice. **3. DISPASSION IS THE HEAVENLY PALACE…** This at last is communion with God and God's indwelling - …

325. Those who accomplish this are God's mystics… state of the Apostles…. Apprehend God's will, hearing a certain inner-voice./

This is the fruit of stillness when practiced sensibly./ Communion with God and God's indwelling./ [This state] …nothing higher on earth. ***See also "Ascension," "Communion," "Prayer," and "Union."***

204. Displeasure

150. THE AGONIZING STATE OF DISPLEASURE VERSUS BOREDOM. …one stifles, the other awakens. One is vague, the other has a specific reason – having offended God./ **SORROW OF SPIRIT VERSUS ORDINARY DISAPPOINTMENT.** …in the first, the person sees only himself… the other he sees only God… is mixed with a certain joy.

186. [Re: Sunday Morning]. The enemy will tempt you in every way… to put you into a bad mood… inspire some displeasure…

205. Disposition

140. DRIVE AWAY THE SLEEP OF INDOLENCE. *Reasoning and thoughts that awaken energy that are opposed to sinful dispositions.*

142. Each Truth inspires what it requires./ **8. REASONING WITH YOURSELF ABOUT SALVATION.**

161. THE SOUL'S DISPOSITION IN THE BATTLE/ Self-abnegation before God and work without relaxing..

172. Beneath thoughts, desires, feeling, lie dispositions of the heart… compose our character traits./ the root of all sin is self-love.

291. …kindle those feelings and dispositions that… ward off sin from the inside. ***See also "Attitude," "Desires," "Feelings," "Heart," "Inspire," "Mind," and "Thoughts."***

206. Distractions

34. [Re: Steps of temptation]. When an opportunity for distraction comes …desire [is] born, passion aroused…

72. [Re: Youth, Thirst for impressions]. Daydreams, light reading, amusements is thirst for impressions for what is new and different: When he returns to himself from his state of distraction… everything has become distorted.

185. [Re: Between Confession and Communion]. 1. Preserve your attention undistracted… pray with undistracted prayer of the heart. 2. …thoughts of Communion so it will not stray…

186. 4. Sunday Morning: Do not be distracted by many things: keep your attention focused…

268. Only one thing can distract him-constantly looking upon worldly or simple [things] that affect his soul. Distracting it by drawing attention away…

269. Guarding the senses is best… another method: (be able to look at external things without being distracted) finding spiritual substitutes for everything. ***See "Amusements," "Attention," and "Carelessness."***

207. Disturbed

163. The fallen one is disturbed within; he has fallen from spirit to flesh, and torments himself with sensuality. ***See "Irritation."***

208. Diversion

156. …tries to disperse what seem to be dark thoughts by taking up apparently innocent diversions.

209. Divine Fire

28. [Re: Theophan Commenting on the fire of Zeal]. Fire of the spirit and zeal…

322. Stillness… purifying the passions… fire is added to fire./ …burning of the spirit from contact with God purifies man…/ …leads to burning love for God in God./ Fire implanted at conversion… begins working as soon as the vow is made and the person begins working./ Sometimes comes, sometimes hides…

323. …cannot manifest all its power at first…/ Comparison to drying out fire log./ …material of passions is burned by divine fire. ***See also "Asceticism," "Fire," "Purification," and Zeal."***

210. Divine Liturgy

254. DEVELOPMENT OF THE HEART. …necessary to go to …liturgy as often as possible. ***See also "Communion," "Mysteries," "Govenie," and "Confession."***

211. Divine Vision

196. GRACE HIDES FROM THE ONE LABORING. …works secretly over a long period of time… produces in the theologizing soul… secret activity… leading to the way of divine vision. ***See "Ascension," "Communion," Govenie," "Stillness."***

212. Divine way – the senses

107. I. INTRODUCTION OF THE DIVINE WAY THROUGH VISIBLE MEANS AND THE SENSES. Turning to the Lord… he *Frequently* reveals Himself visibly… to one awake or asleep./ … sometimes He sends persons from the other world.

108. … saints… angels … demonic forces./ … sometimes he shows blessed companies of departed souls or those facing judgment and death and after death…/ an invisible tangible force…

109. … manifestations of divine power. ***See "Contemplation," "Meditation," and "Prayer."***

213. Divine Way - Invisible

107. …consciousness of the new way …sometimes externally through the senses …internally (invisibly) from within. ***See "Divine Way," and "The senses" above, as well as the entire section.***

214. Doubt

117. …comes directly from satan… vague faintheartedness and confusion… despair, doubt and disbelief.

283. …directly from the enemy… aimed directly at the spirit…/ …attacks of passions are felt… in the mental part: …attacking the mind of God, doubt… ***See also "Demons," "Darkness," and "Satan."***

215. Dreams

107. Sometimes He appears in some form awake or asleep./ … others from the other world awake or in dreams.

108. Examples of those who have appeared to awaken grace. ***See "Divine Grace – The senses."***

216. Duties

171. [Re: Self-examination]. The epistles of Paul where he lays down the duties for the Christian. ***see also "obligations."***

217. Dwelling

204. The Lord cannot abide there fully…the dwelling is not yet prepared. ***See "Communion."***

E

218. Earthliness

163. [Re: Inspirers of sin] …only life on earth./ characteristic of a sin-loving heart along with self-pity, sensuality and man-pleasing./ a deeply rooted inspirer of sin…

163. …rebels against the new life… concerned only with life on earth.

166. …must labor until earthliness is replaced by feeling of foreignness on earth…

168. Man's freedom must… break the bonds of earthliness and sensuality. ***See also "Body," "flesh," "Passion," "Spiritual world, and "World."***

219. Eating/Diet

266. Abandon everything dangerous to the new life... time to change sleeping, eating. . . ***See "Flesh," "Gluttony," and "Passions."***

220. Education

60. [Re: Childrearing]. *Why children* love to participate in prayer …should not be deprived of this part of their education.

63. [Re: Education of children]. …keep the previous order during the time of study also. Study should not be placed in opposition (to the spiritual foundation already in place) …or everything will be destroyed./ Let instruction be so arranged that what the main point is will be evident…/ Let study of faith be the chief thing…

64. …education in other things is secondary, useful only for the present life…/ …attention should be given to the attitude to the objects of study./ …every subject should be penetrated with Christian/Orthodox principles./ A most dangerous error …faith and learning are distinct and separate spheres.

83. CORRECTING A BAD COURSE. One who is well brought up at home will not so easily be knocked off the straight road by wrong teaching at school./ Subjects must be founded on true principles./ Christian elements must correct what needs correcting./ Education of the child must be under the influence of the Church./ Most needful of all. One must educate the educators./ Educators should go through all the degrees of Christian perfection.

84. …the education of children is the most holy. ***See also "Children," "Intellect," Reasoning," and "Thoughts."***

221. Education from God.

196. GRACE HIDES ITSELF FROM HIM WHO IS LABORING FOR SALVATION. … To induce the soul to search out God with warmer resolve. …speaking of the struggle when God recedes to educate us. ***See "Grace."***

222. Egotism

284. THE SOURCE OF PASSIONS OF SOUL AND BODY IS SELF-LOVE. …source of all these passions is self-love or egotism./ …clothed in one passion or other…/ …wars against the spirit./ … residual egotism with the passions comprise the… fleshly man …law in my members./ …close to effluence of egotism: pleasure, covetousness …pride ...whoever has conquered these has conquered egotism.

303. [Re: Rules for struggling with passions]. Aim at the chief passions… high-mindedness.

306. Revelation of thoughts and submission to a spiritual father …cuts off passion at its very root – namely egotism …whoever fights with himself, by himself is in a way feeding it [egotism]. ***See also "Passions," "Pleasure," "Self-love," "Self-pleasure," as well as all the references under the general headings of "Self."***

223. Egotistical

169. [Re: Dedication to God]. …be acting from himself, for himself …This will be an egotistical, pagan morality. ***See "Egotism" above.***

224. Emptiness

96. CARE ABOUT MANY THINGS. There is emptiness of the mind …the will …the heart. ***See also "Soul," "Thoughts" and "Vanity."***

225. Enemies/ The Enemy

34. One of the first tricks of the enemy is trusting of oneself.

282. REVIEWING OUR ENEMIES.

283. To uproot our passions we must review …our enemies… ***See also "Demons," "Flesh," "Satan," "Spiritual warfare," and "World."***

226. Energy

139. …contrition and softening producing feelings …your heart will begin to move …as freshness and energy.

140. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. Gather thoughts that awaken energy…/ Energy is always aroused when… placed between extremes. ***See "Zeal," and "Zealous."***

227. Enlightenment

317. The zealot becomes enlightened [about God's work in us] through frequent failures despite his labors and unexpected great successes without particularly trying.

323. [Re: Dispassion, Perfection]. The Lord so enlightens the mind and enraptures it …are often taken up to heavenly visions. ***See also "Communion," "Heart," "Prayer."***

228. Enrapture

323. [Re: Dispassion, Perfection]. The Lord so enlightens the mind and enraptures it… are often taken up to heavenly visions. ***See "enlightenment" above, with its references.***

229. Entertainment

60. [Re: Activities of the heart]. …the taste of one's heart will form the mansions [in the future life]. It is evident that theaters, shows and similar things are not suitable for Christians.

97. [Re: the life of unrepentant sinners]. …life of the sinner goes around in convoluted circles …amusements./ This is the world of vanity …amusements seethe with these three fiends…

156. …disperse dark thoughts by apparently innocent diversions... ***See "Flesh," "Vanity," and World."***

230. Entice

139. He (the devil) entices you to sin by promising its sweetness. ***See "Delude," Demons," "Enemy," and "Satan."***

231. Environment

244. [Re: Govenie.] It is essential that your whole environment… form a spiritual environment around you that is nourishing and creative, not destructive.

245. ...external behavior with bodily discipline are essential for maintaining spiritual awareness and concentration.

290-291. Think of spiritual substitutes for everything… necessary to come into contact with… living externally in a kind of school of divinity.

291. …arrange our external environment… it would not demand much attention… safe from unexpected attacks of sin, but feed and strengthen… our life in the spirit. ***See "Church," "Family," "Govenie," and "Outward."***

232. Envy

284. IN THE DESIROUSE PART. Passions that shatter peace and tranquility of heart… envy… ***See entries related to "Flesh," and "Passions."***

233. Escape

139. [Re: Contrition and heart-softening feelings]. … communicates freshness and energy as electricity or the cool

morning air… renews the call and willingness to escape your dangerous condition. ***See "Awakening Grace."***

234. Essential

129. [Re: Coverings that hide sin's ugliness]. The first covering (self-deception, insensitivity, carelessness) is the essential one… prevents the person from seeing the danger he is in and undercuts his desire to change.

244. [Re: Govenie]. It is essential that your whole environment… form a spiritual environment around you that is nourishing and creative, not destructive. ***See "Communion," and "Essential Requirements."***

235. Essential Requirements

183. [Re: Communion for the returning sinner]. …not overabundance but an essential requirement for uniting with the Lord. ***See "Communion" and "Essential."***

236. Eternal Bliss

151. SENSING GOD IN ETERNAL BLISS VERSUS "BURSTS OF EXALTED YEARNINGS."

151-152. During awakening a person senses a better, more perfect, joyous life.

152. The goal is life with God in eternal bliss… foretaste of the total satisfaction to come. ***See "Heaven," and "Prayer."***

237. Eternal Life.

138. [Re: Contrition and Reasoning about salvation]. …crucify Him then perish eternally or crucify yourself, and inherit eternal life with Him. ***See "Finalities," Heaven," "Hell," "Paradise," and "Union."***

238. Eucharist

42. Frequent Communion (frequent as possible) …joins to the Lord in a most lively and active way./ It sanctifies …gives peace … inaccessible to the dark forces./ …the day a child is given Communion…

43. …often accompanied by miracles./ …illness in children after Communion rarely is medical aid required.

101. …puts on strength through the Mysteries of …Holy Communion./ Confession prepares for Communion./ 3rd stage of conversion… vestment with power from on high… in Communion.

183. THE PENITENT APPROACHES THE MYSTERY OF HOLY COMMUNION. He gives His Body and Blood …as the crown of compassion to the repentant sinner./ …an essential requirement for uniting with the Lord./ …becomes worthy again through Communion…

184. Through Communion …becomes one with the Lord… He enters and feasts with the penitent./ …is necessary, customary food…/ …lays the foundation …constant need of Communion.

185. From confession naturally moves to Communion … whoever confesses and repents is ready for Communion./ … established order …little time between Confession and Communion./ *Rules for maintaining the right frame of mind between Confession and Communion.*

271. No life without Communion and no progress in life without frequent Communion./ Unworthy and worthy reception of…/ Communion is also a fire… ***See Also "Body" and "Blood," "Communion," "Lord's Supper," "Mysteries," "Supper of the Lord."***

239. Evening

256. Choose a rule of prayer… evening daily.

259. … assign a time for saying this prayer (Jesus Prayer)… after Morning or Evening Prayers. ***See "Compline," "Prayer," "Vespers," and "Vigil."***

240. Evil

135. Re: Thoughts that keep one in blindness]. The foolish listener goes deeper and deeper …into evil./ …when he sees others smiling at his actions he continues in his evil ways.

280. [Re: Struggling against the passions]. The same power that acted for evil must now work for good./ It is impossible not to meet with evil…/ …if it is impossible to be both good and evil …are

expected to be good without any evil taint …we must cast out evil from every work./ …must be activity aimed at casting out evil.

281. …cut off evil and you will see the good.

241. Exact

172. [Re: Confession]. The main thing… coming to know your sinfulness is an exact determination of deeds. ***See "Confession."***

242. Examine (Self)

172. [Re: Preparation for Confession and Communion]. The main thing… coming to know your sinfulness is an exact determination of deeds …as a business ledger./ …circumstances …time …place … people …obstacles, etc.

271. Examining self as preparation for Communion. ***See "Communion,: and "Confession" with references.***

243. Example (Good)

115. [Re: Means of awakening grace]. *Examples of various means by which people have been converted*: nature, beauty, church, martyrdom…

116. *Examples of various people leading to conversions*: the humble, monks at prayer…/ All conversions by examples of life belong to this category.

134. …compare yourself with the holy God-pleasers. They are the …example for those who wish to be saved. ***See "God-Pleasers," "Holy Fathers," and "Saints."***

244. Excuses

133. 3. THOUGHT PROCESSES THAT KEEP ONE IN BLINDNESS. Begin listing common excuses for non-repentance.

136. 4. CEASE MAKING EXCUSES IN SINS… … as you begin taking away supports …little by little you will cease making excuses…

245. Exercises

237. [Re: Preserving zeal]. Exercises for kindling and preserving… zeal…

239. Chapter Five-PRESCRIBED EXERCISES THAT HELP TO CONFIRM A PERSON'S POWERS… IN GOODNESS.

240. We can easily discover these exercises …scan the lives of a few ascetics./ …can be found in almost every life of the Holy Fathers.

242. I. POWERS OF THE SOUL AND THEIR CURATIVE EXERCISES. Each of them is assigned particular exercises … receptive and conducive to grace. …chosen from tested ascetic labors.

243. BODILY EXERCISES. …exercise(s) should be assigned to each… function./ …as a means of healing our fleshliness./ For the senses…/ For the body in general.

244. …exercises and ascetic practices… should be practiced without interruption./ …place where they (spiritual exercises) are most pure is Govenie. ***See "Govenie."***

245. …build a rule with our exercises …only describe each exercise and demonstrate its healing quality.

247. 6. EXERCISES FOR DEVELOPING THE POWERS OF THE SOUL…/ EXERCISES THAT DEVELOP THE INTELLECT AND WARM THE SPIRITUAL LIFE. Exercises related to these are...

250. EXERCISES FOR DEVELOPING THE WILL… directed against self-will. ***See also "Asceticism," "Rules," and "Spiritual Warfare."***

<u>246. Expectations</u>

284. Passions that shatter peace and tranquility of heart… expectations.

<u>247. Expelling Sins</u>

294. …the most salvific means of expelling sin. (recognizing and warring with the enemy within. ***See pg. 293; also "Flesh (Persecution of), "Passions (Struggling with)" and "Spiritual Warfare."***

<u>248. Experience (ascetical)</u>

296. …look over the whole process of the battle …this is how spiritual wisdom and ascetical experience are acquired. ***See "Asceticism."***

249. Experienced Men

212. Others ripen under the guidance o f experienced men./ One must ripen for this [to totally give ourselves to God]… through much experience.

213-214. *Theophan continues addressing our need for experienced men to guide us.* ***See also "Spiritual Directors, Guides" and "Fathers."***

250.Extent

312. All… labor, to the extent that it is done without breaking inner concentration… aid[s] the ascetic…

251. External

36. [Re: New life in baptism]. External effects of baptism. … outward gifts…

37-38. Before baptism sin dwells within and grace outside… after baptism grace dwells within and sin outside…

140. Everything around you is alive …calls you to life.

167. [Re: Redirecting the will]. …sin has been thrown out and become external …tempting rather than directing…

222. The sinner lives on the outside …is called external…

244. [Re: Outward ordering of life]. …are changed …our external appearance [expression of inner character]./ …mandatory rules for external change…/ [Re: Govenie]. …essential that your whole environment …form a spiritual atmosphere…

291. …we should arrange our entire external environment. ***See also the next two entries and "Outward."***

252. External Life

140. Everything around you is alive …calls you to life.

222. The sinner lives on the outside …is called external…

264. ORDER OF EXTERNAL LIFE …Everything related to the new life …can be called leaving the world./ The external world

influences us on the inside.

266. …leaving the world is …cleaning up your entire external life. …removing it from everything passionate …replacing it with what is pure./ Completely reorder your outward behavior inside and outside the home.

291. …we should arrange our entire external environment. ***See other entries for "External,""Life," and "Outward."***

253. External Marks of Sinfulness

222. The sinner lives on the outside… is called external…

290. BEFORE THE BATTLE. External marks of the array of sinfulness are…/ Sinfulness passes to a person's external relationships… throws a veil over everything around it. ***See other entries for "External,""Life," "Outward," and "Sin."***

254. Eye (inner)

223. BEING WITHIN. In order to have attention we must order our inner eyes.

255. Eye (of the mind)

132. CARELESSNESS, INSENSITIVITY AND BLINDNESS. To begin with, remove the veils from the eyes of your mind.

223. BEING WITHIN. In order to have attention we must order our inner eyes.

F

256. Failure

317. The zealot becomes enlightened about [God's work in us] through frequent failures despite all his labor… ***See "Sorrows."***

258. Faith (Lack of)

286. [Re: temptations whose direct origin is from the enemy]. …lack of faith come directly from demons.

259. Fall (Falling into sin)

22. [Re: Need for a spiritual guide]. …in danger of losing his way at the crossroads/ …sinful inclinations …presenting things in a false light…

61. [Re: Childrearing]. Let parents give commands that do not force children to partake in their will (transgressions.)/ Children should be taught to rise up immediately by means of repentance and tears.

85. A person who has not fallen is always young… has a certain relationship with God that is not afraid of falling... a feeling of safety in God.

95. I. PARTICULARS OF A PERSON WHO LACKS GRACE. …dwells on self. Self is the main goal… forgetfulness of god. … feels empty inside, having forgotten God and seeks to fill this emptiness as a bottomless pit …unquenchable …never truly satisfied.

103. *Grace is not free to one who has experienced grace and fallen again* …he must give something first.

104. He must work on himself to attract spiritual arousal … often desires it, but has no power over himself …realizes this grace is so great that it will not be granted immediately…feels despair, sometimes to the point in which he feels God has abandoned him.

124. Chapter Six, Order Of Awakening Grace. The more often these falls occur the weaker the corrective impulse becomes …the heart becomes accustomed to falling./ Thoughts of God begin cooling to the point of simple thoughts. …eventually one feels repugnance for the things of God and is left to himself – live as you like.

245. 5. NOTES ABOUT ASCETICAL PRACTICES. The importance of a RULE to keep from falling into sin.

288. [Re: Steps of falling into sin] 1. Onrush of thoughts, 2. Contemplation, 3. Desire in it, 4. Desire, 5. Passion, 6. Attraction, 7. Resolve, and 8. The deed. (*read the entire section*) .

296. If you are overcome [with sin] humble yourself but do not run away from God. .. hurry to soften your heart and bring it to repentance./ It is impossible not to fall, but we can and should rise after falling./ Instead of becoming paralyzed by depression it is better to take heart by new ascetic labors./ If you do not iron out sin by

repentance …it will draw you to the sea of sin. Sin will possess you and you will have to start over again from the beginning of the first battle.

317. The zealot becomes enlightened about [God's work in us] through frequent failures despite all his labor… ***See "Sin," and " Temptation."***

260. Fall (The)

98. It is through the flesh and materialism with which the soul became mingled at the fall that he [satan] has free access to the soul./ through various enticements he holds the soul in curiosity, self-interest, pleasure - loving, self-comfort…

203. Confuses what is natural with what is unnatural… God's image is no longer in its full light./ …permeated with sin in all is faculties… ***See "Earthliness," "Flesh," "Unnatural," "Satan," "Sin" and "Temptation."***

261. False Path

208-209. [Clothed] in passions, he must oppose the demands of his body. …all the saints accept the only true path to virtue to be pain and hard work. …lightness and ease are a sign of a false path. ***See "Asceticism," "Spiritual Guide," and "Spiritual Warfare."***

262. Family (Home)

83. [Re: Correcting a bad order of things]. …assimilate the principles of a good Christian upbringing …first of all at home. The upbringing in the home is the root and foundation of everything…/ One who is well brought up at home will not be so easily knocked off the straight path by wrong teaching at school.

244. The family …duties and relationships is the field of activity. Thus, all mandatory rules should relate to it. 1. Abandon all evil customs… 2. Purge all relationships… 3. Rearrange duties… 4. Establish order in family affairs.

254. [Church] services in the home… using ecclesiastical objects… act upon all the senses.

255. You must never forget other services at church or at home. Neither neglect your home prayers with their churchly tone./

Home services are a supplement to church services, not a replacement. ***See "Amusements," "Childrearing," "Children," "Education," "Father," "Govenie," "Grace," "Mother," "Outer Order," and "Youth."***

263. Fasting

48. THE CHIEF ACTIVITIES OF BODY, SOUL, AND SPIRIT. IN RELATION TO FOOD. From the very first years one must begin to restrain the flesh …train the child to be master of it.

49. Subject the use of food to definite rules… The child is trained not to demand food whenever he wants to eat.

131. …humbling of the flesh requires a change in the way you satisfy your natural needs. …the most convenient time to change your life should be considered to be during a fast, especially during Great Lent. …everything during this time can be fulfilled at any other time. When the holy fast arrives it would be a sin to miss this chance…

240. Exercises To Confirm A Person in Goodness. …can easily discover these exercises by scanning a few lives of the ascetics… fasting, labor, vigil…

243. Abstinence and fasting (the stomach)

264. Hold all parts of the flesh to the law of restraint./ …most important physical labors that persecute the flesh are fasting, labors, vigils…

274. APPROACHING CONSTANT GOVENIE. Because Govenie includes… fasting… it should lead to as much constancy as possible./ 1. Observing all the great fasts or spending all of them in fasting …so the flesh feels a lack… 2. Observing the fasts on Wednesday and Friday …it staunches to flood of sensuality. 3. Voluntary fasting on other days, especially Mondays is customary … some deny certain foods …others eat only Lenten foods… alternate days…

275. There are various forms of fasting – all beneficial … according to one's strength and zeal. ***See "Asceticism," "Gluttony," "Govenie," "Passions," and "Spiritual Exercises."***

264. Fast (4 fasts)

131. [Re: Desire to go into and work on oneself]. …humbling of the flesh requires a change in the way you satisfy your natural needs. …the most convenient time to change your life should be considered to be during a fast, especially during Great Lent. Everything is set up for this [changing one's life] during the Fast./ When the holy fast arrives it would be a sin to miss this chance…

272. The four Fasts are established for this purpose [worthy communion].

274. APPROACHING CONSTANT GOVENIE. Because Govenie includes …fasting …it should lead to as much constancy as possible. 1) Observing all the great fasts or spending all of them in fasting …so the flesh feels a lack… 2) Observing the fasts on Wednesday and Friday …it staunches to flood of sensuality. 3) Voluntary fasting on other days, especially Mondays is customary… some deny certain foods… others eat only Lenten foods… alternate days… ***See "Fasting" above, "Exercises," "Flesh, and "Passions."***

265. Fate

137. HOW TO SOFTEN YOUR INSENSITIVE HEART. Remember Your Fate. …soon comes death. Before the Judge… you will stand alone with your deeds…/ what is Paradise, what is hell? ***See "Blessedness," "Bliss," "Death," "Heaven," "Hell," "Judgment," "Paradise," "Rejection" and "Torment."***

266. Fathers (Holy)

194. [Re: The purified soul and when grace dwells visibly and finally]. …our only instructors in this matter are the Holy Fathers. ***See also "Holy Ones," and "Saints."***

267. Fathers (Spiritual)

211. 3. NEED FOR A SPIRITUAL GUIDE AND A RULE.

212. Others ripen under the visible guidance of experienced men./ …in order to succeed, should without fail commit himself to a father and guide./ [Without a guide he] will inevitably take a dangerous path and exhaust the spirit./ The spiritual life is like a

journey. Since we do not know the way, we need someone to lead us.

213. The father facilitates our being lifted by God.

214. …the experience and reasoning of another more experienced will disperse the delusion and warn him [against satan]. Satan does not approach anyone who has a trusted guide./ …he will be safe under his guidance. ...for the guide will answer for him before God and man for mistakes./ The guide …will always give exact and true counsel once the guided has entrusted himself with all his soul. Entrust yourself to this guide and the Lord will teach him how to lead you.

216. The …guidance of a spiritual father …will progress from day to day …draw near to purity …uprooting his passions…

245. Every …laborer should build a rule for himself, on his own, or under the direction of his guide or spiritual father.

248. It is necessary for everyone to have someone with whom he can discuss spiritual matters – somebody who already knows all our problems and to whom we can boldly reveal everything in our soul.

276. Reveal every perplexity, confusion, or new understanding to another of like-mind or to your spiritual father, so he would discern its worth…/ …to avoid an impasse or digression curtail the habit of deciding everything for yourself.

278. The spiritual father should discern which method is best for whom and how it can be applied./ Any spiritual father ...who destroys zeal by indulgences is a destroyer of souls./ Monasticism is the fullest path …exists of the guided and the guiding.

285. …one or other feeling cuts off or cuts short the flow of sp. Life …outside help is extremely necessary.

295. …the enemy's presence still felt …reveal it to your spiritual father…

298. It is best …to have a trusted friend – a constant eye from the outside…

300. …entrust every thought to your spiritual guide. Breaking this law …is the cause of great falls and delusions.

305. … entrusting yourself to a guide should be considered the best and most decisive means for correcting yourself./ Whoever

seeks purification, pray to the Lord for a guide./ Revelation of thoughts and submission to a father is the most conclusive uprooter of passions and vanquisher of demons.

306. The sooner you find a guide after conversion the better. …whoever is already sick should first seek to be healed by him.

307. …unpleasant situations and constant sorrows are the most effective means …is equal to a spiritual director in power and can replace one in his absence.

318. In this case a guide is invaluable (devising sorrows and hardships for purification.) ***See "Guide (Spiritual)," "Humility," and "Obedience."***

268. Fear (Faintheartedness)

117. A vague faintheartedness comes directly from satan.

134. WORK ON YOUR BLINDNESS. Bring yourself to realize the danger you are in because of your sinfulness…

137. …you should become timid about yourself …should be stunned by the sense of danger you are in…/ At the onset of a slight sense of your sinfulness and the danger of remaining in it… conquer yourself…/ Remember your fate… soon will come death… the judge stands before the door…

234. Whoever …sees himself in the spiritual world cannot help but come to a state of fear and trembling.

256. …spiritual feelings …from the fear of God. ***See the next 2 entries related to "fear," as well as "Confession."***

269. Fear of God

60. To the spirit belong the fear of God corresponding to the mind…/ The fear of God gives birth to prayer and makes the conscience clear./ The earlier the fear of God will be imprinted …the more solid will piety be for the rest of one's life.

186. From self-abasement go to the fear of the Prodigal Son…

198. [Re: Stages of Sp. Growth]. From Sirach: "Wisdom will bring fear and dread upon him." Fear… of God's abandonment.

256. … spiritual feelings… from the fear of God. ***See "Abandoned (by God)," "Chastisement," "Contrition," other entries related to "fear" below, "Discipline," "Spirit (Man's)."***

270. Fears

284. In the sensual part… passions that shatter peace and tranquility of heart… fears.

311. [Re: stages of sp. growth]. At first man is covered with fear …like a slave./ Then fear subsides and without disappearing gives way to sweetness of labor… ***See "Abandoned (by God)," "Chastisement," "Contrition," other entries related to "fear" above and below, "Discipline," "Spirit (Man's)."***

271. Fear of Death

137. Remember your fate: say, "Alas, soon will come death ...the Judge stands before the door…" left alone with your deeds… they will condemn or justify you. Your secret sins will be reproached before all. What is Paradise… what is Hell? ***See "Abandoned (by God)," other entries related to "fear" above, "Death," "Hell,""Judgment," "Rejection," "Torment."***

272. Feelings

60. [Re: Developing children]. To the spirit belong …prayer corresponding to feeling./ children have a natural predisposition for this and they assimilate these feelings (for the other world)./ [Re: Prayer]. …little by little children should be led into this sanctuary of our feelings.

225. [Re: Being Within]. Remove anything that distracts from bringing the soul's powers together …the mind and the feelings.

232. REMAINING IN FEELINGS THAT LEAD TO RESOLVE. …reproduce those feelings and thoughts that first brought you to zeal… Great danger… renew that feeling…

233. This is the right feeling. These feelings can be all called activity of spiritual life./ When you need to ignite a slackening life, summon one of these feelings./ According to the Fathers-a general counsel: always stand in one of these feelings./ Take a passage of Scripture that strongly expresses one or another state./ Not every feeling is always easy …use those that come naturally to speedily acquire these feelings…/ A feeling comes easily during Morning Prayers – at least you should make it so.

235. [Re: During Morning Prayers]. keep attention fixed on what is moving in your heart… Robe this feeling in Scripture and repeat it. …you will soon be entirely in this feeling./ According to the condition in your soul, you should incline to one or another feeling./ The happiest tone of spirit is to be able to pass through all these feelings at once./ Begin in thought and the Lord grants the feeling./ The primary feeling should always be the fear of God. …the concluding [feeling] should be dedication to God.

236. …accustomed to placing himself in spirit into such a feeling has a …safe harbor./ …in one of these feelings is … meaningful in the spiritual life …means we are in the active heart./ … in order to have more success being within, hasten to have a feeling.

237. [Re: Rules for individual feelings]. …should be the subject of personal instructions, contemplations and reading./ Being within & aware [of the spiritual world]. …the Fathers called "awakening of spiritual feeling." … remembrance of God… of death… of sins… ***See "Heart," "Prayer," "Spirit (Man's)," "Zeal."***

273. Feelings (of adultery)

283. Wherever they (passions) are present there are… feelings of adultery. ***See "Flesh" and "Passions."***

274. Feelings of Prayer

257. The third stage of prayer is prayer of the feelings – attention warms the heart …becomes feeling in the heart./ Whoever has passed on to feeling prays without words./ …the summit of prayer …moving from feeling to feeling./ The prayerful feeling comes at church or at home./ …when the feeling is present, cease all other activities and stand in it./ When the prayerful feeling ascends to ceaselessness then spiritual prayer begins. ***See "Communion" and "Prayer."***

275. Feelings of Resolve

232. REMAINING IN FEELINGS THAT LEAD TO RESOLVE. Renew resolute zeal …by producing those feelings and thoughts that first brought you to zeal…

233. This is the right feeling. These feelings can all be fittingly called *activity of spiritual life*./ When you need to ignite a slackening life… summon one of these feelings. ***See "Dedication," "Resolve," and "Zeal."***

276. Fervent

195. If we fervently desire holiness …the Holy Spirit …gives the soul …a full taste of God's sweetness.

209. …the work of the determined one is: be fervent, take up your labors with firm resolve… ***See "Ardor," "Dedication," "Warmth," and "Zeal."***

277. Fetters

140. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. …you will throw off …those fetters and emerge into the freedom of a child of God. ***See also "Bonds," "Inspirers (of Sin)," and "Nets."***

278. Final (Goal of Man)

191. FINAL GOAL OF MAN – A LIVING UNITY WITH GOD. The goal for which the convert should direct all his attention and labors is the final goal of man and the economy of salvation … pleasing God, a living unity with God, becoming worthy of His kingdom…. "I will dwell in them," says God (II Cor. 6:16) …all the members of the blessed Trinity.

192. God's indwelling is not merely mental …it is a kind of unity in which, without eradicating human strength and personality, God manifests Himself *as one that worketh in him both to will and to do* (Phil. 2:13)./ This is not only the person's goal, but also the goal of God Himself./ He is ready to abide in anyone who is ready to receive Him. Only lack of desire, coarseness and sinfulness keep us from Him. ***See "Ascend," "Communion," "Prayer" and "Union."***

279. Final Stages of Perfection

323. [Re: Final stages are like fire drying wood or boiling water] Material of the passions …burned by the divine fire …

passions retire./ …resurrection of the soul …exodus from the old man./ …complete but ever maturing …often taken up into visions…

324. …becomes insensitive to those things that arouse the passions …he is wholly united to God./ …comes to know the will of the Lord as if he hears a certain voice…/ **3. DISPASSION IS THE PALACE OF THE HEAVENLY KING.** …is communion with God and God's indwelling…

325. They apprehend God's will as hearing a certain inner voice because they have united their senses with God./ …a flaming love for God./ …are dispatched from stillness to those seeking salvation. ***See "Apatheia," "Ascend," "Communion," "Dispassion," "Maturity," "Passionlessness," "Temple," "United."***

280. Finalities (The Four)

227. Symbol of Faith: all subjects are there… Four Finalities: death, judgment, Paradise, hell. ***See entries for each of these.***

281. Fire (Divine)

322. …standing before God in mind and heart …fire is added to fire./ The burning of the Spirit purifies… leads to a state of passionless… as metal in a furnace… makes him a ready dwelling place of God./ …burning love for God in God./ The fire is implanted at the moment of conversion and begins to work as soon as the person makes his vow and begins to labor./ …primary warmth sometimes comes and sometimes hides itself. It continues to work and purify…[giving] endurance.

323. Cannot show all its power as long as the passions … dominate the man./ …only appears in all its power when the passions abate completely./ [Water warms then boils] demonstrate the final stages of perfection./ The material of the passions are burned… by the divine fire. ***See "Fervor," "Grace," "Love," and "Zeal."***

282. Fire of Zeal

221. PRESERVING THE SPIRIT OF ZEAL FOR GOD. The fire is kindled… by God's grace through repentance…/ …it alone is

capable of keeping them [commandments] all the time …spirit of zeal is our only saving power./ This is that same fire our Lord… came to kindle on the earth… lights the hearts of the faithful (Lk. 12:49)/ The first job of the Christian ascetic should be the preservation of this zeal.

222. Whoever wishes to preserve unyielding zeal should 1. Go within…2. View the new world, 3. Stand in those feelings of ascending to the lord… ***See "Ardor" and "Fervor."***

283. Flesh

48. [Re: Childrearing]. Body …seat of the passions for sinful enjoyment of the flesh./ …eat in such a way as not to ignite… pleasing the flesh./ From the first years one must begin to restrain the flesh …inclined to crude materiality …to become master of it.

50. …unrestraint in desires …immersed in the flesh …and sensual enjoyment./ …not inflate self-will and destroy the spirit for the sake of the flesh.

93. Man [has] been fused with sin and the flesh…

98. …with the flesh and materialism the soul became fused at the fall… [satan] has free access to the soul through the flesh.

112. I. Self-indulgence. Self-indulgence… dominating in our physical/mental aspect…/ …becomes the point of contact for other bonds of the flesh./ Such indulgence of the flesh comes in various forms… sensuality, luxury,…

113. …all these form firm supports for selfishness./ By directing its power towards destructing these supports… salvific grace carries out the following to awaken the sinner… [grace removes the supports by arranging the opposites or taking away what feeds it]/

117. The third bonds come from satan and his demons … mostly correspond with the world and self-indulgence…

129. Sin hides itself in the soul under many coverings… upper-most covering is prevalence of the flesh… most visible covering.

131. …humbling of your flesh requires changes in how you satisfy your natural needs.

163. …sensuality, earthliness, man-pleasing… are characteristic of a sin-loving heart./ They are the deeply rooted inspirers of sin./ …the fallen man torments himself with sensuality.

182. [Re. Confession and Absolution]. …to destroy in the sinner those passionate desires of the flesh which give birth to sin. We know that opposites cure.

203. 1. THE INNER MAKEUP OF THE CONVERT. …sin entered into us… as if the entire image of man and thus is called the fleshly man, the emotional, the outer man./ …is unnatural, permeated with sin …the condition of the unconverted…/ after conversion man does not pursue or like this unnatural state…

208. The spirit hates sin. The flesh and soul are sympathetic to it and cling to it…

267. A man weak in spirit… especially are overcome by passions of the flesh. …should leave it all suddenly; the places where he wallowed in sin.

283. At the beginning the spirit is filled with zeal but the soul and body are still filled with passionateness… and rebel against the spirit that persecutes them as for their lives./ The body. The source of passions is pleasing the flesh, or comforting the flesh… wherever the body and sensual delight are present there is…all kinds of pleasing the flesh in lusts.

286. The demons… teach them every sin, working through the flesh, especially the senses and that element where the soul and demons themselves live.

288. BOUNDARIES OF THE BATTLEFIELD. …tempting effects reach our consciousness from one of these three [the world, flesh or devil]… ***See other entries related to the "Flesh," as well as: "Bonds," "Indulgence," "Nets," "Passions," "Pleasure."***

<u>284. Flesh (persecuting)</u>

261. Persecuting the flesh means not giving it any pleasures in lusts or not with relish./ …it means not receiving… any feeling or impression indiscriminately however good it may be… in passing, as foreign./ …received with a certain restraint./ …not according to pleasure, but reason and good intention.

262. Persecution of it withers the passions./ …how pure is the vision of persecuted flesh… how alive and palpable is the spiritual life in it!/ Not a single saint had an easy life …they lived in persecuting …the flesh./ Isaac the Syrian considers persecution of

the flesh as a condition for salvation./ The flesh should be persecuted in all its parts, members, and functions.

263. RULES FOR PERSECUTING THE FLESH.

268. …persecuting the flesh with all its members… safeguards his inner life./ …strengthened himself with persecuting the flesh… he goes on to works that are pure and salvific. ***See also, "Asceticism," "Passions," "Self-Forcing" and "Self-Opposition."***

285.Flood (The)

136. [Re: God's Justice and man's guilt]. If everyone has sinned, He will punish everyone. look at how many people were born before the flood and all perished. ***See the "Four Finalities" and "Wrath" with their references.***

286. Flout(ed)

138. Remember you are a Christian… redeemed… washed… and you have flouted all this for the sin that destroys you. ***See "Passions," "Pleasure," and "Sensuality."***

287. Food

48. [Re: Child development]. **DEVELOPING POWERS OF SOUL AND BODY – IN RELATION TO FOOD.** …first requirement for bodily life./ With relation to morality this is the seat of the passions for sinful enjoyment of the flesh. …the arena for its development./ …much that happens …depends on the feeding of the child. …can develop a love for pleasure and immoderation…

48-49. …love of pleasure and immoderation …two forms of gluttony./ …select healthful and suitable food depending on age… Subject food to definite rules… Do not depart from it (established rules) without need./ Train the child not to demand food whenever he is hungry…first attempts at self-denial.

263. [Re: Flesh and spirit are opposed to one another]. … purely animal instincts of feeding and fighting./ …related to the senses are food, the tongue and sexual function./ [Re: rules for persecuting the flesh**].** Measure the amount of food needed by the flesh …simple and healthy …determine the hour it is taken. …be content.

233. 3. REMAINING IN FEELINGS THAT LEAD TO RESOLVE. Renew zeal by renewing the feelings that …brought you to resolve …you flouted self-pity…

264. [Persecution of the flesh cont.]. The most important physical ascetical labors are fasting, vigils, labor… ***See "Fasting," "Govenie."***

288. Food (Spiritual)

184. [Life in the Lord]. The vine: …who wants to live should cultivate in himself its life-giving juices and nourishment. The cultivation is done through Holy Communion -/ …when it [door of the heart] is open He enters in a feasts with the communicant./ New life requires customary food …the Body and Blood of the Lord (Jn. 6:55)/ It is especially necessary to taste this food at the outset [of the sp. Life].

276. The Sacrament of the Body and Blood is divine food for the Christian… . ***See "Communion," "Eucharist," "Body" and "Blood," and "Word of God."***

289. Forcing (self)

23. [Re: The nature of Christian life and zeal]. Christian growth is a battle… by warfare… and forcing himself… **161.** [Re: Spiritual Warfare] Though you expect everything from God, you must force yourself into action…

208. 1. THE SPIRIT AND CHARACTER OF ASCETIC STRUGGLES. One who has resolved to serve God …should oppose the demands of his body and soul …and force himself to do their opposite./ …because the soul and body comprise his personality, this is the same as opposing himself in the bad and forcing himself in the good. Self-opposition and self-forcing are two aspects of zeal born in the soul… the beginning of asceticism./ … comprise the struggle of man with himself …podvig. **209.** The zealous are eager for ascetical works of self-forcing and self-opposition…/ … he who opposes himself …with the most decisiveness will more quickly attain purity.

220. THE ASCETICAL LABOR OF SELF-OPPOSITION. [Self-forcing] sums up the ascetics work./ …it is necessary to

oppose the passions to their faces …directly./ **RULES TO PRESERVE THE INNER ORDER OF LIFE. 2. RULES FOR SELF-FORCING**.

229. [Re: State of being within] …state of doing consists in forcing oneself to gaze upon these subjects as often as possible (salvation paradigm)…

246. …the entire order of positive action or self-forcing... ***See "Asceticism," "Body," "Correction (Self)," "Flesh," "Opposition (Self)," "Spirit (Man's) "Zeal."***

290. Forgetfulness (of God)

284. FORGETFULNESS OF GOD LEADS TO OTHER SINS.

284-285. Enemy strikes… go unnoticed because of their subtlety and depth …an expulsion from within to the senses. instead of awareness of the spiritual world there is forgetfulness of God… everything spiritual.

285. [When] awareness falls …all life activity falls. Instead of fearing God, choosing Him and treasuring Him… ***See "Careful," "Concentration," "Diligence," "Inner," "Remembrance," "Within (Being)."***

291. Foulness

217. Every time the forces of sin obscure… purity it reminds him… that he harbors within himself only uncleanness, sinfulness and what is repulsive to God.

292. Foundation (of Salvation)

221. [Re: Preserving zeal]. If the fulfillment of the commandments is the foundation of salvation then the spirit of zeal is our only saving power. ***See "Spiritual" and "Zeal."***

293. Four Finalities

227. Symbol of Faith: all subjects are there… Four Finalities: death, judgment, Paradise, hell. ***See entries for each of these finalities.***

294. Free Will

31. Such zeal [active for pleasing God] is produced by the action of grace. However, it does not appear without the participation of our free will.

34-35. The minute grace descends and joins itself to your free-will is the minute Christian life is born in you.

38. [**RE: baptism of infants.]** …comes from the relationship of grace to freedom. …grace descends upon free desire …by mutual cooperation is begun the new grace-given life./ …according to grace and the nature of the free person. God gives grace freely but He asks that we… dedicate our lives to Him. Grace descends on the infant upon the condition that in the future …he would not have it any other way [a dedicated life].

39. If he had understanding and freedom, he would not have had it otherwise…

93. Grace produces change, but does not do so without our free assent./ [In the case of infants] freedom comes later and assimilates itself with grace. In repentance free assent must participate in the very act…/ **2. THE COMBINING OF FREEDOM WITH GRACE.** …change undergoes several stages signifying the combination of freedom with grace. Grace gains the mastery …and freedom is subordinates itself to grace./ For some, these stages go by quickly …for others …it continues for years.

281. FREELY LOVING AND CHOOSING GOOD… When consciousness and free will switch to the side of good… vanquish through hatred all evil and passionateness…/ The powers that war with the passions are the intellect or spirit – the seat of consciousness and freedom… upheld by grace./ When passions attack, they storm the mind or spirit – that is, the seat of consciousness and freedom.

282. …as long as freedom and consciousness are whole… victory is ours… the vanquishing power from grace./ …it [grace] destroys one thing and builds another… through free will.

288. [Re: Stages of temptation]. …resolve [to sin] is always … preceded by inclination of free will.

318. Free will is not destroyed …for self-dedication is not a final irrevocable act, but is constantly repeated. ***See "Dedication," "Freedom," "Grace," and "Will."***

295. Freedom

148. FREED FROM THE REIGN OF SIN THE SOUL IS FREE TO CHOOSE. … how necessary grace is… freeing the soul…

154. The power of God residing in man gives place to freedom… so the will might be disclosed. Does it agree with grace…? Thus, begins the unification of the will with grace./ … [grace] possesses… only when man's desire opens the door to receive it./ …grace confirms the desired good for man.

155. …it [grace] continues like this until man's mastery over himself./ …once having felt grace-filled awakening, hasten with your will to fulfill its demands./ …sympathetic desire born under the effects of grace… active desire… the will agrees…

158. LEANING IN THE DIRECTION OF GOODNESS AND CHOOSING IT. …even he cannot say what is at work… grace or freedom./ Freedom commits itself while grace takes possession.

169. … freed… he says, "I will arise…"/ Freedom, having returned to itself... now turns to God./ The goal of human freedom is not in freedom itself… but in God./ Having given man freedom, God has yielded a part of His divine authority… with the intention that man would return it as a sacrifice…/

187. …order of conversion… mutually dependant on freedom and grace.

224. …being within is a condition… of true freedom, intelligence… true spiritual life.

281. FREELY CHOOSING AND LOVING GOOD IS APOWERFUL WEAPON. …when consciousness and freewill switch to the side of good… banishes passionateness./ …the intellect or spirit – the seat of consciousness and freedom. …upheld by grace./ …passions storm the mind or spirit …the seat of consciousness and freedom.

282. As long as the consciousness and freedom …are on the side of good …the victory is ours. …the power is from grace. … victory is from God./ Battle as hard as you can… remember to lay all your sorrows on God.

316. The condition of …God's indwelling …is the renunciation of our freedom./ This [God acting in everything] cannot happen as long as freedom stands for itself. ***See "Dedication," "Free will,""Grace," "Will."***

296. Frequent (Communion)

270. [Re: Exercises to confirm in goodness]. This is the grace-filled source for preserving and strengthening spiritual life. This is why from the very beginning, true zealots considered frequent Communion to be the chief blessing./ Basil the Great …said it is salvific to partake every day …his own life four times [was limited] a week.

270-271. This is the opinion of the Saints, that there is no salvation without Communion and no progress without frequent Communion.

271. Those who receive Communion worthily taste of life… [Those] …unworthily of death./ When receiving Communion… must approach with fear, trembling, and sufficient preparation.

276. 3. CONCERNING COMMUNION. The Sacrament… is divine food …and a sacrifice. / Not everyone receives, but the sacrifice is brought from all for all. **276-277.** *Theophan offers miscellaneous rules to aid in preparing*. ***See all entries related to "Body" and "Blood of Christ," "Communion," "Eucharist," "Grace (Means of)," and "Sacraments."***

297. Friendship

244. [The curative exercises for the three powers of the soul].

243. 3. THE OUTWARD ORDERING OF LIFE.

242. 2) Purge all relationships and acquaintances… estranging the harmful… determine your behavior with people (beforehand)./ It is essential that your whole environment – things, individuals… form a spiritual atmosphere… nourishing and creative…

248. It is most necessary to have someone with whom he can discuss spiritual matters… best if it is only one person…/ Idle conversation only… to pass the time should be avoided at all costs.

266. …abandon everything dangerous to the new life… cease from all… acquaintances, jokes, sarcasm, laughter and idle time…

for some it may be the most petty things… a familiar individual…/ … remove from it everything passionate and replace it with what aids it… be it family, personal or social life… friends or associates./ … establish rules for every part of the home, work, acquaintances… how and with whom you spend your time.

267. [External life according to the new life]. From the first moment of conversion cease all association with the sinful world… and worldly until the new life is formed in you. ***See "Acquaintances," "Amusements," "Associations," "Conversations," "Entertainment," "Family," "Spiritual Director" or "Father," and "World."***

298. Fruit

135. [Re: Awakening grace]. …external good behavior is the leaf, while internal good behavior is the fruit. ***See entries related to "Commitment," "Dedication," "Grace," "Promises," "Thoughts," and "Vows."***

299. Fulfillment

140. [Re: Waking from the sleep of indolence]. Gather thoughts that awaken energy… ease of fulfillment, removal of obstacles, consolation being prepared… . ***See entries related to "Commitment," "Dedication," "Grace," "Promises," and "Vows."***

300. Future (Life)

106. [Re: Special actions of grace]. ...a superior divine way [of life]… [paradigm of salvation] bearing one's cross that leads to unending bliss… the future life.

163. [Re: Reasons to abandon the world]. This conclusion directing us to the age to come… in the sin-loving heart is no feeling for the future life… forgets about the future life…/ …the future life demands something differently [than the present earthly, sensual life], about which not a thought is not given. ***See the "Four Finalities," "Death," "Judgment," "Heaven" and "Hell;" also "Paradise" and "Torment."***

G

301. Gathering (self)

222. BEING WITHIN. Law for being within. Gather all the powers of soul and body…

222-223. Being within is the locking of the consciousness in the heart, and forceful gathering of the powers of the soul and body.

223. …is the essential means of …podvig./ Gathering of the mind is *attention*… of the will is *vigilance* …of the senses is *soberness*./ Attention, vigilance and soberness are the three inner activities by which self-gathering… is accomplished./ …all the work of self-gathering consists in…

224. Repeat often the action of self-gathering./ …not the same as thinking in thought though similar to it./ …consists in all the movements…/ …is the condition of man's true lordship over himself …of his intelligence, thus of his spiritual life./ 1) He who is gathered should burn for he concentrates all his powers in one.

225. 2) The gathered one is strong, like a battalion…/ 3) The gathered one sees everything in himself…/ Only be within and you will never cease to be zealous.

226. Gathering is not the same as warfare …it is its own spiritual activity and the primary one./ Gathering is where all spiritual activity takes place.

236. The spiritual world is always open to one who is within himself. ***See "Concentration" and "Within (Being)."***

302. Gifts (of Grace)

38. The Lord gives grace freely. But He asks that man seek it and receive it with desire, dedicating himself entirely to God. See also Grace. ***See also "Baptism," "Grace," and "Holy Spirit."***

303. Gluttony, (Eating and Fasting)

49. [pleasure and immoderation] the two forms of gluttony, the two inclinations bound up with eating… ruinous for body and soul. 1) select healthy and suitable food… 2) subject use of food to definite rules… 3) do not depart from this rule without need./ …a child is

trained not to demand food whenever he wants to eat. …when a child is fed every time he cries… he is so weakened that later he cannot refuse food except at great pain.

261. KEEPING THE BODY IN THE SPIRIT OF THE NEW LIFE. Persecuting the flesh means not giving it any pleasure in lusts… accepting neither food, drink… indiscriminately…/ everything as passing, as foreign… with a certain restraint. … not according to fleshy desire, but according to measure set by reason... and intention.

262. Satisfying individual fleshly desires and indulging desires… because of inattentiveness makes one grow cold./ Fleshly comfort is to the spirit what water is to fire./ The flesh should be persecuted in all its parts, members and functions.

263. Related to the animal are feeding and fighting./ 3) Measure the amount of food needed by the flesh. Determine its quality and the hour it is to be taken…

264. The most important physical ascetical labors are fasting…

282. The power for overcoming the fleshly passions comes from God.

304. Goal (final)

21. …man's final goal: communion with God.

24. This is the state of blessed communion with God – the goal of all labors and ascetic endeavors.

191. CHAPTER ONE THE FINAL GOAL OF MAN – A LIVING UNITY WITH GOD. …the final goal of man and the economy of salvation: pleasing God, a living unity with God, becoming worthy of His kingdom. The searching, zealous spirit will only be at peace when he attains God, tastes Him and is filled.

192. …is not merely mental… It is a kind of unity in which, without eradicating human …personality, God manifests Himself as the one who worketh in him…

193. VARIOUS ASPECTS OF COMMUNION WITH GOD.

195. All spiritual life consists in the movement from mental communion with God to actual, live, perceptible, and manifest

communion.

206. …the main goal of the repentant sinner should be total light-bearing and blessed communion with God…/ …he must not draw attention away from the final goal …with eagerness. …eyes fixed on God.

229. The last phase of this activity is standing in the spiritual world, a sort of feeling you are there… of being upheld in the almighty reigning power of God as a child…a soldier… a son…/ by God he has stepped out of this world and dwells in another …that he has entered the kingdom of God, or received it into himself./ This exit from the present world and entrance into the other should be your goal and object of intense seeking./ … the state of standing in God's world.

235. It is obvious that the happiest tone of spirit is when one is able to pass through all these feelings [spiritual paradigm] at once. You should make this your life's work and seek it. See **below "Final Goal of Asceticism, *"Prayer," "Communion," "Final Goal," "Goal (of Man)," and "Union."***

305. Goal (of Asceticism)

311. [freeing himself from impurity and passion to freeing himself in God-pleasing activities and the gradual revelation of God] This is the goal of primary asceticism…. This goal and striving is: longing for God as the highest good.

313. Yearning for God is the goal. At first it is only in intention, sought for. It should be made real, alive, like a natural pull that is sweet. ***See also above Final goal of man.***

306. Goals

127. When the… thought comes to change, seize it… With this goal in mind, drive away… procrastination.

130. The goal is very significant – it completely changes ones activity.

136. Hasten to disperse… blindness… make this the goal of this chief work on yourself.

152. …they diverge widely in direction and goals… turn to God… grant a foretaste of Him.

166. We must… not stop until the heart has made the changes it needs… must not stop until we reach the final limit [goal]…

169. The goal of human freedom is not freedom itself… but in God.

175. But the goal is not simply to destroy… but by destroying the old, the new can be created.

249. …continually keep in mind the main goal-impressing the truth on yourself and awakening the spirit.

314. Such immersion in God…. I is the main goal. ***See also above: Goal (final) and Goal (of asceticism).***

307. God (as Father)

138. [Re: How to soften an insensitive heart]. Will you close your ears to the fatherly voice that mercifully calls to you?

308. God as Judge

227. [Re: Standing in the vision of another world]. The entire structure of the spiritual… world can be expressed… at the resurrection and judgment all will receive according to their deeds – some will descent into hell, while others will ascend into Paradise…/ …the four finalities death, judgment, Paradise and hell.

228. …according to St. Chrysostom, a feeling …of being a citizen of His city… established in death and judgment, with your gaze turned either to heaven or to hell./ See yourself …standing after death before the judgment which will determine whether you will be received into Paradise or swallowed up by hell.

228-229. Once this vision has been achieved …it will achieve an unceasing vision of that spiritual world in the presence of God … at the hour of death and judgment, at the threshold of hell and Paradise.

229. …relate to death and judgment as a criminal awaits a sentence; to look at heaven and hell as if on a narrow plank – on one side is the abyss rolling in flames, on the other side is a lovely garden./ … force yourself to look upon these subjects as often as possible.

230. As an aid …take a verse from Scripture: (Heb. 9:27; Rom. 2:5; Acts 4:12).

233. See yourself hanging over the abyss unworthy to be spared. ***See "Heaven," Hell," "Judgment," "Paradise," and "Torment."***

309. God (as Comforter)

181. [Re: Confession]. Confession …absolution …streams of grace pour through the head into the heart./ …this is the mystery of the Lord the healer and comforter. ***See especially entries related to "Baptism," "Confession" and "Repentance."***

310. God (Contact with)

322. The burning of the spirit from contact with God …purifies a man …and leads him to passionlessness. Our nature melts in this fire like unrefined metal. It comes forth radiant with heavenly purity and is a ready dwelling place of God. ***See "Ascent (to God," "Awakening Grace," "Baptism," "Communion," and "Union."***

311. God (Eye of)

138. [Re: How to soften an insensitive heart]. Will you still offend the eye of God with your… sinful appearance? ***See also "omniscience," "omniscient," all "knowing."***

312. God (Face of)

138. [Re: How to soften an insensitive heart]. …place yourself weighed down by sins before the face of Him, the omniscient, omnipresent …all-gracious… ***See also "omniscience," "omniscient," all "knowing."***

313. God (Grace of)

138. [Re: How to soften an insensitive heart]. Place yourself before Him… the all-gracious... ***See entries related to "Baptism," "Grace," and Sacraments."***

314. God (Gracious)

138. [Re: How to soften an insensitive heart]. Place yourself before Him… the all-gracious...

313. …awareness that God has accepted him …been gracious unto him. ***See also grace and its various entries.***

315. God (Hand of)

138. [Re: How to soften an insensitive heart]. Will you turn away the hand stretched out to receive you? ***See "Awakening Grace."***

316. God (Hateful to)

262. [Re: The flesh vs. spirit]. The holy fathers call this fleeting comfort of the flesh, which is a most dangerous infirmity, hateful to God. ***See "Flesh," "Judgment," "Spirit," and "Wrath."***

317. God (Healings by)

181. [Re: God's presence in Confession]. Streams of grace to true penitents during Confession and absolution: This is the mystery of the Lord healer… of souls. ***See "Absolution," "Communion," "Confession," "Exercises (Curative)," and "Passionlessness."***

318. God (Immersion in)

314. [Re: Living Union with God]. God is in us when our spirit is truly in God. …not mental communion, but a living, silent … immersion in God. ***See "Communion," "Prayer," "Union."***

319. God (Indwelling)

191. FINAL GOAL OF MAN – A LIVING UNITY WITH GOD. …direct all his attention and labors …is a living unity with God./ "I will dwell in them" (II Cor. 6:16), says God, and this is all three persons of the Most-Holy Trinity.

192. God's indwelling is not merely mental …it is a living, enlivening thing./ It is a kind of unity in which, without eradicating human …personality, God manifests Himself as the one who worketh in him… / It may seem strange that God's indwelling must be attained when it is already present./ He is ready to abide in anyone who is ready to receive Him.

193. VARIOUS ASPECTS OF COMMUNION WITH GOD. In the sacrament of baptism or confession the Lord enters a man by

His grace. …allows him to taste the sweetness of divinity abundantly and perceptibly…/ …after a man reaches a certain level of maturity …the Lord perceptibly manifests His dwelling in man's spirit which has become a temple of the tri-hypostatic Divinity.

194. It [communion with /God] remains imperceptible until the heart is purified.

195. All spiritual life consists in the movement from mental communion with God, to actual, perceptible, and manifest communion./ **2. HOW GRACE SETTLES IN THE REPENTANT SOUL.** …a person who has repented has actually entered into communion with God. Yet, is still hidden and secret… His goal is … complete, tangible, perceptible communion. …it remains invisible until the heart is purified.

197. FINALLY GOD DWELLS IN A MAN IN A SPECIAL MANNER. 198. God dwells in man in a special manner. He visibly fills him, unites Himself to him…

324. Being within and gathering are not the same as being deep in thought, or meditating. ***See all entries regarding "Baptism," and "Communion."***

<u>320. God (Joining with)</u>

314. Before the spirit had to push itself within, now it is established and does not leave…/ The person is now happy to be alone with God. **NOTE:** *see the entire page. The context is joining*. ***See "Ascent," "Baptism," "Communion," "Immersion," "Prayer," and "Union."***

<u>321. God (Judgment)</u>

127 [Re: Procrastination]. (1) Imagine …the danger of procrastination. …. God may finally say, "*Ye have become loathsome to me, I will no longer pardon your sins*" (Is. 1:14). You may pass beyond the point of no return.

137. Death stands at the door. …"*The Judge standeth at the door*" (Jms. 5:9) Your secret sins will be reproached before all the angels and saints. Before everyone's face you will stand alone with your deeds. They will either condemn or justify you./ Paradise… indescribable blessedness/ … Hell … torment without consolation or

end – it bears the seal of God's final rejection. ***See also "Death," "Heaven," "Hell," "Judgment," "Paradise," "God (rejection)," and "Torment."***

322. God (Long-suffering)

138. [Re: Softening an insensitive heart]. [For the sake of your sin] will you still mock His longsuffering? ***See also "Cross," "Crucifixion," and "Crucify."***

323. God (Love for)

322. [Re: Hesychia or Stillness]. Only those who have united themselves to stillness in order to delight in the love of God. …are true hesychasts. ***See "Ascent," "Communion," "Love," "Prayer," "Stillness."***

324. God (Offending)

138. [Re: How to soften an insensitive heart]. Will you still offend the eye of God with your …sinful appearance?

325. God (Omniscience)

138. [Re: How to soften an insensitive heart]. Turn to God … weighed down by many sins, before the face of Him, the omnipresent, the omniscient…

326. God (Pleasers)

242. CURATIVE EXERCISES. FOR THE MIND. Writings of the holy fathers and lives of the God-pleasers. ***See "Mind," "Thoughts," and "Will."***

327. God (Pleasing Life)

206. …he must keep his eye on God …the initial work of building a God-pleasing life.

207. [Re: God-pleasing life] begins in seed form then it develops (not exclusively) in one part or another.

208. Chapter Three A Guiding Rule For A God-Pleasing Life. [The spirit loves the good and will of God. The body and soul love sin and are clothed in passions] The person who has resolved

himself to please God …in all things …should oppose the demands of his body and soul …and force himself to the good …self-forcing or self-oppositions. This is the beginning of asceticism or podvig.

209. The zealous are eager for ascetical struggles of self-forcing and self-opposition, with the aim of self-correction and achieving primordial purity. **210.** Fruits of Asceticism are ripened through grace.

211. The need for a guide. ***See "Asceticism," "Grace," "Self-Opposition and Self-Forcing," and "Spirit."***

328. God (Presence of)

313. [Re: Communion with God during prayer]. This vision is given for the most part during prayerful times of standing in the presence of God, and ripens by means of this same prayerful standing in God's presence./ [Standing in the presence of God] is the very beginning of ascent to living communion with God. ***See references to "Communion" and "Prayer."***

329. God (Providence)

313. [Re: Living Communion with God]. Do everything in an awareness of its being God's will; proceed in this will and submit to it in everything with the whole soul./ Acting according to God's will embraces everything that happens to a man…/ …receive whatever you come across as from the hand of the Lord …receive it with joy, submitting yourself eagerly, peacefully, delightfully, regardless of its distastefulness./ … by these spiritual activities the mind will see God more and more clearly and confirm itself in the vision of God. ***See "Communion," "Passionlessness," "Prayer," and "Providence."***

330. God (Punished by)

136. [Re: God's judgment towards the unrepentant]. God does not look at numbers. If everyone has sinned, He will punish everyone [He then mentions the flood, Sodom and Gomorrah]/ The torments in hell will be no easier just because so many are there – on the contrary, won't this intensify the suffering of each one?

138. [Re: Considering what sin is]. …by sinning you participate in tormenting the Savior …and share in the tormentor's lot./ …

crucify Him then perish eternally…/ [unrepentant sin] separates you from God and wreaks havoc on your body and your soul.

139. …it sends you to hell, closing Paradise to you forever. ***See "Chastisement," "Judgment," "Hell,""Rejection," "Torment," and "Wrath."***

331. God (Rejection)

137. [Re: Softening an insensitive heart]. Before everyone's face you will stand alone with your deeds. They will either condemn or justify you./ Paradise… indescribable blessedness/ …Hell … torment without consolation or end – it bears the seal of God's final rejection. ***See "Chastisement," "Judgment," "Hell,""Rejection," "Torment," and "Wrath."***

332. God (Seeking)

315. [Re: Living Communion with God]. …what are we seeking? Communion with God so that God would dwell in us and begin to move in us …that He would guide our intellect, will, and feelings./ Every spirit that understands itself should seek what would seek God. ***See the various entries for "Communion."***

333. God (Spirit of)

199. …after many trials the soul comes to please the Holy Spirit.

314. [Re: Living Communion]. He acquires the Kingdom of God within himself, which is that peace and joy in the Holy Spirit./ Many of the Saints were in a state of unceasing exultation, and on others the Spirit fell temporarily but often. ***See "Communion," "Holy Spirit" and "Spirit (of God)."***

334. God (Temple of)

324. He who is dispassionate toward all things…. Though covered with corruptible flesh, is a temple of the living God, Who directs and instructs him in all his deeds, words, and thoughts./ …he comes to know the will of the Lord as though he hears a certain inner voice…/ …it is no longer I, but Christ lives in me. ***See "Ascent" and "Communion."***

335. God (Vision of)

313. [Re: Living communion with God]. Do everything in an awareness of its being God's will…. By these spiritual activities the mind will see God more and more clearly and confirm itself in the vision of God./ You will become mentally confirmed in standing in the vision of God…/ This vision is given for the most part during prayerful standing in the presence of God./ Concurrently with this vision is reverent worship of God… with awareness that God has accepted him… result[s] in inward pull and rapture to God. ***See entries for "Communion," and "Prayer."***

336. God (Voice of)

138. Will you close your ears to the fatherly voice that mercifully calls you?

324. [Re: Dispassion]. He who is dispassionate toward all things…. Though covered with corruptible flesh, is a temple of the living God, Who directs and instructs him in all his deeds, words, and thoughts./ …he comes to know the will of the Lord as though he hears a certain inner voice…/ …it is no longer I, but Christ lives in me. ***See entries for "Ascend," and "Communion."***

337. God (Walking with)

198. [Re: How Wisdom guides us]. According to Sirach 4:17-19. "*... first she will walk with him by crooked ways*": … austerely, with seeming lack of love./ "*and bring fear and dread upon him.*" Fear of God's abandonment and immanent threats from enemies…

199. "*Until she may trust his soul and try him by her laws*" – Until he can be relied upon as one tried and true./ "*She will return the straightway unto him.*" … openly … becomes entirely the dwelling of the Holy Spirit-the light of God's face./ "*And comfort Him and his heart will rejoice.*" (continue reading through pg. 201).

338. God (working with)

315. [Re: Living Communion with God]. So that He would guide our intellect, will and feelings… that He would be the doer in

everything, and we would become His instruments, working with Him in thoughts, desires and feelings. ***See entries for "Communion," and "Prayer."***

339. God (Worship of)

313. [Re: Ascension to God]. Concurrently with a vision of God is manifested and perfected reverential worship of God in spirit, when the spirit falls down before Him …with awareness that God has accepted him… result[s] in inward pull and rapture to God. ***See entries for "Communion," and "Prayer."***

340. God (Wrath)

36. [Re: Condition of the unbaptized man]. …in a condition of God's disfavor …by nature, a child of wrath …after death he is unfailingly a child of hell, where he must be tormented… ***See also "God (Judgment, wrath, and rejection)."***

341. God (Yearning for)

313. Yearning for God is the goal… at first it is only intention, sought for. It should be made alive, real, like a natural pull… that is sweet, earnest and uncontrollable. It is only apparent that God is touching us when there is this living attraction. ***See entries for "Communion," and "Prayer."***

342. God (Judgment)

127. Drive away procrastination… take up the weapon of good judgment. ***See "Intellect," "Reason," and "Thoughts."***

343. Gospel

106ff. *Arousal by grace and paradigm of salvation.*

181. *Comfort of the Holy Spirit during Confession and the absolution.*/ All that remains is for you to fall down and kiss the cross and the Gospels as a sign of your vow… ***See "Forgiveness," "Grace," "Paradigm," and "Salvation."***

344. Govenie

244. FORMING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE. …essential that your whole environment …form a spiritual atmosphere around you that is nourishing, and creative, and not destructive./ These are our ascetic exercises and should practice them without interruption. …the most effective place for them …in their purest form, is Govenie./ …the Church's most salvific institution… for our purification and illumination through the Mysteries./ …is a practice that embraces the whole person…

245-260 *Theophan gives necessary rules for a successful Govenie.*

272. Exercises to …better recognize one's sins, awaken contrition… and guard the promise… all these things together comprise Govenie./ …necessary to institute Govenie with all its components…/ …already instituted by the Church and up to us to take it upon ourselves./ The four great fasts establish this aim./ Govenie includes the fasts but is stricter… regarding everything connected with pious occupations./ …is generally dedicated exclusively to pious occupations needed (**273**) *for repentance, confession, and communion.*/ …the whole process of Govenie is the cleaning up of our entire life, renewing its tone, purifying our goals, uniting with the Lord…/ …it is a means for nourishing, kindling and preserving life in us.

274. APPROACHING CONSTANT GOVENIE. [Govenie's] spirit should become a constant state./ Govenie includes fasting, confession, and communion… should lead to as much constancy as possible. *The rest of pages 274-277 give directions for attaining this goal of constant Govenie*. ***See also "Communion," "Confession," "Fasting," and "Solitude."***

<u>345. Governing Passions</u>

172. The first stage is coming to know your sinfulness… as in a business ledger with mathematical accuracy…. Discovering its tendencies…. The chief governing passions will have no place to hide./ Every sinner has all the passions to one degree… but he also has a chief or governing passion that dominates the rest. ***See "Confession," "Flesh (persecuting)," and "Passions (Struggling with)***

346. Grace

31. [Re: Zeal]. Where can we find the power to undertake these [great] labors? …God's grace.

32. Zeal is produced by the action of God's grace.

32. …grace descends (through the Mysteries), uniting with our freedom producing a mighty zeal./ *Grace is necessary for a lifetime of pleasing God with the whole person.*

34-35. …if you desire to live in a Christian way, seek grace./ The minute grace descends and joins itself to your will is the minute when the Christian life is born in you…

35. The acquisition of grace and the sanctification by its means… is performed in the Mysteries./ Baptism… makes a Christian worthy to be vouchsafed the gifts of grace from other Mysteries also.

36-37. …power of grace penetrates …and restores the divine order in all its beauty.

38. [Baptism of children] …comes in a special way from the relationship of grace to freedom./ …grace descends on free desire …by mutual cooperation begins the grace-given life./ The Lord gives grace freely, but He asks that a man desire it, seek it… dedicate himself entirely to God./ How is this (baptismal grace) provided in the case of infants?

42. [pious and churchly way of life by the parents at home] … the life of grace… is instilled mystically.

43. [Re: frequent Communion and the child] …when his aggrieved parents [of St. Andrew of Crete] turned to prayer and the reception of grace… grace loosed the bonds of his tongue./ [holy acts and things at church and home] warms and nourishes the life of grace in the child… protects… penetrates the developing soul…

93. Such change (total) is brought about in the heart by divine grace./ …this alone can inspire a man to bring himself to God as a sacrifice./ …grace produces change in the sinner, but not without free assent./ …several stages signifying the combing of freedom with grace… grace gains mastery over freedom and freedom is subordinated to grace.

109. …leading to the divine way grace… 1) directly acts upon it [the spirit]… gives the power to break the bonds that hold it, or…

110. 2) indirectly… shaking the layers off./ **DIVINE GRACE ACTING DIRECTLY ON THE SPIRIT OF MAN.**/ …impressing thoughts and feelings that turn it from finite things… to the better, mysterious world./ …general characteristic is dissatisfaction… pertaining to oneself. …not satisfied with anything. … no consolation in visible things … turns to the invisible.

111. DIVINE GRACE ACTING INDIRECTLY ON THE SPIRIT OF MAN. …directed to breaking sp. bonds… self-indulgence, the world, the devil.

124. THE USUAL ORDER OF THE GIFT OF AWAKENING GRACE. Difference between one who receives this grace the first time and one who receives it and falls back into sin... esp. usual mortal sins./ The more often he falls the weaker becomes the corrective impulse.

125. The need for grace-filled awakening… should be impressed…/ …have we reached the final opportunity to receive awakening grace?/ …speedily rush to it with firmness of intention./ Falls harden and close one to this grace.

126. …how to receive the grace …to reach its original energy level…/ …does not grant sudden renunciation but holds man in a laborious state for awhile./ …extraordinary grace God acts quickly and decisively…

129. …grace strikes directly at the first covering [self-deception] …exposes himself in all his ugliness./ When seeking grace-filled awakening, a man must begin from the outside and work in…

182-183. [concerning confession and absolution] …divine grace [now] enters into him and mingles with his spirit and filled it with burning longing./ He who falls after baptism loses this grace [baptismal] …rising up [in Communion] becomes worthy of it once more…

184. *Holy Communion essential for maintaining grace*.

210. THE FRUITS OF ASCETIC LABORS ARE PRESERVED AND RIPENED THROUGH GRACE./ …Fruits ripen under the influence of labors, but not because of them alone – only by grace./

…as the spiritual Life began through grace, so also it can only be preserved and ripen through it. **211.** Arrogance and self opinion [stifle grace are the devil's seeds…

216. …grace does its work under cover.

239. In this way [Preserving Zeal] interior grace-filled life in the spirit will burn and flame up./ For the sake of his zeal… and dedicating himself… grace will descend… and penetrate him with its illuminating power more and more, and make him its own./ Thus grace will… pour itself throughout our entire existence…/ …impure unnaturalness… fences out these powers (of grace in the heart]./ … we must strengthen certain agents that stand between the indwelling spirit of grace and our powers. …grace will heal them… [our powers]./ *The following pages describe the Biblical and Patristic works necessary to heal our powers and bring them in line with grace.*

246. …the grace of God working through them [ascetic labors] does [develop our spiritual life and restore our naturalness], which gains access through them/ Open yourself to grace like a ready vessel utterly dedicated to God./ Whoever finds grace finds it by faith with assiduity… not assiduity alone./ No matter how correct our activities… if we do not dedicate our activities to God… we will not attract grace./ Grace is the soul of such activities.

269. 9. GRACE-FILLED MEANS OF DEVELOPING AND STRENGTHENING THE SPIRITUAL LIFE. …the spirit is enlivened by the grace of God at conversion, it ascends to resolve and promise and seals the grace in the Mysteries./ …zeal unstable, fervor powerless, will weak, life empty without grace.

270. …the Mysteries…/ Christian life manifested by zeal is grace-filled life.

282. …the vanquishing power over the passions is grace. …it builds one thing and destroys another …through the spirit or consciousness and free will.

314. The seedling of this pull [to God] is planted in the zealous soul by divine grace./ …here is the sign of this birth…

314-315. Thus does the yearning for God, or joining with God, begin to ripen and perfect itself through divine grace within anyone

who seeks God sincerely, fervently and in good conscience.

317. …frequent failures… unexpected and great successes without particularly trying. Mistakes are especially enlightening, as they bereave us of grace… bring us to the thought that God is everything. ***See also other entries related to "Grace" below.***

347. Grace (and Free-Will)

93. 2) THE COMBINING OF FREEDOM WITH GRACE. … grace produces change in the sinner, but not without free assent./ … several stages signifying the combing of freedom with grace …grace gains mastery over freedom and freedom is subordinated to grace.

94. On the basis of understanding the sinners condition …the relationship of freedom with grace …we are able to depict this process [of the repenting sinner]…

101. THE ACTION OF DIVINE GRACE. …so the person sunk in the slumber of sin …will not awaken unless divine grace comes to his aid./ …this grace is prepared for everyone.

103. …arousing divine grace is always… connected with the bonds… also the overall condition of the sinner./ [For] he who has never been awakened divine grace is given freely like… an all-encompassing preliminary summoning grace…/ …grace is not freely given to one who has previously been aroused. …knows what life in Christ is and fallen into sin again. He must give something of himself first.

104. [He must work] in order to attract spiritual arousal by grace./ Remembering what life in Christ was like he wants to return, but has no power over himself, even to despair. Now he is allowed to perceive that grace is so great it will not be granted immediately./ … this slow touching of grace is only a trial.

105-17 ff. Chapter. 5. THE SPECIAL ACTIONS OF DIVINE GRACE IN AROUSING SINNERS FROM THE SLUMBER OF SIN. The one living the Christian life is encouraging to know these signs./ The true Christian life is one of grace.

119. The Word of God (Bible) as a means of grace.

124. Chapter 6. THE USUAL ORDER OF THE GIFT OF AWAKENING GRACE. ***See the same page entries under***

"Grace," above.

126 ff. ***See above.***

148. The goal of awakening grace… extricates man from the jaws of sin …and places him between good and evil. The scales of our will are evenly weighted …he is given a foretaste of the sweetness of goodness – the man is now truly free to choose.

154. Grace draws him out of the bonds of sin, depriving sin of its authority to motivate him against his will, but doesn't turn him towards good. …The person has to make the final choice./ From this moment begins the unification of the will with grace./ Grace enters in… only when man opens the door… to receive it.

157. As soon as you feel grace… hasten to urge your will to follow [it]./ …the grace-filled life can be inflamed …if you hold it under the influence of grace.

158. …emulating grace and under its guidance it will relate directly to yourself … will bring other aspects …potent to affect you.

187. …the mutually dependant actions of freedom and grace…

210-212. ***See above.***

316. I will flee evil and do good, only do not leave me bereft of Thy grace-filled help./ …it is apparent that zeal goes first, while God's help follows.

317. ***See above.***/ ***See same page entries under "Grace," above and entries for "Grace" below."***

<u>348. Grace-filled Awakening</u>

146. …not yet acquired the main thing: grace-filled awakening./ …an indication that there was never any grace-filled influence, only our labor…/ …dangerous to think …grace shall automatically be sent to you … this only prepares you to receive it, the gift entirely …is dependent on the Giver./ When his grace-filled awakening arrives, only then will real inner changes… begin. Without this there will only be unsuccessful attempts.

147. WHAT IS GRACE-FILLED AWAKENING? …is necessary to know its characteristic traits …not to let it go by fruitlessly. …not accept some natural state in its place.

148. ***See above.***

149. DISCERNING STATES OF AWAKENING FROM NATURAL STATES.

154. ***See above.***

155. …having felt a grace-filled awakening, hasten to fulfill its demands. Agree with its suggestion… begin immediately./ The will's agreement… is the first work of awakening grace.

156. WHAT TO DO WHEN YOU FEEL THE GRACE OF AWAKENING. Grace-filled awakening places a man in a light and livelier state… it [also] makes pressing demands./ …grace-filled awakenings occur in different degrees and circumstances…

157-158. *Rules to follow when one feels the awakening grace.*

158. ***See above. See entries to "Grace" above and below.***

<u>349. Grace (Means of)</u>

80. Chapter 4 Why The Grace Of Baptism Is Not Preserved. …Grace of baptism is not preserved because the rules …adapted to this end are not kept. The chief causes are: **(*see pages 80-86*).**

81. The reason this order is not kept is either through ignorance or carelessness …in life at home and later during the time of study.

84. The fruit of a good upbringing is the preservation of the grace of baptism./ Certain high advantages belong to one who has preserved the grace of baptism and from earliest years has dedicated his life to God.

85. The existence of such persons in the world is a great grace of God.

101. THE ACTION OF DIVINE GRACE. *The Mysteries of Repentance/Confession and Holy Communion are the chief means o f grace.* (see following pages.). ***See also topics related to Baptism, Confession, Repentance, and Communion*.**

<u>350. Grace (Without)</u>

36. Paragraph one – the state of the sinner before baptism. Very important since Baptism is one of the beginning means of reception of grace.

95. I. PARTICULARS OF A PERSON WHO LACKS GRACE. …dwells on himself, and makes self the main goal…/ …emptiness has formed from falling away from God… causes an unquenchable thirst… vague and constant.

96. These occupations take all his time and activity./ … disregard of salvation and care and trouble about many things./ … emptiness of the mind …will …and heart.

101. …he will not awaken unless visited by divine grace.

103-104. ***See above "Grace and Free will.*** *See heading* ***"Grace, Awakening,"*** *for the opposite characteristics of those listed describe the person without grace.* ***See entries to "Grace" above and below.***

<u>351. Graduality</u>

62. [Re: Child rearing]. Begin with the child's first breath. Begin everything at once… evenly, by degrees. Without jumps, with patience… exercising a wise gradualness...

139. …little by little your heart will warm up… these will be the beginnings of your active care. …rush decisively this very instant.

187. Most conversions happen… gradually (*complete life-style change*).

207. …a gradual process is inescapable, rising from external asceticism to internal – never the other way around.

215. …life without a rule cannot evenly, gradually, and harmoniously unfold.

218. …mortify passionateness …and raise up his essential purity …wisely, gradually, and prudently…

238. Note the rule must not be done suddenly, but by degrees.

251. Carrying a right spirit, you should also be in remembrance of the laws, especially the law of graduality and constancy; that is begin with the small and ascend to what is higher…

256. Start with a short rule at first, so that your unaccustomed spirit will not form an aversion…

264. For the most enduring success, the law of constancy must be observed…

304. …in your opposition itself there should be graduality and evenness.

308. …portrays in detail what gradualness the Lord leads the man being purified… through purifying sorrows.

316. Dedicating ourselves to God… is instantaneous… but not instantly acquired. It ripens gradually during a long or short period of time. ***See entries for "Rule."***

352. Guarding

219. GAURD THE SEED PLANTED WITHIN YOU. Guard it [seed of life] with everything you have. Otherwise you have nothing to …apply your labors. …and nothing which to carry them.

240. RE: EXERCISES TO CONFIRM A PAERSON IN GOODNESS. We can easily discover these exercises… - only scan a few lives of ascetics …Fasting, labors, vigils …guarding the senses. ***See other entries under the heading "Guarding." Also "Heart," "Mind," "Senses," "Temptation," and "Thoughts."***

353. Guarding (The Heart)

140. ***See above "Guarding."***

290. [sin outside the heart now, still hovers around it] The wise warrior should now guard himself from these external …enemies. For this he must…/ Bind the senses which are the most ready conductors of sin to the heart from the outside world./ *The following pages are rules for guarding the heart in spiritual battle*.

315. [to purify the heart and see God] The most important thing …is guarding the heart …the heart is the treasure house of the zealous spirit./ Soberness or guarding the heart is the most important labor. Everything the holy fathers say is aimed at this. ***See also "Exercises (Curative)." Also "Heart," "Mind," "Senses," "Temptation," and "Thoughts."***

354. Guarding (The Mind)

309. [Re: Struggling with passions]. People in obedience have perished and perish from insufficient… guarding of the mind. ***See entries for Guarding and their references.***

355. Guarding (The Senses)

243. [Re: Curative exercises]. **BODILY EXERCISES** (to aid the soul and spirit). 1) For the senses: guard the senses altogether, especially the hearing and vision.

269. Obviously the most reliable means for this [inner-peace] is guarding the senses. ***See entries for Guarding and their references.***

356. Guidance

61. THE CONSCIENCE. Conscience demands the closest guidance.

65. [Re: coming of age] …that a man will place for himself … the spirit of piety in which he previously walked under the guidance of others.

211. …having given himself to God …enters into His direct guidance. …these are very few… ***See "Discipleship," "Spiritual Director," " Guide (Spiritual)," Sp. Father."***

357. Guide (Spiritual)

211. 3. THE NEED FOR A SPIRITUAL GUIDE AND A RULE.

212. Others ripen under the visible guidance of experienced men./ …to succeed should without fail commit himself to a spiritual guide.

213. …true God leads us and perfects us, but under the guidance of a father.

214. The beginner should believe these are very cogent reasons for having a guide./ *This entire section describes the benefits and dangers related to having or not having a guide*.

216. Pray and the Lord will show you a guide. Entrust yourself to this guide, and the Lord will teach him how to lead you.

266-267. [Re: Leaving the world.] What to leave and to what degree is best taught be experience …. Do it with discernment, according to the guidance of your spiritual father.

276. Reveal every perplexity, confusion or new understanding …to your spiritual father.

295. Reveal it [temptations that are onerous] to your spiritual instructor…

298. Promptings of the heart, hints of grace, …guides are inseparable – all else will abandon him.

300. …entrust everything to your spiritual guide …breaking this law …is the cause of great falls and delusions.

305. …[fierce, mental, active struggles] are more successful and quicker under someone else's guidance./ …entrusting yourself to a guide should be considered the best and most decisive means for correcting yourself./ The guide uses his own judgment taking into consideration goals, paths, and crossroads./ …whoever seeks … purification …pray to the Lord to find you a father and a guide./ Revelation of thoughts and submission to a father is the most decisive uprooter of passions and vanquisher of demons.

306. …[submission to a father] cuts passion out at its very root./ The sooner you find a guide …the better.

307. …sorrows and unpleasant situations [devised by God for purification] …is equal to a spiritual director in power …in the absence of one can sufficiently replace him and does replace him.

318. [Te: Final dedication to God - nowhere to turn but God] In this case the aid of a guide is invaluable./ …the guide should give the novice plenty of opportunities to gain crowns. ***See also "Guide," "Guide Spiritual," and "Spiritual Guide," "Father," "Father Spiritual," and "Spiritual Father."***

358. Guiding (Rule)

208. Chapter Three - A GUIDING RULE FOR A GOD-PLEASING LIFE.

216. Another thing that is indispensible to the resolute …is a rule./ A rule is a specification …establishment of some kind of activity. It provides direction and determines the entire journey./ … the rule should be specific…

215. We must apply them to all our powers …no action would be taken without the application of its respective rule./ The need for this [a rule] is self evident…/ Without a rule he will not know how to do anything as he should./ Life without a rule cannot gradually,

evenly and harmoniously unfold./ …everything should be conducted through rules./ Anyone who develops …without rules is unlearned and untested.

216. Without rules …falls and mistakes are inevitable./ With rules there is only one way …do it and it gets done.

218. 4. RULES FOR THE BEGINNER OF AN ASCETIC LABOR.

219. TEAR AWAY PASSIONATENESS WITH THE RULE OF LABOR.

220. RULES TO PRESERVE THE INNER ORDER OF LIFE.

256. A Prayer rule.

278. Such is the general order of guiding rules. ***See individual entries under the heading of "Rules."***

359. Guilt

170. [Re: Knowing your sins]. [the repentant sinner] appears guilty before the king and judge. He needs to approach Him in such a way that he will be accepted…/ …[he] has mercy on the guilty when he admits his guilt…

173. The feeling of guilt stands midway between knowing your sins and feelings of repentance… ***See also "Confession," "Judgment," and "Repentance."***

H

360. Habit

31. [Re: Childrearing]. …do everything for the glory of God… Without this we will do everything only out of habit.

48. 1. DIRECTING THE DEVELOPING POWERS OF SOUL AND BODY. …essential to place them [needs of the body] within their proper bounds and to strengthen them with the force of habit.

50. …trains one to labor and forms the habit of stability.

51. …train the body to endure every kind of outward influence without misfortune… Whoever has acquired such a habit is the most

fortunate of men …capable of the most difficult actions at any time or any place.

127. Procrastination is the chief reason for incorrigibility. …And remains fixed in old habits…

129. HABITS AND INCLINATIONS THAT IMPRISSION A PERSON IN SIN. …such an operation [on ourselves to strengthen beneficial thoughts] …should be against habits …that imprison a person in sin. (also referred to as ***"nets" & "coverings"***)./ …the chief players which hide and feed sinful habits…

130. What you used to do [ascetic labors] according to habit, you now do with additional austerity for the sake of salvation. ***See "Habitual" below as well as "Activity," "Flesh," "Rules," and "World."***

361. Habitual

173. [Re: The chain of vices and inspirers of sin]. All … habitual vices are …inspired by one passion.

196. We have not yet made holy love habitual in ourselves.

254. …it is necessary to establish a pattern of going to church as often as possible…

259. [Re: Jesus Prayer]. …this will be the beginnings of a habitual practice./ It will become more and more habitual …starts working by itself./ This habitual practice will draw warmth into the spirit, later enlightenment, then ecstasy. ***Also see "Habit" above.***

362. Happiness

163. [Re: Inspirers of sin]. …in the sin-loving heart…. Forgets about the future life … Knows only earthly happiness.

363. Hatred

287. Re: Something only demons could whip up.] …in general passionate temptations that take over …stubborn hatred to the death… ***See other entries for "Hatred."***

364. Hatred (of the flesh)

262. The holy fathers call this fleeting comfort of the flesh which is a most dangerous infirmity, hateful to God. ***See other***

entries for "Hatred," As well as "Flesh," "Passions," and "Sin."

365. Hatred (of sin)

92. 1. TURNING AWAY FROM SIN TO GOD. Decisive and active resistance to sin comes only from hatred of it. Hatred of sin comes only from a sense of evil from it…

139. Thus, when you press into your heart …hatred of sin … your heart will begin to warm up…

166. Move your heart to hatred of them [sins]./ Force your heart, which already has …hatred for them, to turn away from them…

182. [Re: purpose for penances] …fifthly …we will know if the penitent has truly come to hate his sin.

267. …from the first minute you should come to hate with all your heart everything worldly and sinful …estrange yourself from it.
See other entries for "Hatred" and "Sin."

366. Heal

181. [Re: grace of Confession] This is the mystery of the Lord Healer… ***See "Healing (Means of)" below and "Absolution," "Confession," and "Repentance."***

367. Healings (Means of)

240. [Re: Curative Ascetic Exercises]. We must now seek out the works and activities which God Himself, through the Scriptures …or teaching of the saints, has chosen for us as a means of healing our powers and restoring them to their lost purity and wholeness./ We can easily discover these activities – only scan a few lives of ascetics… (Theophan then lists the most common of these)

241. With the goal of purifying and correcting man …divine grace …turns our awareness to God …so it can conduct a healing of all the powers through each activity…

242. THE THREE POWERS OF THE SOUL AND THEIR CURATIVE EXERCISES. *These are then followed up by bodily exercises and outward ordering of life.* ***See Asceticism," "Exercises," "Natural," and "Purify."***

368. Hearing

247. EXERCISES THAT DEVELOP AND WARM THE SPIRITUAL LIFE. Exercises related to this are …hearing the Word of God, patristic literature, Lives of the Holy Fathers, asking those more experienced, and mutual discourse.

263. [Rules for persecuting the flesh] …governing the senses, especially the hearing …force them to be attracted to beneficial subjects.. ***See "Guarding (The Heart)."***

369. Heart (of Man)

28. [Re: Zeal the visible witness of Christian life] Zeal …is in the heart by the Spirit of God.

29. While refraining from sinful deeds one may have an attraction for them or delight from them in one's heart. Doing righteous deeds …one's heart may not be in them./ …if [true zeal] is not present, how much impurity can hide in the heart!

30. With the help of God's grace we can [labor] with heart-felt zeal.

31. The divine life occurs when the Spirit of God penetrates into the heart…

32. The Spirit of God descending into the heart, begins to act in it which is devouring and all-active.

33. …the evil that lies in the depths of the heart…

33-34. St. Diodochos …says before baptism sin dwells in the heart and grace …outside. …after …grace settles in the heart and sin attracts from outside.

40. Grace overshadows the heart and dwells in it when there is in the heart a turning away from sin and turning to God./ If this attitude of mind and heart decreases or is lost …sin again begins to possess the heart…

59. THE HEART. …if the mind, will, and lower powers are acting this way …the heart will be disposed to have sound feelings…/ The heart is the capability of tasting and feeling satisfaction./ [after baptism] sin is again ready to fill the heart./ One must guard the heart./ The most effective means for education of true taste in the heart is a church-centered life…

60. Sympathy for everything sacred …all this cannot be better imprinted in the heart (by a church-centered life)./ …it is in accordance with the taste of one's heart that one's eternal mansion will be given… the taste in one's heart there will be the one that is formed here.

124. [Re: Returning to sin after being awakened by grace]. … the more often these falls are repeated, the weaker the corrective impulse becomes because the heart becomes accustomed to falling.

132. Now you stand before your heart …your inner man. … begin to awaken it…/ …the heart speaks very loudly of their truthfulness./ …delusion comes from the heart's intrusion into things belonging to reason. That is why it is necessary to [renounce] every deceit of an evil heart./ If the heart needs to feel something, let it feel it under the influence of the mind's formulations and not all by itself.

135. [Re. The cursed Fig tree] …externally well ordered person who stands before God's face without a sincerely good and God-fearing heart./ From the heart comes all good and all evil./ As you are in heart, so you are before the Lord.

137. HOW TO SOFTEN YOUR INSENSITIVE HEART. … conquer yourself with …sobering thoughts and soften your insensitive heart./ *The following pages are exercises to this end*.

150. [Re. agonizing displeasure] …calls from the heart about its suffocating …condition.

158. In this labor over yourself with grace …grace will … pronounce in your heart, " I must finally do so .. right now."/ … hundreds come to this conclusion but it is not voiced in the person's heart.

166-167. …purely earthly happiness is replaced in the heart with a feeling of foreignness …longing for the heavenly fatherland.

172. [Re. Confession] We must not stop with particulars …but continue further …deeper into the sinful heart./ Beneath deeds, words, …thoughts, desire and feelings lies a constant disposition of heart …composes our characteristic traits./ Some works …from the heart with such power that we had not the strength to stop them./ [Re: Inspirerers of sin]. Such a review helps determine which deeds

are inspired by the producers [of sin] hidden in the heart; which generate a constant urge./ By revealing them, we expose the nature of our heart … and its inclinations.

222. BEING WITHIN. …when divine grace acts upon the heart of man. His spirit delves into it …and follow it all the powers…/ … hold your consciousness in your heart and force all your powers of soul and body to join it there.

223. Being within is locking the consciousness in the heart…/ …mind, will, senses should gather …in the heart./ …mind in the heart is attention …of the will is vigilance and …senses is soberness.

224. …the heart consists in all movements.

242. [Curative exercises of] The Heart. …customs established and promoted by the Church [public and private].

253. DEVELOPMENT OF THE HEART. …means developing within it [heart] a taste for things holy, divine and spiritual …finds itself in its own element./ All of man's spiritual activity centers in the heart./ …under the influence of truth ...the heart under their influence [holy and spiritual thoughts] should taste sweetness …and radiate warmth./ …the heart's development is a very important part, even in the early stages./ The work directed at this is all of our Church services and their forms – common and personal, at home and in church. …mainly achieved through the spirit of prayer./ *The following pages Theophan expands on these thoughts – very important.*

258. By asceticism we seek purification of the heart and renewal of the spirit.

294. …hard to vanquish desire and harder to vanquish passions since they are movement of the heart./ …the struggle has begun …preserve your heart…/ …opposing convictions …defend your heart and defeat the enemy in the heart itself.

315. [Re. Living Communion with God] …the essential condition for this is purification of the heart. … "the pure in heart shall see God" (Matt. 5:8)./ …the most important thing is guarding the heart from within./ The heart is the treasure house of the zealous spirit./ …the heart is all-important, for whatever is in the heart will come out in deed.

370. Heart (of Prayer

257. The third stage of prayer is that of the feelings – the attention warms the heart and what was thought with attention becomes feeling in the heart./ …in the heart a feeling of its [forgiveness] necessity and importance./ …the prayer rule should never be abandoned …mental prayer should come …then prayer of the heart. ***See other entries for "Prayer."***

371. Heaven

141. [Re: Responding positively to grace]. …all good people on heaven and earth will be glad to associate with you.

152. The first [grace-filled ideas] to turn God and peace that is in Him and a foretaste of it … life with God in eternal bliss …total satisfaction to come.

227. …this world will continue …when all will receive according to their deeds. …others will dwell in Paradise…/ …it is also found in the Symbol of Faith …Paradise and hell.

228. [Re: Establishing oneself in the paradigm of salvation acc. To Chrysostom]. …established in death and judgment, with your gaze turned either to heaven or hell.

229. …the spiritual world, in the presence of God …at the hour of death and judgment …the threshold of hell or Paradise./ … to look at heaven and hell as if on a the narrowest plank. … one side the abyss rolling with flames, the other a lovely garden.

324. 3. DISPASSION THE HEAVENLY PALACE OF THE HEAVENLY KING. / *This section deals with the fullness of God's indwelling which has eschatological ramifications, as this communion continues into the next world.* ***See also "Paradise."***

372. Heaven (King of)

See page 324 above.

373. Heaven (Palace of)

See page 324 above.

374. Hell

34. [Re. temptation and falling in self-reliance] …goes to the very depths of evil, to the threshold of hell itself.

36. [Before baptism] …is unfailingly a child of hell where he must be tormented with its prince ...helpers and servants.

40. [Re. Christian upbringing] …dwelling outside the danger of being condemned to hell.

92. [Re. Pain of repentance] …as it were in the tortures of hell.

108. [Re: Extraordinary means of grace: visions of the other world]. …or the horrible tortures of sinners as appeared to Heysichius…

121. St. Pelagia heard about …the bitter lot of sinners and turned…

135-136. …the large number of sinners does not change the law of righteousness…. If everyone has sinned, He will punish everyone.

136. [Re: Thoughts that keep one in sin-Self-justification]. The torments in hell will be no easier because so many are being tormented there-on the contrary, won't this only intensify…?/ …in sin will protect you from God's judgment and wrath.

137. [Re. the Judgment and sentencing]. …alone with your deeds …they will either justify or condemn you …and what is heaven and what is hell? …in hell is torment without consolation or end-it bears the seal of God's final rejection.

138. …either crucify Him, then perish eternally…

138-139. [Re. sin]. …torments your conscience, brings upon you God's punishment in life and at death; and after death it sends you to hell, closing Paradise …forever.

140. On the side of sin is everything contrary to the foregoing (the consolation being prepared).

182. [Re. Letter to Lutherans]. …through voluntary suffering here the sinner will be freed …from involuntary suffering there, in the next life.

227. …at the resurrection and judgment all will receive according to their deeds – some will descend into hell…/ [Re. The Creed]. The main subjects are all here …the four finalities: death, judgment, Paradise and hell.

228. [Establishing oneself in the paradigm of salvation; acc. To Chrysostom]. …established in death and judgment, with your gaze turned either to heaven or hell./ See yourself …standing after death before the judgment which will determine whether you will be received into Paradise or swallowed up into hell.

229. …he will stand in the spiritual world …at the hour of death and judgment, at the threshold of hell or Paradise./ …to relate to death and judgment as a criminal …awaiting his sentence; to look at heaven and hell as one standing on the narrowest plank – on one side is the abyss, roiling with flames…

230-231. Have a picture of death, the cross, of the last judgment, …where it will involuntarily catch your eye …take out books and articles…

231. …picture yourself on your death bed…

296-297. Then you will already belong to the ranks of those condemned to eternal torment.

233. See yourself hanging over the abyss and unworthy to be spared.

307. [Re. final crucifixion of the outer man]. …above is the expectation of wrath, below is ready hell. ***See also "Judgment" and "Toll Houses" and "Torment."***

375. Help

285. …one or another feeling completely cuts off or cuts short the flow of our spiritual life and places us in extreme danger. This is when outside help is extremely necessary. ***See "Grace" and entries related to "Spiritual Directors."***

376. Hesychia

319ff. LIVING COMMUNION WITH GOD OCCURS IN A STATE OF HESYCHIA, WHICH BRINGS PASSIONLESSNESS. Whoever has begun to experience these involuntary inner attractions …raptures to God …has dedicated himself to God …experiencing unceasing prayer, is ready to begin hesychia./ *The following several pages are mainly extracts from St. John Climacus' LADDER OF DIVINE ASCENT, with periodic comments and explanations by Theophan*. ***See "Prayer" and "Stillness."***

377. Hinder

132. [Re. one who has had a salvific thought and is hinder[ed] from carrying it out]. …should retreat for a time to a monastery. ***See "Bonds," "Nets," and Obstacles."***

378. Holiness

195. If we fervently desire holiness from the very beginning … the Holy Spirit …gives the soul a full taste …of God's sweetness. ***See also "Hesychia," "Passionlessness," "Stillness" and Prayer.***

379. Holy Fathers

226. The instruction of the Holy Fathers (…soberness, guarding the heart & watchfulness) …inner life is …in unbreakable connection with ascetic labor.

232. All the Holy Fathers call them [thoughts preserving zeal] "butting horns."/ …there are many sayings of the Holy Fathers relating to this subject.

236. …therefore the Holy Fathers have differing prescriptions for this [preserving zeal], or different explanations.

237. …what the Holy Father sought and advised was to understand the spiritual tone and …hold it.

240. …we must seek the activities which God …through the Scriptures or …the teachings of His saints, has chosen for us as a means …for purity and wholeness./ …only scan a few lives of ascetics and these become evident. …reading the Scriptures and the Holy Fathers…/ …predominant aspects can be found in almost every life of the Holy Fathers.

241. …the proper inner-dispositions and exercises can be determined …in the Word of God and writings of the Holy Fathers.

242. In the soul we find three powers …according to the Holy Fathers say, the intellectual, desiring and incensive powers./ **FOR THE MIND.** …the writings of the Holy Fathers and lives of the God-pleasers.

284. The Holy Fathers …strove to trace all passions back to their beginnings…

289. That is why all the rules of the Holy Fathers are directed toward thoughts…

301. …The Holy Fathers chose eight chief passions…

306. All the experience of the Fathers is included here…

315. …the Holy Fathers consider it to be the only path [purity of heart] to perfection. [***See also "Saints," "Fathers," "God-pleasers," and "Holy Ones."***

380. Holy Ones

314. Many of the saints were in a state of unceasing exultation to God, and upon others the Spirit fell temporarily but often.

315. …The Holy Fathers consider it the only path to perfection [inner work or podvigs.]/ Everything the Holy Fathers say is aimed at this [guarding the heart]. [***See also "Saints," "Fathers," "God-pleasers," and "Holy Fathers."***]

381. Holy Spirit

28. [Re: True Christian life and zeal]. …visible witness of it [Christian life] is the zeal for pleasing God ...by the Spirit of God./ The Apostle Paul commands *Quench not the Spirit* (I Thess.5:19).

31. …the divine life is aroused when the Spirit of God penetrates into the heart and places there …life according of the Spirit.

32. The Spirit of God descending into the heart, begins to act in it with a zeal that is all-devouring…

138. Remember you are a Christian… You have received the gift of the Holy Spirit…

197. …these consolations are different from those which occur with the indwelling of the Spirit.

198. God dwells in the man in a special manner …the soul acquires full sonship of the Spirit./ Diadochos ….death through his labors becomes the dwelling place of the Holy Spirit.

199. …after many temptations the will has come to please the Holy Spirit. …when the soul does not displease the Spirit in any way…/ …he becomes entirely the dwelling place of the Holy Spirit./ …*the kingdom of God is joy in the Holy Spirit* (Rom. 14:7).

200. …such perfect knowledge comes with the receiving of the Spirit./ The Holy Spirit takes the covering away from the soul and transports it…

204. If our …nature is not …restored …by the Holy Spirit it cannot become one body and one spirit in Christ…/ …for the all-embracing and unifying power of the Spirit does not complete the new garment of grace by sewing it onto the old garment of the passions.

221. Chapter Four, PRESERVING THE SPIRIT OF ZEAL. This fire is kindled in the heart by God's grace through repentance, for the sake of [contrition] and promise to do God's will./ …the spirit of zeal is our only saving power./ Wherever it is present there is diligence, care, fervor, readiness, alacrity to do works pleasing to God./ This is that same fire our Lord Jesus Christ came to kindle on the earth, …lights the hearts of the faithful through the Holy Spirit.

382. Holy Things

43. [Re: Christian upbringing]. Great influence is exercised on the child …everything from the church …at home/ *A good listing of the many holy items in the Orthodox Tradition*.

254. …all the daily services …then the services at home…/ *Again, a good list of holy items./* …all these holy things acting upon all the senses… the grace contained in them have an invincible power to drive away the spirit of the world. ***See "Church," "Grace," "Mysteries," and "Sacraments."***

383. Home

244. [Re: A spiritual atmosphere with Govenie]. The family, its duties and relationships are the field of activity …all mandatory rules should apply to it./ It is essential that your whole environment …form a spiritual atmosphere around you that is nourishing and creative…

254. …then services in the home, also using ecclesiastical objects such as…

255. You must not forget other services be they in church or home. Neither must you neglect your home prayers with all their churchly tone./ …remember home services are only supplements to church services…

266. [Re: The outward ordering of life]. Leaving the world is … cleaning up your entire external life …in family …in and outside the home./ Establish rules and order in every part of the home…

290-291. Think of spiritual substitutes for everything with which it is necessary to come into contact – especially his permanent living quarters …the person would live in a sort of school of divinity. ***See also "Children," "Family" and "Parents."***

384. Hope(s)

132. [Re: Beneficial thoughts] …step up to it with great good hope…

136. [Re. Removing sin's layers and supports] Little by little you will begin to destroy the empty hopes about yourself…

284. [Re. Rules For Struggling With The Passions.] **IN THE SENSUAL PART.** …sorrow, depression …fears, hopes… ***See also entries related to "Faith" and Goals."***

385. Hopelessness

157. Do not let yourself miss this action of God's mercy (Awakening grace) without bearing fruit. …after this you will fall into an hardened state, and from that state into hopelessness and despair. ***See also "despair" "Despondency."***

386. Horror

139. …contrition producing and softening feelings – horror and fear …repugnance and hatred of sin.

387. Humble (The flesh)

130. Let us suppose that the flesh is already humbled – this, the first step was taken.

131. …this humbling of the flesh requires a change in the way you satisfy your natural needs. …the most convenient time to change would be during a fast… ***See "Flesh (Persecution of)."***

388. Humility/ Humble

135. If you are proud at heart, it doesn't matter how humble you are on the outside, the Lord will see you as proud.

263. [Re: Struggling against passions]. …struggle with your flesh until it is humbled./ Humility of the flesh will be granted at last.

264. When you believe it [the flesh] is humbled …it grabs and conquers you.

284. Whoever has …conquered pride with humility has conquered egotism.

343. If this isn't bad enough, you call virtues by unattractive names …humility is "slavishness."

I

389. Icon

53. 2. SURROUNDING THE CHILD WITH SACRED IMAGES. Let the senses receive their first impressions from sacred objects; the icon and light of the lampada for the eyes… .

54. And so let the child be surrounded by sacred forms and objects of all kinds…

59-60. …education of true taste in the heart is a church centered life, in which all children in their upbringing must be …kept. Sympathy for everything sacred …cannot be better preserved than a church-centered life …singing, icon…

60. …icons – are the first objects of fine art in content and power.

123. [Re. Maintaining the paths in which the Word of God is disseminated]. …iconography is uplifting and pious, singing is…
See "Church" and "Senses."

390. Idle (Talk)

283. REVIEWING OUR ENEMIES/PASSIONS. The Body. ….Where they (Passions) are present there is …sexual lust, idle talk, sleepiness… ***See "Loquacity," "Talkativeness," "Thoughts," and "Words."***

391. Idle (Time)

266. [Re: The outward ordering of life]. This is the law: abandon everything that is dangerous to the new life. …idle time./ … leaving the world is cleaning up your entire external life… Establish rules for every part of the home, at work …how and with whom to spend your time. ***See "Amusements," "Associations," "Entertainment," and "World."***

392. Illness

113. [Re: Breaking the bonds of sin]. …grace …does the following to awaken the sinner from his slumber: He who is enslaved by pleasing the flesh shall fall ill./ *This entire page is interesting. Theophan juxtaposes vices with their grace cures, such as this one.*

393. Illumination

149. EVERYTHING IS ILLUMINED BY THIS GRACE-FILLED AWAKENING.

195. …at the start of the spiritual way the soul usually has the …experience of being illumined with its own light by the action of grace./ This most perceptible illumination of grace is expressed by the white clothing that the newly baptized wear for seven days.

198. [Re. final stages of union with God]. Grace illumines the whole being with a deeper awareness, warming him with great love of God.

244. [Re. Govenie]. …given to us for our purification and illumination through the Mysteries.

394. Image (of God)

32. [Life according to the Spirit, cleanses] and gathers into one the darkened and broken features of the image of God.

152. Burst of exalted yearnings …traces of God's image in man. It is a shattered image… ***See also "Flesh," "Grace," "Man," and "Soul."***

395. Images

54. It is well-known how powerfully corrupt images act upon the soul./ How unfortunate is the child …who is stifled by a multitude of improper images.

55. Such a method of study …will train him to master the senses, and through them – the imagination. …he will not be distracted by images…

143. If possible do not leave a thought naked …robe it in some sort of image …carry it into the head as a constant reminder. ***See "Icon" for holy images, "Image of God."***

396. Imagination

33-34. [Re. Temptations]. …a face or something comes to the imagination, desire is born…

53. …beginning of exercising the sense …follows an awakening …of the imagination and memory./ [Re. first impressions of a child] …the first food …receives from the senses through the imagination./ It is self-evident of what nature the first objects of the sense and imagination should be…/ The developing senses furnish material for the imagination …the imagined object is preserved in the memory …comprises the content of the soul.

54. [Re. sacred objects] …the first exercises of the imagination will also be sacred./ It will be easier for him to imagine these objects than others./ …the beautiful …with the senses and imagination … will attract sacred forms./ …from the senses [arouses curiosity] and moves into the imagination and memory …becomes an unconquerable tyrant of the soul.

55. Such a method of study …will train him to master the senses, and through them – the imagination./ One who is unable to master the senses and imagination …will be distracted and inconstant…

128. [Re. Procrastination]. Imagine how humiliating it is to allow this in everyday affairs.

133. …force the reason to imagine things as the heart likes…

165. [Re. assailed by tempting thoughts] …clearly imagine the danger into which they throw you…

166. …fully imagine before you all the beauty and sweetness of the life they hinder you from… ***See also "Intellect," "Mind" and "Thoughts."***

397. Immersion (in God)

314. The person is now happy to be alone with God …he acquires the kingdom of God within himself… Such an immersion in God, is called mental silence or being taken up to God. This may come and go, but should be made a permanent state …it is the goal. ***See entries related to "Communion," and "Prayer."***

398. Impressions

51. …the nerves …the capability of receiving outward impressions…/ By pleasant impressions the body is pampered …by unpleasant ones it is strengthened…

53. …beginning of exercising the sense …follows an awakening …of the imagination and memory./ [Re. first impressions of a child] …the first food …receives from the senses through the imagination./ It is self-evident of what nature the first objects of the sense and imagination should be …to aid the Christian life…/ Let the senses receive their first impressions from sacred objects…

130. [Re. refusing the body pleasures]. Through this …the soul will become more receptive to good impressions. ***See also "Curiosity," "Images," "Imagination," "Senses," "Thoughts," and "World."***

399. Imprison

129-132. HABITS AND INCLINATIONS THAT IMPRISON A PERSON IN SIN. …an operation …in opposition to those subtle nets …habits …inclinations that imprison a person in sin./ …coverings [sins] entangle the soul …self-deception, insensitivity, and carelessness. ***See "Captivity" entries related to each associative word under this heading.***

400. Impure

205. *The actual word "impure" is not used here, but the context warrants its inclusion beginning at the bottom of page 204. The context is how passions/vices/sins. etc. prevent the full indwelling, communion and illumination of God.*

314. [The zealot cannot taste God dwelling in him] because he is impure. …according to the degree of purity in his heart …he

begins to taste God. ***See also "Passionlessness," "Stillness," and "Union."***

401. Inclination

129. HABITS AND INCLINATIONS THAT IMPRISON A PERSON IN SIN. [We must perform an operation on ourselves to prepare us for awakening] …an operation should be against …the habits and inclinations that imprison a person in sin. (The rest of the chapter, while not utilizing this word addresses the theme under the heading of "coverings" of sin).

288. [Re. the process of temptation.] …except for resolve which always is preceded by contemplation and the inclination of free will. ***See also "Disposition," and "Temptation."***

402. Indecision

128. We suffer from procrastination because we …allow our energies to wane, indulge our laziness …indecisiveness. ***See Carelessness" and "Procrastination."***

403. Indwelling

191. FINAL GOAL OF MAN – A LIVING UNITY WITH GOD. "I will dwell in them" (II Cor 6:16), says God. And this is all three persons of the …Holy Trinity…

192. …God's indwelling is not merely mental …it is a living, enlivening thing…

192-193. Now that the penitent has renounced everything and given himself to God, what hinders God from dwelling in him?/ *The following pages continue this theme under the heading of "Communion with God.*

324. DISPASSION IS THE HEAVENLY PALACE OF THE HEAVENLY KING. This at last is communion with God and God's indwelling./ …the final goal of man's …search, when he abides in God and God in him. ***See also "Communion with God."***

404. Influences

52. [The chief activities of the body in relation to childrearing] …one must not leave out sight the influence of the church and

everything in it that affects the body…by this the body will be sanctified …the animal life …will be restrained. ***See "Attraction,""Amusements," "Curiosity," "Senses," and "World.***

405. Inherit

138. Choose one or the other: crucify Him then perish eternally - or crucify yourself and inherit eternal life. ***See "Finalities (the four)."***

406. Inner-eye

223. …in order to have attention we must direct our inner eyes …vigilance tense the muscles all over… ***See "Being Within," "Consciousness," and "Mind."***

407. Inner Instruction

237. …learn remembrance of God …of death …of sins … when this and the like is done with attention …it is secret instruction.

408. Inner-life

141. No one can be master over your inner life but you yourself. Enter there …before God. ***See "Another World," "Paradigm of Salvation" and "Within (Being)."***

409. Inner-man

132. …stand before your heart. Before you is your inner man …sunk deep in carelessness, insensitivity and blindness…/ … remove the veils from the eyes of your mind…

281. We see that a departure point for appropriate activity is our inner man. ***See other entries related to "Inner" above and their references, also "Heart." .***

410. Insensitivity

129. The covering [of sin] that is closest to the heart is comprised of self-deception, insensitivity and carelessness./ The first covering (self-deception, insensitivity and carelessness) is the essential one.

132. CARELESSNESS, INSENSITIVITY AND BLINDNESS. …your inner-man [is] sunk in insensitivity and carelessness.

137. 5. HOW TO SOFTEN YOUR INSENSITIVE HEART. … conquer yourself with threats and sobering ideas …shake up and soften your insensitive heart. ***"See "Bonds," "Coverings (of sin)" and "Nets."***

411. Inspire

181. [RE. Mystery of Confession] Sometimes it happens …that some clearly hear in their hearts a divine word …to inspire them. ***Also see entries related to "Communion" and "Union."***

412. Inspirers of sin

161. THE DEEPLY ROOTED INSPIRERS OF SIN-BREAKING THEIR BONDS. Work against all sin, but especially against those deeply rooted inspirers./ …the chief warriors …directing all strategies …These are the deeply rooted inspirers of sin. All attention must be directed to them.

162. …who these main inspirers of sin …was shown by the Saviour… "let him deny himself…" (Mk8:34-35) sin-loving heart … self-pity. …everything in the world…

163. …self-pity, sensuality, earthliness …they are the deeply rooted inspirers of sin…

164. …these roots of sin are the inspirers of all thoughts that rise up against a man …when he …is ready to move to the side of goodness. ***See also "Earthliness," "Flesh (Persecution of)," "Passions (Struggling with)," "Self-pity," "Sensuality," "Spiritual Warfare," and "Thoughts."***

413. Instructions (inner)

237. [Re: Being within and Standing in the spiritual world]. … instruct yourself secretly in the heart …when this and the like is done, it is secret instruction. ***See "Being Within," "Salvation (Paradigm of)," and "Another World."***

414. Instruction (Self)

143. [Re: Reasoning about salvation]. …all of your self-instruction should be conducted in a way that will fit the aim – to act upon the soul and awaken. 1) When you reason with yourself do not intellectualize… 2) Do not run quickly from one thought to another… 3) …do not leave a thought naked in a reasoned form … robe it in some sort of image …carry it as a constant reminder.

144. 4) …make prostrations… 5) …make short cries and repeat them often… ***See "Awakening Grace," "Thoughts," and "Zeal."***

415. Intellect

200. St. Isaac the Syrian, "When the intellect is renewed and the heart is sanctified …his intellect perceives the spiritual knowledge of created things, and the divine mysteries of the Holy Trinity… For if the intellect, which beholds spiritual realities in its natural state of health, it distinctly beholds the glory of Christ.

240 . [Re: Podvigs and the soul's activities]. …in the soul's powers: the intellect, the will and the senses…

242. 1. THE THREE POWERS OF THE SOUL AND THIR CURATIVE EXERCISES. In the soul we find three powers: The intellect, the will, the heart; or, as the Holy Fathers say, the intellectual, the desiring, the incensive powers./ **FOR THE MIND (INTELLECT).** Reading and hearing the Word of God …writings of the Holy Father …studying and impressing …mutual discourse….

247. There are three powers: the intellect, the will and the senses./ **EXERCISES THAT DEVELOP THE INTELLECT AND ALSO WARM THE SPIRITUAL LIFE.** A Christian intellectual development occurs when all the truths of the faith are impressed so deeply into the intellect that the intellect's whole existence is made up of these truths alone./ The Apostle calls this keeping the image of a sound mind (II Tim. 1:7)./ Exercises related to this are…/ *Expanded list previously mentioned. The next pages Theophan gives rules to apply these exercises.*

281. …the powers that war with passions are also the intellect or spirit – the seat of consciousness and freedom; the spirit being upheld and strengthened by grace.

283. [RE. reviewing our enemies.] **2)In soul a) the mental part.** …exclusive belief in one's own intellect, criticism… ***See "Intellectual Development" below, as well as "Mind," "Soul," and "Spirit (Man's)."***

416. Intellectual Development

247. There are three powers: the intellect, the will and the senses./ **EXERCISES THAT DEVELOP THE INTELLECT AND ALSO WARM THE SPIRITUAL LIFE.** A Christian intellectual development occurs when all the truths of the faith are impressed so deeply into the intellect that the intellect's whole existence is made up of these truths alone./ The Apostle calls this keeping the image of a sound mind (II Tim. 1:7)./ Exercises related to this are…/ *Expanded list previously mentioned. The next pages Theophan gives rules to apply these exercises*. ***See "Intellect." Above and "Mind," "Soul," and "Spirit (Man's)."***

417. Intentions

159. [RE. temptations we face when choosing the good] …a tiny spark [floating in smoke], a twig blown up and down and all around …has seen an image of what happens to a man's good intentions during this moment. ***See entries related to "Goals"***

418. Internal

135. …the external is worthless without the internal./ External good behavior is the leaf, while internal good disposition is the fruit./ As you are in heart, you are before the Lord. ***See also "Attitude," "Disposition," "Heart" and "Inner."***

J

419. Jesus Prayer

257. The easiest means for ascending to ceaseless prayer is the habit of doing the Jesus Prayer …rooting it in yourself.

258. [2 ways of finding purification of the heart …of the mind] …considering the latter as belonging to the Jesus Prayer alone./ …

others have given first place to the Jesus Prayer among podvigs. It illumines, strengthens, enlivens, conquers all enemies …leads us to God./ …any penitent or anyone beginning to seek the Lord should be given complete instructions in doing the Jesus Prayer./ This activity is called an "art." …pronouncing ceaselessly: "Lord Jesus Christ, Son of God, have mercy on me…."

259. …you should assign a time …just for saying this prayer …this will be the beginning of habitual practice./ On pages *259-261. St. Theophan gives rules and guides for the development of this prayer.* ***See all entries for "Communion," "Prayer," and "Union."***

420. Joking

266. [Re: The outward ordering of life]. …abandon whatever is dangerous to the new life …now is the time to cease from all theaters …jokes, sarcasms… ***See "Amusement," "Associations," and "World."***

421. Joy

85. A person who has not fallen is always young. …there is an extra-ordinary joy, sincere kindness…/ …in him [are] the fruits of the Spirit …love, joy, peace… (Gal. 5:22)./ …he preserves an unhypocritical joyfulness …a spiritual joy./ In him is the Kingdom … which is peace and joy in the Holy Spirit.

140. Just make one turn around within …and you will experience the joy of life.

295. The battle is over (of temptation) …do not give yourself over to immoderate joy …and grow careless… .

422. Judging

134. [Re: Self-justification by comparing ourselves to the faults of others]. Judge yourself only without comparing yourself to others./ [Re: Judging oneself by looking at the virtues]. If you judge yourself in comparison to them (the Holy God-Pleasers) you will not make a mistake.

135. The judgment of others is deceptive. Other people do not know us…

136. Neither the praise of others or …friends will protect you from God's judgment and wrath.

137. Imagine clearly …the judge standeth at the door. ***See "Self-examination" as well as the next entries related to "judgment."***

423. Judgment

177. [Sin leaves traces on us] …especially in heaven, in the ledgers of divine judgment.

179. There will be a judgment, and at it will be shame and fear…

284. [Sins in the sensual part] …revenge, judgment, contempt… . ***See "Judgment (of God),"death, heaven, hell.***

424. Judgment (Good)

127. [re. procrastination]. Take up the weapon of good judgment… ***See "Intellect," "Reason," and "Thoughts."***

425. Judgment (of God)

92. [Re: Turning from sin to God]. …[having sinned against God] he must grieve in the fire of just judgment.

107. [Re: Arousal by Divine grace]. It seizes the sinner …like a criminal …presents him before the divine judgment.

136. [Re: Prejudices that keep a person in sin]. …neither the praises of others, or wide circle of friends will protect you from God's judgment and wrath.

174. …place yourself alone …before the face of God the judge all-seeing.

177. [Re: Why Confession is necessary]. …[sin leaves traces on us] …especially in heaven, in the ledgers of divine judgment.

227. [Re. Keeping the structure of the spiritual world in the attention]. …when at the judgment men will receive according to their deeds – some will descend into hell, others will dwell in Paradise./ The Symbol of Faith. The main subjects are there …the four finalities are there death, judgment, Paradise and hell.

228. …you are established in death and judgment, with your gaze turned towards either heaven or hell./ …standing after death

before the judgment which will determine whether you will be received into Paradise or swallowed up by hell.

229. …stand in the spiritual world, in the presence of God …at the hour of death and judgment, at the threshold of hell or Paradise./ [Feeling that you are in the spiritual world] …to relate to death and judgment as a criminal awaits his sentence; to look at heaven and hell as …on the narrowest plank – one side roiling with flames, on the other side a lovely garden.

231. Remember often God's unexpected judgments. ***See also "Heaven," "Hell" "Judgment," "Paradise," and "Torment."***

426. Justify

136. [Re: Self-justification]. …little by little you will cease making excuses in sins …the tendency to justify yourself…/ if you are bad, your …perfections reproach you rather than justify you. ***See the above references for "Judgment," as well as "Self-justification."***

K

427. Kneeling

256. [Re. A Prayer Rule] 3) Pray always with fear, diligence and attention. 4)This requires standing, prostrations, kneeling… ***See also entries concerning "Confession," "Contrition," "Prayer," and "Posture,"***

428. Know (your sins)

170. KNOW YOUR SINS. …having returned to God, Know your sins./ …you must discerningly know that you are definitely sinful, and you must know to what degree – clearly, individually, …as if quantitatively know your sins.

172. …at this first stage of coming to know your sinfulness is that it is an exact determination of deeds. Just as a business ledger… portray them accurately – with all the circumstances of time, place, people… ***See also "Confession," "Self-exam," and "Spiritual Warfare."***

L

429. Labor

141. LABOR OVER YOURSELF WITHOUT RELAXING. So labor over yourself and …cast off your blindness, insensitivity and indolence./ But labor and labor without relaxing.

144. What were we searching for by our labors? The grace of God that awakens.

240. [Re: Spiritual exercises prescribed by God] …only scan a few lives of ascetics …fasting, labor, vigils...

263. [Re: Rules for persecuting the flesh]. …struggle with your flesh until it is humbled …strive for this as a reward for your labors.

264. …the law of constancy must be observed in the realm of physical podvigs…/ The most important physical …labored for persecuting the flesh are : fasting vigils, labors… ***See "Asceticism," "Podvig," and "Spiritual Exercises."***

430. Laughter

283. The source of passions is pleasing the flesh. Where they (Comforting and Pleasing the flesh & Sensuality) are present are … unseemly laughter… ***See also "Amusements," and "World."***

431. Law (of God)

13. [From the Preface by Abbot Herman]. St. Theophan … prayed out …how the modern …Western man could return to …the life-giving spiritual laws and live in full accord with them just like the ancient Christians.

18. [Preface]. …remember how …Fr. Adrian …told me that the mere remembrance of St. Theophan's love for the law of God … resurrected hope and faith in his soul.

21. [Introduction by Theophan describing what the true Christian life and labor is like]. The Law of Christ is not to one's liking…/ What does one do that the law will imprint itself on the heart?/ …man walking in this law will act as if it were coming from

himself …that the law will proceed from him?/ Suppose someone has turned to God …come to love His law…

171. [Re. Know Your Sins]. …place your deeds under the law …or take the law …[is it] being realized in your life?/ Or, go through the Ten Commandments… ***See also "Bible," "Commandments," "Gospel," and "Confession, Preparation of," "Word of God."***

432. Laziness

50. …an unsteady development, left to the will of a child, develops in some …laziness.

128. [Re. Procrastination] …because we allow our energies to wane and indulge our laziness, slackness …indecisiveness. ***See also "Lethargy," "Procrastinate" and "Sloth."***

433. Ledger

172. [Re. Knowing your sins.] …coming to know your sinfulness is that it is an exact determination of deeds. Just as a business ledger is written with mathematical accuracy …

177. […sin leaves traces on us] …especially in heaven, in the ledgers of divine judgment. ***See "Confession," "Contrition,""Judgment," "Repentance" and "Sin."***

434. Lent

131. [Re. inner work on thoughts] …requires solitude and cessation of usual occupations …change in the way we satisfy our natural needs …the most convenient time to change your life … during a fast, especially Great Lent. ….everything is looked upon as preparation for repentance/ …does not mean you should put it off until the Fast begins…/ …when the Holy Fast arrives it would be a sin to miss the chance to take care for the salvation of your soul…

272. [Re. Govenie] The four fasts are established to this aim …zealots of piety prepare themselves. ***See also "Govenie."***

435. Lethargy

168. [Re. Self-pity] …when a person comes to his senses …it as if he had never begun …coldness, turgidity, lethargy …overcome him… ***See also "Laziness" with references.***

436. Life

138. …either crucify Him then perish eternally - or crucify yourself …inherit eternal life with Him. ***See "God-pleasing," Grace," the various entries for "Life" below."***

437. Life (Christian)

260. [Re. sp. Exercises] Whoever having gone through everything …above, is a practitioner of the Christian life… ***See "Life" above and below with its references and "Zeal.".***

438. Life (God-pleasing)

206. [Remembering the main goal and keeping the eyes of the mind fixed on God while] keeping to the initial work …should be maintained by building a God-pleasing life.

207. [understanding graduality] …easily derive a rule for a God-pleasing life.

208. A GUIDING RULE FOR A GOD-PLEASING LIFE.

221. Wherever it [zeal] is present there is …fervor, readiness, alacrity to do works pleasing to God.

325. We know of nothing higher on earth than this apostolic state …we conclude our overview of the order of a God-pleasing life. ***See "Life" above and below with its references.***

439. Life (in Christ)

184. This is the beginning of life in Christ for the penitent./ …a life in Christ Jesus our Lord …his constant requirement? … communing with the Lord in [Holy Communion].

188. …final renunciation of sins and dedication to the Lord. From this minute begins the fully true Christian life. ***See "Dedication" and "Life" above and below with its references.***

440. Life (Mental)

193. …three forms of communion with God. One of them is mental …the first …does not cease during the [others] because spiritual life is mental life.

94. …spiritual life consists in moving from mental …to actual, live, perceptible, and manifest communion. ***See "Life" above and with its references.***

441. Life (New)

264. 8. THE ORDER OF THE EXTERNAL LIFE ACCORDING TO THE SPIRIT OF THE NEW LIFE. …to the spirit of the new life can be called "leaving the world." (***The following pages are a discussion on what it means to leave the world.***)

266. This is the law; abandon everything that is dangerous to the new life…/ …the measuring stick is always the same; abandon what is harmful and dangerous to life… ***See "Life" above and with its references.***

442. Life (Spiritual)

122. …the spirit's barriers are often overcome by the power of the Word./ …the divine way fills the spirit with …understanding salvation.

193. [Re: Three kinds of communion with God] …the first is mental …the other two are actual. ..the first does not cease during the other two for spiritual life is mental life.

194. All spiritual life consists in the movement from mental …to actual, perceptible and manifest communion.

195. …the Holy Spirit …gives the soul a …taste of God's sweetness [so he will know] what the reward of the spiritual life consists./ …at the start of the spiritual way the soul usually has the …experience of being illuminated.

233. [Re: A summary of the stages of salvation]. …then you emerge spiritually …and made a vow…/ [Re: the feelings regarding the paradigm of salvation] …these feelings can rightly be called activity of spiritual life. When they are present it means spiritual life is happening.

247. [Re: Curative exercises for body and soul]. …exercises are given …that ignites the spirit…

260. …these [exercises] are adaptable to the movements of the spirit./ We see how every one of them is adapted to the spirit or to spiritual feeling.

264. ***See entry "Life (New)."***

269. 9. GRACE-FILLED MEANS OF DEVELOPING AND STRENGTHENING THE SPIRITUAL LIFE. After the spirit is enlivened by the grace of God …it ascends to resolve…

270. …there are elements that feed our spiritual life./ Spiritual life is the result of being with the Lord./ [Re. Communion] This is the …source for preserving and strengthening our spiritual life!

273. …The whole process of Govenie is …renewing the spirit… ***See "Life" above and below and with its references.***

443. Life (Ordering of)

243. THE OUTWARD ORDERING OF LIFE.

244. …our external appearance, which is their (inner) expression will inevitably change. ***See "Life" above and below with its references.***

444. Life (Well ordered)

125. [Re. Becoming immune to grace] …is the result of not enduring in a well-ordered life. ***See "Life" above with its references.***

445. Little by little (Graduality)

139. When you press …into yourself contrition-producing feelings you will little by little, your heart will begin to warm up and move. ***See also "Graduality."***

446. Liturgy

122. [The Word of God] is heard unceasingly in the churches in every divine service…

123. …[take care that the paths of the Word are not hindered] …that true preaching does not cease, divine worship is fulfilled according to rite and in an edifying manner.

253. DEVELOPMENT OF THE HEART. …directed at it are all our church services in all forms-common and personal, at home and in church…

254. …church services with all the daily services and full regimen of icons, candles…/ The entire structure of our church

services …drive away the spirit of the world. 1) It is necessary to establish a pattern of going to Church as often as possible …Matins, Liturgy and Vespers.

255. *Further rules for liturgical worship at church and home.*
276. 3) CONCERNING COMMUNION. Go as often as possible to Liturgy and as it is celebrated…/ Not everyone receives Communion at every Liturgy… ***See also "Communion," "Divine Liturgy" and "Govenie."***

447. Living (in the presence of God)

312. [Re: Ascending to union with God]. 1) Accustom the mind to living in the presence of God. …behold God for He is near./ …let him ascend to the feeling that he is seen by God./ This practice is the doorway to God, the opening of heaven to the mind. ***See also "Communion," "Prayer," "Presence of God," "Providence," and "Union."***

448. Living Water

140. God is …of the living …Go and drink of the springs of living water.

449. Loquacity

283. [Re. Reviewing our enemies] In the Body: Wherever they are [pleasing and comforting the flesh] is … loquacity… ***See "Talkativeness."***

450. Love (for God)

322. [Re: Ascending to Communion with God through stillness]. …those who have united themselves to stillness …to delight in the love of God …to quench the thirst for this love …are true hesychasts. …will soon begin to taste of its fruits …undisturbed mind, pure thoughts, rapture to God… ***See "Communion," "Hesychia," "Prayer," and "Stillness."***

451. Love (of authority)

284. [Re. Knowing our enemies] In the desirous part-self-will. unsubmissiveness, love of authority. ***See "Passions" and***

"Spiritual Warfare."

452. Love (of pleasure)

172. From self-love proceed pride, mercenarieness, love of pleasure and from these come all other passions.

283. [Re. Knowing our enemies]. The source of passions is pleasing the flesh or comforting the flesh …wherever these are present there is …love of pleasure…

303. We should aim at the chief passions: love of pleasure… ***See "Flesh," "Passions" "Pleasure," and "Spiritual Warfare."***

453. Lust

52. [Re: Childrearing and powers of soul and body]. The body is the dwelling place of the passions, and chiefly of the fiercest ones, such as lust and anger.

112.. …self-indulgence of the body come in various forms. … sensuality, luxury, lustfulness…

280. I. WAR WITH THE PASSIONS AND LUSTS. …there must always be an indirect activity aimed at casting out evil …war with the passions and lusts.

283. 1. In the body: The source of passions is pleasing the flesh or comforting the flesh, with which the whirlwind of our bodily life and sensual life are directly linked. Wherever they are present there is sexual lust, … all manner of pleasing the flesh in lusts.

288. [Re. stages of temptation]. …all preliminary acts can be defined by one word – thought. It can be simple …passionate, lustful thought…/ …it appears as …a lust, craving or desire … or as a passion or attraction./ These are the boundaries of the battle field – from the appearance of the thought, lusts, passions …to the disappearance of their every trace.

289. For the world, the demons and lust can and do arouse … the same passion… ***See also entries for "Flesh" and "Passions."***

454. Luxury

112. . …self-indulgence of the body come in various forms. … sensuality, luxury, lustfulness… ***See "Earthliness," "Flesh," "Self-***

indulgence" and "Sensuality."

M

455. Man

283. Man is totally passionate until he converts. ***See "Baptism," "Body," "Soul," and "Spirit (Man's)."***

456. Man (New)

36. 4. A NEW CREATURE IN CHRIST THROUGH HOLY BAPTISM. …from the font a man comes not …out the same way he went in./ As light to darkness, as life to is to death, so is a baptized man opposed to one unbaptized./ A man before baptism bears …all the poison of sin with …its consequences.

36-38. *Theophan contrasts the differences between the old man and the new in relation to baptism and the new birth.*

323. Re: Final purification]. [Drying soggy firewood and boiling icy water] These last two images of fire's effect portray the effect of spiritual burning on a man during the final stages of Christian perfection…/ [passionlessness or dispassion] …when the new man has come into being, in whom nothing is left of the old man… ***See "Baptism," "Body,""Free will," "Grace," "Soul," and "Spirit (Man's)."***

457. Man (old)

36-38, 323. ***See entries for "Man (New)"***

458. Man-pleasing

161. DEEPLY ROOTED INSPIERERS OF SIN. *This sets the context for the following references.*

163. Self-pity, sensuality, man-pleasing and earthliness are the characteristics of a sin-loving heart. …are the deeply rooted inspirers of sin and its chief warriors.

164. "What will they say? They will think I'm strange and have nothing to do with me. …break this and that tie …This is the cry of man-pleasing.

166. We must labor over ourselves until …man-pleasing is placed on the one side by all bad habits and ties …and on the other side by self-condemnation and to all unrighteousness…

168. …the first thing that man's freedom must accomplish … [is] expelling self-pity, man-pleasing…

251. He who does something out of self-reliance …man-pleasing …fosters the evil in him. ***See also "Pride" and "Vainglory."***

459. Mansions

60. …it is according to the taste of one's heart that the future eternal mansion will be given …that taste is the one that was formed here. ***See also "Heaven," "Hell," and "Judgment."***

460. Married

264. …beside physical purity (virginity) there is also purity of the soul …it is more significant …thus spouses can also be very close to virgins …therefore we see married people …who possess spiritual perfections.

461. Martyrdom

57-58. …a small Christian child is wiser than philosophers has been shown …during the period of martyrdom, small children discoursed on Christ the Savior, on the folly of idol worship…

109. [Re. Miracles] …the greatest number of these were manifested …in the early times …and later the holy martyrs./ … often converted entire villages and towns…/ …the blood of the martyrs lies at the foundation of the Church.

115. [Conversion by visible nature] …converted the great martyr Barbara…

115-116. [Conversion by things contrary to that which one is accustomed] All conversions by means of martyrdom …are particularly relevant to this.

116. Sometimes the martyrdom …of a single person has converted villages and towns. …the moral power of another world… ***"See "Another World."***

118. [The power of God] …through martyrs forced both the father and children of lies to speak the truth through statutes.

462. Master

141. No one can be master of your inner life besides yourself.

168. Having struck down this enemy also …having taken yourself in hand you will be a complete master over yourself. ***See also "Dedication" and "Free will."***

463. Materialism

98. …through the flesh and materialism …the soul became mingled at the fall, then he (satan) has access to the soul.

323. This complete, but at the same time ever maturing perfection of those who are perfecting themselves in the Lord … enlightens the mind
…enraptures it from materiality …often taken up into heavenly visions. ***See also "Earthliness," "Flesh" and "Passions."***

464. Matins

254. 1. It is necessary to establish a pattern of going to church as often as possible, usually to Matins, Liturgy, and Vespers..

465. Maturing

323. This complete, but at the same time ever maturing perfection of those who are perfecting themselves in the Lord … enlightens the mind …enraptures it from materiality …often taken up into heavenly visions. *While the following pages do not use the word "maturing, they do describe the process in the last stages as well as its blessing.* ***See "Communion (Actual)."***

466. Maturity

193. [God] hides the manifestation of [baptismal grace or communion] until the man reaches a specific level of maturity …after this God manifests His indwelling… ***See "Communion (Actual)."***

467. Means

140. …all manner of His aid is prepared for you.

141. …what blessing awaits you after you change your life … you have all the means to do it at hand.

144. 9. GOD'S GRACE CHOOSES WELL-KNOWN MEANS. The grace of God is accustomed …to choose well-known means./ … apply these means and proceed under …their influence. *Theophan mentions The Church, The Word of God, discussions, and alms with the prayers of the poor as powerful means of grace.*

269. 9. GRACE-FILLED MEANS OF DEVELOPING AND STRENGTHENING THE SPIRITUAL LIFE. *The following pages explain the nature of preparation and participation of the Mysteries of Holy Confession and Communion as these means.* ***See "Communion," "Confession," "Free will," "Grace" and "Mean (of grace) below.***

468. Means (of Grace)

144. 9. GOD'S GRACE CHOOSES WELL-KNOWN MEANS. The grace of God is accustomed …to choose well-known means./ … apply these means and proceed under …their influence. *Theophan mentions The Church, The Word of God, discussions, and alms with the prayers of the poor.* ***See "Communion," "Confession," "Free will," "Grace" and "Means" above.***

469. Meditation

185. [Re: Preserving a good frame of mind between confession and Communion]. 1. Preserve your attention undistracted and your heart undisturbed …concentrating on the one Lord… 3) …contemplate a saying of the Lord or the holy Apostles…

237. [Re. feelings that [preserve zeal]. …the subject of personal instruction, contemplation and reading. ***See "Contemplation."***

470. Memory

52. [Re: Principles of child rearing]. …fulfillment of them protects the entrance into the soul from the evil poison of sensual enjoyments…

53. [First beginnings of exercising the senses] …follows immediately an awakening of the imagination and the memory.

These capabilities stand at the transition point between the body and the soul …communicate the one to the other./ …the first objects the soul occupies itself have a powerful influence…

54. …senses furnish material for the imagination …preserved in the memory. …let these receive their first impressions from sacred objects.

267. [Re: Not living from the heart-Christian in name only]… what was stolen from the heart may remain in the memory and imagination. ***See also "Imagination," "Soul" and "Thoughts."***

471. Mental

314. [Re: Gazing upon God]. But this gazing upon God is only mental. …the Lord has not yet given a taste of Himself … because he is not yet pure. ***See also "Life (Spiritual)."***

472. Mental (Communion)

193. [Re: 3 kinds of communion with God]. …three forms of communion with God; one is mental which happens during the period of conversion …the other two are actual…/ …the first form of communion does not cease because spiritual life is mental life. …it differs characteristically.

194. All spiritual life consists in the movement from mental …to actual, live, perceptible, and manifest communion. ***See also "Communion," "Life (Spiritual)," "Mental," "Mental Part" and "Soul."***

473. Mental (Part)

283. [Re. Spiritual battle-where attacks are felt]. 2) In the soul: A) In the mental part. Opinion …criticism …and arrogance. ***See also "Life (Spiritual)," "Mental," "Mental Part" and "Soul."***

474. Methods (to uproot passions)

475. Mind

56. 3) FORMING ATTITUDES The Mind. In Children …the power of thinking comes with speech and develops with [it]./ …the

formation of the mind must be begun together with words./ …the chief thing …is sound concepts and judgments…

57. …with Christian principles. …everything the child encounters…/ …on no account give children books with corrupt concepts; their minds will thus be preserved whole, in holy and divine healthiness.

60. To the spirit belong: the fear of God (corresponding to the mind).

223. [Re. Being Within: *Attention, Vigilance and Soberness*]. All the powers of the soul – the mind, the will and the senses - should be gathered near the consciousness in the heart./ The gathering of the mind in the heat is attention…

242. THE POWERS OF THE SOUL AND THEIR CURATIVE EXERCISES. *FOR THE MIND.* 1) Reading and hearing the Word of God, writings of the Holy Fathers… 2) Studying and impressing… God-given truths… 3) Asking questions of those older and more experienced. 4) …mutual and informative discourse…

247. EXERCISES THAT DEVELOP THE INTELLECT AND WARM THE SPIRITUAL LIFE. A Christian intellectual development occurs when all the truths of the faith are impressed so deeply into the intellect that the intellect's whole existence is made up of these truths alone. …The Apostle calls this keeping the image *of a sound mind* (I Tim. 1:7). Exercises or work related to these are…(*basically the same as those mentioned earlier*).

265. [Re. Exposure to the world & stages of temptation]. The mind is immediately darkened; he becomes forgetful, weak, captive and plundered.

280-281. …whoever has …acquired child-like faith without conquering self-opinion and proud mindedness?

281. When passions attack, they directly storm the mind or spirit, that is, the seat of consciousness and freedom.

286-287. …something …only demons can whip up … blasphemous thoughts, Doubts …darkening the mind and various forms of prelest…

287. [*continuing*] …passionate temptations that take over…/ [Overcoming Passions & stages of temptation] He has spiritual subjects on his mind and spiritual deeds in his intentions./ The chief

form the enemy appears to us is *thought*. When the enemy succeeds in occupying our mind …he is already not without profit.

307. [Re: Final crucifixion of our outer man and salvific sorrows]. …is a time of great trial …In the mind is darkness, in the heart is inconsolable torment…

322. [Re. Ascent to communion with God]. …they will soon begin to taste its fruits …an undisturbed mind, pure thoughts, rapture to God… Its essence is standing before God in the mind and heart by which fire is added to fire. ***See Also "Intellect," "spirit" and "Thought."***

476. Miracles

107-109. [Re: Conversions by the special actions of divine grace]. *Theophan lists many instances of famous persons being converted by various supernatural events.*

325. [Re: Those who have attained mystical communion with God]. …they are God's mystics …have attained the same state as the Apostles …completely united their senses to God …love is the bestower of prophecy, the cause of wonder working, an abyss of illumination…/ [Re: Some who have attained dispassion] …are dispatched [back into the world] for the salvation of others …serve these seekers …working miracles… ***See "Grace (Means of)."***

477. Moderation

48. [Re: Training children as their senses develop]. …without noticing it, one can develop in him [the child] the love of pleasure and immoderation…

253. (*Though the actual word is not present, the concept is*) … those who make too much fuss over their works …quickly exhaust themselves and dissipate the spirit. ***See also "Graduality and various entries for "Rules."***

478. Molebens

43. [Re. The positive affect of churchly things on a child]. Great influence is exercised on the child by frequently taking him to church …under icons …signing him with the sign of the cross …the service of Molebens… ***See "Church Services" and "Environment."***

479. Monastery

132. [Re. habits that enslave us in sin]. *Those whose will is weak does not bear a long drawn out process of overcoming his passions.* [The world] …hinders him from carrying it out, it would be better for him to retreat for a time to a monastery. ***See "Monasticism" below.***

480. Monasticism

278-279.[Re: Approaching constant Govenie and the multitudinous forms of ascetic labors]. The fullest and most successful way to accomplish all of this is monasticism. …is the very realization of asceticism, precisely in spirit. It is the repentant path …consists of the guiding and the guided. …it offers the greatest room for spiritual exercises …especially enables an active uprooting of the passions…./ *You will want to read this in its entirety for a full description of the nature and benefit of the monastic life.* ***See Monastery" above.***

481. Moods

99. 5. THE INNER MOOD AND CONDITION OF SINNERS. …the inner mood and condition …is often knowledgeable, but blind to divine things and the matter of his own salvation.

186. [Re: Between Vespers and Divine Liturgy on Sunday]. … the enemy will be trying to tempt you in every way, to put your soul into a bad mood… ***See "Character" and "Dispositions."***

482. Moral Condition

132. CARELESSNESS, INSENNSITIVITY AND BINDENESS. …such blindness is the result of …[having] never thought about himself or his moral condition. ***See "Morality," below as well as "baptism."***

483. Morality

169. [Re: After the resolve to abandon sin before dedicating one's life to God]. …indeed one can act, but what kind of activity would this be …what spirit would it contain? …though morally right.

It will be an egotistical, pagan morality. ***See "Moral condition" above.***

484. Morning

256. [Re: A prayer rule cont.]. 1) Choose a rule of prayer – evening, morning and daily prayers.

259. [Re. The Jesus Prayer]. In order to become strong in this, you should assign a time in the morning or evening …just for saying this prayer. It should be just after Morning or Evening prayers standing, or sitting. …the beginning of habitual prayer. ***See "Communion" and "Prayer."***

485. Motivate

140. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. *Though this actual word is not used on this page, the entire context is how to motivate oneself to follow God's call.* ***See also "Goals" and "Motivate" below.***

486. Motives

172. [Re: Actions according to the law] …defiled due to the impurity of the motivation behind them. ***See also "love, self," "Inclination," "Motives and Dispositions" And "Dispositions."***

487. Motives and dispositions

30. …if any other motive beside the one mentioned …it makes the good deed into a bad deed. *Several examples of "Motives" and "Dispositions" are given on this page and the next: Moses, the Spies, Martyrs, merchants, soldiers, etc.* ***See "Motivate" and "Motives" above.***

488. Movements (Tempting)

285. [Re: Tempting movements]. Sometimes the person himself is not aware of these tempting movements. …belong to the subtle thought processes. ***See "Passions," "Spiritual warfare" and "Temptation."***

489. Music

266. [Re: Activities dangerous to the new life]. …abandon everything that is dangerous to the new life, whatever ignites passions… Now is the time to cease from all theaters, balls, dancing music… ***See also "Amusements," "Associations," "Entertainment" and "World."***

490. Mystery (Communion)

43. Often Holy Communion is accompanied by miracles. … during Communion the Lord loosed the bonds of his (Andrew of Crete) tongue…/ One doctor testifies …children should be taken to Holy Communion and rarely does he have to use …medical help.

183. THE PENITENT APPROACHES HOLY COMMUNION. …after forgiveness …he is invited to the Lord's Supper, where the Lord gives …His Body to eat …His Blood to drink./ …is not an overabundance but an essential requirement for uniting with the Lord./ [After a fall and Confession] …he has to become worthy of it [communion with God] again, this he does through Holy Communion …(Jn. 6:56).

184. [Re: Union on the Vine] This cultivation is done through Holy Communion (Jn. 15:1-6)./ …He enters in and feasts with the communicant./ [New Life] …requires food …Such food is the Body and Blood of the Lord…(Jn. 6:55)./ It is especially necessary to taste this food at the outset…/ …let him hasten …to taste the Body and Blood of Christ./ …after tasting this heavenly manna the penitent will hunger and thirst to taste it again.

185. …to Holy Communion for full revivification of your inner man./ [From repentance and Confession] …he naturally continues on to Communion./ …is usually a little time between Confession and Communion …it is important to preserve your good frame of mind…/ …occupy it [your mind] with thoughts of Communion itself. …bind it with the words of the Lord and Apostles about this sacrament.

86. …everything to the thought that the Lord …is preparing a Supper of salvation for you./ …warm your faith in the actual presence of the Lord Himself …in the Mysteries./ …to receive the Lord …and all the treasure of life …within Him.

187. …approach the Chalice …bow to the Lord Who approaches you.

240. [Re: Exercises to confirm one in the good]. …can easily discover these …scan a few lives of ascetics …fasting, labor, vigils …frequent Confession and Communion…

254. 1) It is necessary to establish a pattern of going to Church as often as possible, usually to Matins, Liturgy and Vespers.

269-270. …conversion is unreliable if it is not sealed by grace through the sacrament, so does zeal continue to be unstable …the will weak …and life empty without renewal through the Divine Mysteries of Confession and Holy Communion.

270. …are elements that feed our spiritual life. These …are the Sacraments./ …communion with the Lord works through Communion of His Body and Blood./ This is the grace-filled source for preserving and strengthening our spiritual life. …from the very beginning of Christianity true zealots …considered frequent Communion …the chief blessing./ Basil the Great …salvific to partake of the Body and Blood every day …of his own life: "We receive Communion four times a week."

270-271. …opinion of all [the] saints …no salvation without Communion …no progress without frequent Communion.

271. Decisiveness and promise are the place where the Lord communes with us in Holy Communion./ Confess worthily and you will be a worthy communicant.

276. 3. CONCERNING COMMUNION. 1) Go as often as possible to Liturgy…is Divine food fir the Christian and a sacrifice./ Not everyone receives Communion at every Liturgy, but the Sacrifice is brought for all from all.

277. 2) If it is impossible to go to Church, do not let the hour of the Divine Sacrifice pass without …turning to God. ***"See also Body and Blood of Christ," "Communion (Mystery of)" "Holy Communion" and "Sacrament."***

491. Mystery (Confession)

269. …Mean Of Developing and Strengthening The Spiritual Life.

269-270. …conversion is unreliable if it is not sealed by grace through the sacrament, so does zeal continue to be unstable …the will weak …and life empty without renewal through the Divine Mysteries of Confession and Holy Communion.

270. …are elements that feed our spiritual life. These …are the Sacraments.

271. Confession made with hatred of sin …makes a man's soul a vessel of containing the uncontainable God by His grace./ … confess worthily and you will be a worthy communicant. … Confession …is a Sacrament which requires worthy preparation. …it requires particular actions, feelings and dispositions …that require … exclusive preparation. …has to be conducted according to a known office.

272. *Confession preparation cont.* …with preliminary deeds and exercises …to recognize one's sins…/ The four fasts …that zealots of piety would confess and receive… ***See also "Confession "Mystery of," "Repentance" and Sacrament(s)."***

492. Mystics

325-326. DISPASSION IS THE HEVENLY PALACE OF THE HEAVENLY KING. …just as He is in the Father and the Father is in Him, every believer would be one with Him (Jn.17:21)." Those who have achieved this are God's mystics …their state is the same as the Apostles …hearing it [God's will] as if hearing a certain inner voice and having completely united their senses with God. They mystically learn His Words from Him. ***See "Communion" and "Union."***

N

493. Nativity (Feast of)

272. [Re: Reception of Communion]. The four fasts are established to this aim (Govenie) a worthy confession and communion. Those seeking perfection should make it a rule to prepare to communion four times a year – this is written in Orthodox

Confessions. You can also prepare twice during the Nativity and Lenten Fasts.

494. Natural

286. [Re: Demonic inspiration]. …something …only demons can whip up …of which nature is incapable of …blasphemous thoughts-doubts, lack of faith unusual revulsion, darkening of the mind.

299. [Re: Demonic temptations]. Continual thoughts are murderous and onerous. To them …belong the name "Tempting." … it is necessary to know they are not from nature-though similar in character- …always from the enemy. ***See more specific references to Natural below.***

495. Natural (State)

149. DISCERNING STATES OF AWAKENING FROM NATURAL STATES. …the soul …during awakening is similar to many natural states …which it should not mix. *The next several pages Theophan contrasts several of these states.*

202. The state of the convert before …is permeated in sin … this alien activity attaches itself to us because of its extended stay …becomes as if inborn [the] appearance of something natural … unalterable and necessary… ***See references to "Natural" above and below.***

496. Natural needs

131. THE BODY. First of all go after the body. Refuse it delights and pleasures even, restrict indulgences even in the most natural needs… ***See references to "Flesh" and "Natural" above and below.***

497. Nature (2nd)

99. 5. THE INNER MOOD AND CONDITION OF THE SINNER.

267. A man weak in spirit will not bear a long drawn out abandonment [of the world] …especially overcome by passions of

the flesh, which are like second-nature to him. ***See references to "Flesh" and "Natural" above.***

498. Necessary

170. [Context – the Prodigal Son] …necessary acts for ardent unification with God. …the new life with its demands.

177. What makes the Mystery of Repentance so necessary … the nature of sin …the nature of our conscience.

184. It is especially necessary to taste this food (Communion) at the outset…

191. …just entered a new path …burns with zeal to do everything necessary …to establish himself…

254. It is necessary to establish a pattern of going to church as often as possible…

285. …one or another feeling completely cuts off or cuts short the flow of our spiritual life …outside help is extremely necessary. ***See "Confession" and Communion."***

499. Necessity

140. [Re: Contrition-producing feelings.]. …gather the thoughts that usually awaken energy …and –mainly necessity. ***"See "Contrition."***

500. Needs

131. [Re. Cares and Scattered Thoughts]. …humbling your flesh requires a change in the way you satisfy your natural needs.

184. [Re. Communion]. What should be his constant requirement? The need for communing with the Lord.

501. Nets

139. He [devil] trembles with evil joy when someone falls into nets of sin and gets stuck in them.

160. …a man begins to approach Christ and satan follows after him …to trip him up in his various nets. ***See also "Bonds," "Captivity," "Flesh" and "Passions."***

502. New Birth

184. Now the man is born again. An entirely new life begins for him… needs customary food …is Communion. ***See especially "Baptism" and "Life (Christian)."***

503. New Life

184. ***See above and "Baptism."***.

264. THE ORDER OF THE EXTERNAL LIFE ACCORDING TO THE SPIRIT OF THE NEW LIFE. …everything related to [this] can be called leaving the world, or casting out the spirit of the world…

266. This is the law; abandon everything that is dangerous to the new life…/ *Continue reading through pg. 268 for the outworking of these principles.* ***See "Baptism" and "Life (Christian)."***

504. New Name

35. By this door [baptism] people enter into it [the Church] … they receive a new name and sign impressed on the whole being … heavenly and earthly beings recognize him. ***See "Baptism."***

505. Note taking

248. A RULE FOR READING. *Though note taking's not specifically mentioned, it is one of the very useful tools for applying these rules for reading. Theophan in THE SPIRITUAL LIFE actually recommends his reader to take notes in this context.*

506. Nourishment

184. An entirely new life begins …it must be customary food. …let him hasten to taste this food from the very beginning. ***See also "Communion."***

O

507. Obedience

50. [Re: Childrearing]. …development left to the will of the child, develops in some hyperactivity …self-will and disobedience …

sensual enjoyments./ Let the child play …but in the manner and time indicated to him./ …after enjoying himself according to his own will, the child always returns unwilling to obey.../ On the contrary, a child comes out ready to obey any kind of order when…

250. EXERCISES FOR DEVELOPING THE WILL. The will of God is revealed through many forms of obedience…

305. [Re: The necessity of a Spiritual Father/Director or Guide]. "Let him lead you where and how he will …submit to him uncritically…/ Reading this entire page is highly recommended. ***See also "Commandments," "Obedience (to God)" below, "Obligation (to Christ)" and "Spiritual Father."***

508. Obedience (to God)

126. …as if grace has abandoned him …he might feel how precious faithful obedience to God is…

250. The will of God is revealed through many forms of obedience… ***See "Obedience" above and "Obligation" below.***

509. Obligation (to Christ)

66. A CONSCIOUS ACCCEPTANCE OF THE YOKE OF CHRIST. …there must be a moment when one must intentionally … renew all the obligations of Christianity… and consciously come under its yoke. ***See entries related to "Baptism."***

510. Obstacles

140. …thoughts that usually awaken energy. On the side of good is loftiness …removal of obstacles. ***See also "Bonds (of sin)."***

511. Offend

138. [Re: Responding to Awakening grace]. …turn to God … weighed down by sins …Will you still offend the eye of God with your loathsome, sinful appearance? …turn your back to Him…? …close your ears…?

512. Offering

169. The goal of human freedom …is in God. …with the intention that he should bring it as a sacrifice to God, a most perfect offering.

513. Old (Man)

323. [Re. Dispassion]. The resurrection of the soul should be called the exodus of the old man./ …when the new man has come into being there is nothing left of the old man… ***See "Communion (with God)," and "Stillness."***

514. One more day

167. THE LAST ARROW OF THE ENEMY – BEGGING US TO HAVE PITY ON OURSELVES. No sooner than the soul has exerted itself to take the last step out of self-pleasing sin, the plaintive cry arises: "Just one more short day …tomorrow you will step across the border. ***See "Procrastination."***

515. One with God (Christ)

184. [Re: Abiding in Christ as Vine and branches] …cultivation is done through Holy Communion. Here one becomes one with the Lord.

516. Opinion

283. [Re. Our enemies] **IN THE SOUL-THE MENTAL PART-** opinion, exclusive belief in one's own intellect, criticism… ***See "vainglory."***

517. Opposite

165. Turn your heart away from them [tempting thoughts] and direct it towards the opposite. …they will be cut off from the heart…

518. Opposition (self)

208. …he should oppose the demands of his body and soul … force himself to do the opposite. …this is the same as opposing oneself in the bad and forcing oneself in the good./ Self-opposition and self-forcing are the two aspects of zeal …forming the beginning of asceticism. …put another way, *podvig*.

209. The zealous are eager for …self-forcing and self opposition with the aim of self-correction…/ …he who opposes himself with the most hatred and aversion and acts the most drastically and decisively will more quickly attain purity.

216. …the zealot who labors forces himself, opposes himself and abides in a relentless struggle, will progress from day to day…

220. THE ASCETICAL LABOR OF SELF-OPPOSITION. …it is necessary to work against the passions directly, to oppose them to their faces, fight them and win. This is the ascetical labor of self-opposition.

280. Chapter Seven RULE FOR STRUGGLING WITH THE PASSIONS, OR THE BEGINNING OF SELF-OPPOSITION. A person destroys passionateness by …alienating it …not giving it any food. …The stifled passion will quiet down like a candle under a glass.

281. Conquer the unnaturalness in your powers and they will become natural …Asceticism is ceaseless triumph./ The possibility and basis for all inner victories over ourselves – in the breaking of our will dedicating …to God with inimical denial of everything sinful.

282. …oppose and struggle against the passions as much as you can, but do not fail to lay your sorrows on the living God.

284. The source of all passions …is self-love or egotism. … although refused at first attack often./ The fleshly man is contrary to the spirit's desires./ *Continue to read the rest of this chapter in which St. Theophan develops both the principles and strategies of self-opposition in relation to spiritual warfare, especially with the lusts*

519. Ordering (outward life)

243. THE OUTWARD ORDERING OF LIFE. Our externality is the outflow of our actions …it works against us.

244. As the activities of our powers are changed, our external appearance, which is their expression will also, inevitably change.
See also "Govenie."

520. Outside help

285. SUBTLE TEMPTING MOVEMENTS AIDED BY THE WORLD AND DEMONS. Attacking our consciousness or free will

…either cuts off or cuts short the flow of our spiritual life and places us in extreme danger. This is when outside help is extremely necessary. ***See also "Spiritual Guide."***

P

521. Pain

209. …all the saints accept the only true path to virtue to be pain and hard work. ***See also "Pleasure (Love of)" and "Luxury."***

522. Palace (Heavenly)

324. 3. DISPASSION IS THE HEAVENLY PALACE OF THE HEAVENLY KING. …this at last is communion with God and God's indwelling (Jn. 17:21)

325. Such are temples of God… ***See "Hesychia" and "Temple."***

523. Paradigm (of Salvation)

226. VISION OF ANOTHER WORLD. The entire structure of the spiritual, invisible, mental but nonetheless real world can briefly be discussed this way: God is one, worshipped in Trinity…

227. This is the all-encompassing framework for everything true …This encapsulates the entire content of divine revelation. It is also the Symbol of Faith. The main subjects are all here…

228. Every …Christian should impress this paradigm into his mind …absorb it into himself./ …remembering that we are observed. Your establishment and participation in the paradigm of salvation, as a member of the Church…/ …it consists in straining the mind's eye to see these subjects.

229. The last stage consists in standing in the spiritual world … a sort of feeling you are there. *Continue reading to page 32 for specific exercises in order to establish this consciousness.* ***See also "Creed," "Intellect," "Standing" and "Vision of another world."***

524. Paradigm (Spiritual realities)

See above "Paradigm of Salvation."

525. Paradise

137. REMEMBER YOUR FATE. *The Judge standeth before the door* (James. 5:9). …what is Paradise and what is hell? In Paradise is indescribable blessedness…

138. …abhor and reject it [sin] …it brings upon you God's punishment in life and at death it sends you to hell, closing you to Paradise forever.

227. [Re. Symbol of Faith] The main subjects are all here … the paradigm of salvation …death, judgment, Paradise, hell./

228. [St. Tikhon of Zadonsk] commands all Christians to constantly remember from infancy until the grave.

268. …inward leaving of the world means entering Paradise. ***See the "Four Finalities": "Death," Heaven," "Hell," and "Judgment."***

526. Parenting

40. ...a very important matter for parents …how to lead the baptized one …when he comes to awareness will recognize the grace within him and accept them with joyful desire…/ This places us face to face with the subject of Christian upbringing./ …how one should behave towards the baptized infant.

41. 6. CHRISTIAN UPBRINGING.

42. …attention should be directed to the infant …the whole churchly way of life …the faith and piety of the parents./ …the frequent communion of the Mysteries [should be] added as much as possible./ *The next pages describe the effects on the infant from Church and a churchly way of life at home.*

44. …The spirit and piety of the parents should be regarded as the most powerful for the preservation, upbringing, and strengthening of the life of grace in the child. **7. THE INFLUENCE OF THE PARENTS UPON THE CHILD.** …such an influence upon the soul of an infant is in direct proportion to the fullness and depth of the parent's feeling for the child.

44-45. Let the openings (The eyes) be used for the passage of holy feelings from the souls of the mother and father…/ The parents must have the hope that He who gave them this treasure will also give them sufficient means to preserve him./ …there should also be ceaseless prayer performed in the spirit…/ …in this way the parents protect …their child …with this spirit of sincere piety…/ …having begun this way, continue it …until young manhood.

46. [Re. Sp. Warfare]. Their [young children] place is taken by the parents./ …parents must strictly watch over the first beginnings of their awakening …[to] give [their child] a direction in harmony towards the chief aim…

48. Chapter Two – The Activities Of The Body, Soul, and Spirit. *To pg. 53 are directives regarding the bodily development: though the word "Parents" is not mentioned, the context explicitly direct these principles to parents.*

53. SURROUNDING THE CHILD WITH SACRED IMAGES. Let the senses receive their first impressions from sacred objects…

55. Guiding the child to what is needful, useful and save the child from distraction./ …confronting the passions from an early age./ Everything depends on the good sense of the parents.

56. Experience will be a further guide to the zealous father [or] mother./ **3. FORMING ATTITUDES./ THE MIND.** …The formation of the mind must begin with words.

57. …Parents often speak among themselves: children overhear and assimilate, even turns in words and gestures. …let parents always call things by their proper names./ Let parents talk with their children and explain to them [the subject at hand].

58. THE WILL. Parents must strictly watch out for this sprout [self-fill] of the soul's activity./ Let them be eager to run to their parents and ask [for permission].

59. …must also train him [the child] to do good. …let the parents furnish a fine example./ **THE HEART.**

61. THE CONSCIENCE. Conscience …demands the closest guidance./ Sound concepts …prayer with the good example of the parents …means of teaching imprint in it [the conscience] sufficient foundation for …good activity./ The will of the parents is for small children the law of conscience and of God./ Let parents …give

commands in such a way …they do not force their children to be transgressors of their parent's will./ What frost is for flowers, so is the transgression of the parent's will for the child… …dispose him [the child] ahead of time towards repentance …that without fear he may come and say, "I did something wrong."

62. The parents should follow all the movements of the child's awakening powers and direct everything to a single end.

63. Chapter Three THE INSTRUCTION AND GUIDANCE OF YOUTH. *The actual word "Parent' is not found in the following pages, however, the remainder of this section is loaded with imperative instructions for parents of teens.*

86. THE CHIEF FORM OF MORAL PERFECTION – UNSHAKABILITY IN VIRTUE. Same as the last entry. See also "Powers of the soul." "Body (Development of).

527. Participate

138. …by sinning you participate in tormenting the Savior. ***See "Ascending Golgotha."***

528. Passions

33. 3. IN THE FACE OF TEMPTATION.

34. *The stages of temptation.* …desire is born, passion is aroused…/ …others he (satan) is leading to slippery paces (the deception of the passions)…

48. [Re. Food and gluttony] …this is the seat of the passion for sinful enjoyment of the flesh.

52. The body is the dwelling place of the passions and …of the fiercest ones.

54. It is well known how powerfully corrupt images act upon the soul …vain, tempting, breathing of passions.

55. …passions arise in the child and begin to disturb him…/ [a young child] manifests the activity of the passions.

55-56. Rules for opposing the passions. 2) When a passion has appeared it must be quenched with …well tested means./ A passion which reveals itself more often should be treated with special attention. …can become the ruling element in one's life./ … of treating the passions is the use of the means of grace./ When the

child begins to understand, the general means of fighting can be used./ One must guard oneself from the passions from the very beginning and persecute them…

80. …bodily members [are] the seat of the passions. …develop with the body …take possession of the soul./ …penetrating the bodily members …the passions receive a place …to build an impenetrable fortress …for all time to come.

88. Quoting St. Augustine: "*So weak …the will becomes from the first passions. …what I had to endure fighting my own passions which drew me powerfully onto the path.*"

150. When passions begin …to quiet down, the spirit raises its own cry …about its suffocating in the heart…

172. [Re. Self-examination]. When this has been done, the governing passion will have nowhere to hide./ From self-love are pride, mercenarieness, love of pleasure …from these proceed all other passions.

182. [Re. Confession, Penance and Absolution]. **Quoting the Patriarch of Constantinople to the Lutherans**. "…to destroy in the sinner those passionate desires of the flesh which give birth to sin.

205. [Re. I Jn. 1:6-7] This darkness is the darkness of the passions. …later used as lack of love and the three-pronged lust./ … perfection of communion with God is only possible when the darkness of passion has been dispersed…/ …virtues expelling and push the passions out of [our existence]…

262. RULES FOR PERSECUTING THE FLESH. The flesh is the seat of all passions …our persecution with it withers the passions./ Force your senses to be attracted to beneficial subjects. Before they were uncontrollably towards the passions.

265. The vain, passion-soaked world is transmitted to our soul…

280. Chapter Seven Rule For The Struggling With The Passions, Or The Beginning Of Self-Opposition. 1. **WAR WITH THE PASSIONS AND LUSTS.** …the order we have shown is a powerful means of destroying passionateness…/ …a person destroys passionateness by the very act of alienating it, not giving it any food …placing a yoke on it …for the entire breadth of his powers and activities./ The stifled passions quiet down like a candle under

glass./ Rules are given to heal our corrupted powers …permeated with passionateness./ …always be an indirect activity aimed at casting out …passionateness.

281. When consciousness and free will switch to the side of good …they vanquish …all passionateness./ …powers that war with passions are also the intellect or spirit./ When passions attack they storm the mind or spirit…

282. The enemy shoots his arrows by way of the passions from soul-related qualities and fleshliness …from ambush./ Whoever wants to triumph by himself will …fall into the same passion he fights or …some secondary passion./ …oppose …struggle against the passion as much as you can …do not fail to lay your sorrows on … God./ **3. …METHODS OF UPROOTING THE PASSIONS.**

283. …must review our enemies and the forms they take./ Man is totally passionate until he converts. …at conversion the spirit is pure but the soul and body remain passionate./ The source of passions is pleasing the flesh, or comforting the flesh …bodily life and sensual delight are directly linked.

284. The source of all these passions …is self-love or egotism…/ …egotism with [the] army of the passions comprise our decaying fleshly man./ …Holy Fathers strove to trace all the passions to their beginnings …three are close to ..egotism…after these are five more passions issuing from them.

287. [Only the demons could whip up]. …darkening of the mind …passionate temptations …uncontrollable sexual passions…/ …where a man is at conversion …he has left the passionate and the sinful./ …the sinful and passionate are estranged from his attention …covered by rules.

288. The Holy Fathers …attentive to the forms and degrees of the passionate attacks and attraction to them, notice the following…/ …all the preliminary actions …are thoughts …actions …passions ….passionate, lustful thought …imagination of a sinful object, lust, craving or desire and finally as a passionate attraction. / …these tempt the mind or spirit to something passionate or sinful.

BOUNDARIES OF THE BATTLEFIELD. These are the boundaries …passions …to their disappearance of every trace.

289. …why all the Holy Fathers are directed towards thoughts, passions…/ The world, demons and lust …do arouse one passion … but the passion does not receive any character./ …passions and desires rarely attack by themselves - …born of thoughts.

294. …even harder to vanquish passions …they are movements of the heart.

301. The Holy Fathers chose eight chief passions …describe what people can do to counter them./ We can find …other passions and rules concerning them…The richest collection of them is in St. John Climacus./ There are those who act passionately, …who war with the passions, …those who conquer them. The first are…/ The more one decisively opposes a passion …will more quickly attain purity. The more yielding …the longer the matter goes on. … supported by self-pity…

301-302. …or by not separating oneself from passions./ The result of warfare can be …a heart free of passions ...achieved passionlessness.

302. Mental warfare …with the passions should …be connected to active warring with the passions …by opposite activities./ Passionateness has penetrated our powers …because we have acted passionately./ Every passionate act inserts … passionateness into our powers - …collectively filling our powers like a sponge…/ …to squeeze passionateness out we must use actions opposed to it…

302-303. …opposite actions can be attended by another passion. …vainglory can attend fasting.

303. …pay attention to the nature of the passion in general./ First we should aim at the chief passions: love of pleasure, possessiveness and high-mindedness./ This main passion shows itself at conversion…/ …this main passion should be the closest object of counter activity . It draws all passions to itself. …gives them a point of support./ The initial passions cannot be subdued without subduing this first one. *Read the rest of this section for very practical ways to combat one's passionateness.*

322. [Inner pull to stillness and love of God] …requires purifying from the passions by ascetic labors…/ …contact with God …purifies a man and leads him to …passionlessness.

323. [Present warmth of God] cannot manifest …at first due to the coldness of the passions that still dominate the man [just after conversion]./ …leading to the final stages of …perfection …leading …to passionlessness./ The material of the passions is destroyed when consumed by the divine fire. While …being uprooted …the passions retire./ …the meaning of passionlessness according to Saint John Climacus …resurrection of the soul before the body.

324. He who is dispassionate …is not feel the movements of the passions. ***See also pages 302 and 319 with the entry for "Dispassion," and "Flesh."***

529. Passions (Chief)

172. [Re. Self-examination]. When this has been done, the governing passion will have nowhere to hide./ From self-love are pride, mercenarieness, love of pleasure …from these proceed all other passions.

530. Passions (Methods of uprooting)

288. ***See this page entry under "Passion."***

531. Path

22. Whoever enters on the true path of pleasing God …or begins to strive toward God on the path of Christ's Law …will inevitably be threatened of losing his way on the crossroads./ These crossroads are unavoidable because of sinful inclinations, disorder of one's faculties, …satan…/ …all the deviations that are possible on this path …warned in advanced …how to avoid them.

209. …lightness and ease are a sign of a false path… ***See references related to "Spiritual Fathers/ Directors and Guides" and "Paradigm (of Salvation).***

532. Path (False)

206. …he must not withdraw his attention from the final goal … his mind fixed on God. …he must measure the straightness or crookedness of all rules he invents and ascetic struggles… all … delusion seems to come from not knowing about this.

207. …a gradual process is inescapable – the rising from external ascetic struggles to the internal …to contemplation – never the other way around.

209. …lightness and ease are a sign of a false path… ***See "Goals," "Graduality" and "Paradigm (of Salvation)."***

533. Patience

51. [Re: Childrearing]. …by unpleasant [impressions] [the body] is strengthened …is ready for anything …capable of continuing patiently what it has begun.

52. …these counsels are …useful for …for the development of the Christian life - …zealous fulfillment of them protects …the soul from the poison of sensual enjoyment, of self-will, love for the body and self-pity…

231. …for the sake of …constant labor and patient fervency, all (spiritual fruit) may come in an instance…

268. [Re. Leaving the world]. Fortify yourself with patience. What is more valuable the world or your soul, time or eternity? ***See "Asceticism."***

534. Patristic

247. EXERCISES THAT DEVELP THE INTELLECT AND WARM THE SPIRIT. Exercises …related to this are: …the Word of God …patristic literature. ***See also entry for "Fathers," "Holy Fathers" and "God-pleasers."***

535. Pattern

254. [Re. Exercises for Goodness]. …necessary to establish a pattern of going to church as often as possible, usually Matins, Liturgy and Vespers. …at least once a day - if you can, stay without leaving.

536. Peace

183. [Re. Holy Communion]. ***The Prodigal Son as illustrative.*** His paternal heart was not satisfied only with forgiveness - …wanted to assure the son of His Fatherly peace… this peace is conveyed in Communion. ***See also "Peace (of Mind.)"***

537. Peace (of Mind)

114. …having sensed the sweetness and peace of mind in a church abandoned his former ways.

116. [Re. Conversion by examples of others]. The power of this …one encounters satisfied, peaceful persons who do not have pleasures and soothing items of others…

140. You know peace neither night or day. All around you is confusion and anxiety.

183. ***See above entry "Peace."***

538. Penance

182. If the sp. Father gives you a penance accept it with joy. If [he] …does not give you one, then ask him to. This will …be a send off …shield and protection…/ [To the Lutherans] 1. We accompany the absolution …with penances …through voluntary suffering [now we] will be freed …from involuntary suffering (after death). 2. …to destroy passionate desires of the flesh – opposites cure. 3. …the penance will serve as a bridal for the soul… 4. To accustom it to labor and patience… 5. …to see if the penitent has come to hate his sin. ***See also "Confession," "Penitent" and "Repentance."***

539. Penance (Mystery of)

182. ***See "Penance" and "Confession."***

540. Penitent

183. THE PENITENT APPROACHES THE MYSTERY OF HOLY COMMUNION.

184. This is the beginning of the Christian life for the penitent. ***See "Penance" and "Confession."***

541. Perceptible

193. VARIOUS ASPECTS OF COMMUNION WITH GOD. …of Baptism or Confession the Lord …is in live communion with him … allows him to taste the sweetness …abundantly and perceptively./ There are three forms of communion with God: the first is mental …

the other two are actual …one is hidden …the other is obvious… ***See entries related "Communion" and "Union."***

542. Perceptible (Communion)

193. ***See above entry "Perceptible."***

543. Perfection

83. [Re. The upbringing of children]. …one must educate the educators. The educator should go through all the degrees of Christian perfection. . .

86. …the chief form of moral perfection to one who has … preserved …himself in youth is an unsakability in virtue...

247. …lives of saints are better for the beginner …patristic literature for the intermediate …the Word of God for the perfect.

323. …this ever-maturing perfection of those who perfect themselves in the Lord so enlightens the mind.

544. Perish

140. …either perish eternally, if you …remain as you are, or …repent and turn to the Lord and His commandments.

545. Persecuting (The flesh)

261. KEEPING THE BODY IN THE SPIRIT OF THE NEW LIFE. Persecution of the flesh means not giving it any pleasures in lusts, ...or with relish. It means accepting [nothing] indiscriminately …accepting everything as if it were passing away. …receiving them with a certain restraint. …not according to fleshly desire, but … measure set by reason and good intentions.

263. …our persecution of it withers the passions./ St. Isaac the Syrian considers persecution of the flesh as a requirement for salvation./ The flesh should be persecuted in all its parts…

263-264. NEXT ARE THE RULES FOR PERSECUTING THE FLESH. 1) Govern the senses… 2) Force the senses to beneficial subjects… 3) Measure the amount of food …and the time to be taken …do the same with sleep …treat it with a sort of hatred in cold and roughness… 4) Struggle with your flesh until it is humbled. 5) Remember [it] will end in the grave. 6) …law of constancy must be

observed in physical podvigs... 7) The most important ascetic labors are…

268. …through …strengthening the soul, or by persecuting the flesh …safeguards his inner life. ***See also "Passions (Struggling with)."***

546. Physical Powers

240. [Re. Podvigs that heal our powers]. It is fulfilled through the physical powers at a particular time and place… ***See "Exercises (Spiritual)" and "Rules."***

547. Pitilessness

166. REDIRECTING THE WILL… …we need to labor over ourselves until self-pity is replaced by pitilessness to ourselves…

168. …after grace-filled awakening …expelling self-pity, man-pleasing, …the sensual and earthliness…

548. Please

139. [Re: The state of the unrepentant towards awakening grace]. God has done and will do everything for you, but you do not want to please Him. ***See "Pleasing God" below.***

549. Pleasing God

208. Chapter Three – A GUIDING RULE FOR A GOD-PLEASING LIFE. ***See also "God-pleasers."***

550. Pleasing the flesh

283. In the body: The source of passions is pleasing of the flesh, or comforting the flesh …the whirlwind of our bodily life and sensual delight are directly linked. Wherever they are present there is sexual lust …craving the pleasant and all manner of pleasing the flesh in lust. ***See entries related to the "Flesh" and "Passions."***

551. Pleasure

112. [Re. Bonds of the spirit and supports of sin, esp. self-indulgence]. Self-indulgence comes in various forms …there is sensuality …lustfulness, love of merrymaking, fondness for

pleasure… ***See "Earthliness," "Self-indulgence," Self-love," "Self-pity," "Selfishness" and "Sensuality."***

552. Pleasure (love of)

48. …first requirement …is food. …in relation to morality, this is the seat of the passion of sinful enjoyment of the flesh… One must feed the child in such a way in that …furnishing him with … health will not ignite in the soul the pleasing of the flesh.

112. ***See "Pleasure" above.***

172. …the root of all sin is self-love. From self-love proceed pride …love of pleasure …other passions./ Every sinner has all the passions …do not reveal themselves in everyone to the same degree. One may be possessed by pride, another by love of pleasure…

173. The proud one is not a stranger to sensual pleasures … the lover of pleasure also loves possessions …it is alright to lose them in order to purchase pleasures.

283. 3. REVIEWING OUR ENEMIES …SUITABLE METHODS TO UPROOT THE PASSIONS. 1) *In the body:* In the body: The source of passions is pleasing of the flesh, or comforting the flesh … the whirlwind of our bodily life and sensual delight are directly linked. Wherever they are present there is sexual lust, love of pleasure … craving the pleasant and all manner of pleasing the flesh in lust.

303. …aim at the chief passions: love of pleasure, possessiveness… ***See "Earthliness," "Flesh," "Self-indulgence," Self-love," "Self-pity," "Selfishness" and "Sensuality."***

553. Podvig

208. Self-opposition and self-forcing …the beginning of asceticism …comprise the struggle of a man with himself or to put it another way , *podvig*.

240. …exercises or activities …of only a few of the live of ascetics… The general term for them – *podvig* tends to scar people off, but their ability to heal should attract people./ We will only show what place each of these *podvigs* …has …their power, …what podvig should be applied to which infirmity.

263. [Re. Rules for Persecuting the Flesh)]. Physical *podvigs* foster physical virtues: solitude, silence, endurance…

278. [Re. Exercises for Govenie]. With their aid all *podvigs* of body and soul can be turned into salvific means for growing…

290. ***See entries for "asceticism" and related subjects; and "Govenie."***

554. Possessiveness

284. [Attacks of sin]. B) In the desirous part- self-will, unsubmissiveness …possessiveness, extortion…

555. Posture

256. [Re. A Prayer Rule]. 3) Pray always with fear, diligence and all attention. 4) This requires standing, kneeling, prostrations, making the sign of the cross…

556. Power(s)

138. …if you abandon sin and repent you will partake of the power of His death.

239. Chapter Five –PRESCRIBED EXERCISES TO CONFIRM A PERSON'S POWERS OF SOUL AND BODY IN GOODNESS. [Re: The penitent]. …grace will …penetrate him with its illuminating power…/ The grace will …pour itself throughout our entire existence, through all our powers./ These powers …are all permeated with unnaturalness./ …they fence them (passions) from our powers./ …we must strengthen certain agents that stand between …grace and our powers. Through these agents grace will pour into our powers as a plaster heals a sore…/ …these agents should be …in perfect agreement with our powers natural constitution and function...

240. ...we must seek out those works and activities God Himself, through the Scriptures, …His … saints, …has chosen as a means for healing our powers and restoring to them their lost purity…/ …descends into the soul, …and the soul's powers – the intellect, will and the senses.

241. [Activities] …conducting a healing of all the powers through each activity…/ …in the sanctuary of the spirit, then …[then]

the soul and powers of the body…

242. 1. THE THREE POWERS OF THE SOUL AND THEIR CURATIVE EXERCISES. In the soul we find three powers: the intellect, the will, the heart, or as the Holy Fathers say, the intellectual, the desiring and incensive powers. …particular exercises …from tested ascetic labors… suited to a given power: For the Mind… For the will… For the heart… **(St. Theophan explores these exercises in the next several pages.). See entries related to "Exercises (Spiritual)" and the "Soul."**

557. Powers (Physical)

See entry for "Power(s)" above.

558. Prayer

45. [Re. Influence of parents on the child]. There should be ceaseless prayer performed in the spirit, aroused by hope according to faith.

60. To the spirit belong (…prayer corresponding to the feeling.)/ The fear of God gives birth to prayer…/ Prayer is especially ingrafted very easily [by children] …through the heart./ …children willingly participate in prayers at home and in church …should not be deprived of this part of their education.

144. 4) Fall to the ground and make prostrations – many, many and beat your breast. Do not leave off praying as long as the prayer is moving./ When prayer cools return to contemplation …and return to prayer./ For prayer …make short cries and repeat them often (Theophan then lists several from the Prayer book and hymns of the Church).

145. The prayers of the poor are powerful. …multiply your alms. The prayerful moans of the impoverished …pass through the heavens of heavens./ Will not these prayers bring an angelic guide as they did for Cornelius the Centurion?

156. WHAT TO DO WHEN YOU FEEL THE GRACE OF AWAKENING.

157. …surround yourself with everything that will fan it into fire. Go into solitude, pray …and think how you must be./ The best of these are solitude, prayer and contemplation.

171. [Re. Self-examination before Confession]. …take the prayers before communion, …check your own life.

185. [Between Confession and Communion]. 1. Preserve your attention undistracted and your heart undisturbed …pray to Him in undistracted prayer of the heart. 3) When prayer comes fall down before the Lord and do not abandon the prayer as long as it is present.

234. …often repeating …the same thing until it (the prayer) until it impresses itself. *Theophan list several short prayers from the Psalter./* A feeling comes easily during morning prayers…

235. …you should make it so.

242. THREE POWERS OF THE SOUL AND THEIR CURATIVE EXERCISES. …are receptive and conducive of grace. …chosen from tested ascetic labors …given to a particular power.

254. [church] is a place where God dwells, where He promised to quickly hear prayers.

255. Neither must you neglect your home prayers with their churchly tone./ …gives the most power to church services is a prayerful spirit./ Prayer is an all-encompassing obligation as well as an all-effective means./ Through [prayer] the truths of the faith are imprinted in the mind and …morals in the into the will./ …most of all it enlivens the heart…/ …prayer should begin to be developed before anything else and continued steadily until the Lord grants prayer to the one who prays./ Prayer is the yearning of the mind and heart towards God …at conversion./ …accustom yourself to prayer.

256. *Theophan gives a 14 point guide for developing a Prayer Rule on pg.256-257.* 11) …stages of prayer. …bodily …attentive … of the feelings.

257. …however proficient you become …the prayer rule should never be abandoned./ …ascends to ceaselessness spiritual prayer begins. The easiest means …to ceaseless prayer is the Jesus Prayer, rooting it in yourself. ***See entry for "Prayer (Jesus)" or" Jesus Prayer."***

313. This vision [of God] is for the most part given during prayerful standing in the presence of God. …and ripens in this same standing…

319. The field of communion with God is …mental spiritual prayer./ One who prays abides in God …and …God in him./ **2. LIVING COMMUNION WITH GODOCCURS IN A STATE OF HESYCHIA…** *The following pages are quotes and exposition from key passages in The Ladder of Divine Ascent.* ***See entries for " prayer" below as well as various entries for "Communion with God."***

559. Prayer (Jesus)

257. …ascends to ceaselessness spiritual prayer begins. The easiest means …to ceaseless prayer is the Jesus Prayer, rooting it in yourself./ …prayer rule should be read as usual …mental prayer should accompany …as well as Prayer of the Heart. **See "Prayer" above as well.**

560. Prayer (Spiritual)

319. The field of communion with god is mental spiritual prayer./ …not just …saying prayers. It is a special spiritual work done only under direction …ripening imperceptibly…/ When this prayer comes …God is one with our spirit. **See "Prayer" above as well.**

561. Prayer (Stages of)

256. 11) …stages of prayer. …bodily …attentive …of the feelings. **See "Prayer" above as well.**

562. Preaching

119. 3. THE WORD OF GOD REPLACES ALL METHODS SHOWN. …additional method for the realization must be applied to everything. …preaching the Word./ The Word of God … supplements all methods shown …clarifying and indicating their ultimate goal./ Without this word …do not accomplish everything they are suppose to.

120. Catechistic teaching must be heard unceasingly. *The following pages offer methods for contemplative reading of the Bible.* ***See "Reading."***

563. Prelest

209. Lightness and ease are the sign of a false path …whoever is not struggling is in prelest.

277. [Re. Touch of God during Communion and not trying to force it] …to avoid getting puffed up or falling into prelest.

286-287. …something …only demons can whip up …nature is incapable …darkening of the mind, various forms of prelest … passionate temptations that take over.

300. [Re. Not entrusting everything to you spiritual guide]. …is the cause of great falls and delusions./ Every subtle bad thought keeps us in delusion when we think we are being let by a good and pious thought. …we could say not a moment goes by when we are not in prelest.

564. Preparation (for Communion)

185. …repentant sinner proceeds naturally to communion./ Whoever has wept over his sins and confessed is ready for this great Mystery./ …little time between Confession and Communion. *The following are Rules to keep this good frame of mind*. 1) Preserve mind undistracted and heart undisturbed… 2) Occupy with thoughts of Communion itself… 3) Contemplate a saying of the Lord or an Apostle…

186. 4) In the morning resurrect this awareness and the greatness of the coming day... 5) Enter the Church as the Upper Room… 6) Warm your faith in the presence of the Lord in the Mystery… 7) Work hard to stand through the whole service …bow to the Lord Who approaches you.

271. …you must approach it (Communion) with sufficient preparation./ The preparation consists in cleansing the conscience from dead deeds. …confession with hatred of sin and promise to flee it …Decisiveness and promise…

274. [Re. Govenie] …fasting, Confession and Communion. These …should lead to as much constancy and frequency as possible./ Observe all the great fasts …cleansing the conscience … voluntary fasting on other days.../ *The next pages deal with Confession and Communion itself.* ***See also entries for "Govenie," "Communion," and "Body and Blood of Christ."***

565. Preparation (For Confession)

271. Confession itself is a Sacrament …requires worthy preparation./ …it requires particular actions feelings and dispositions. …require a certain amount of exclusive preoccupation./ …why it has always been done according to a known office with preliminary deeds and exercises to …recognize one's sins, … awaken contrition… ***See entry for "Confession," "Govenie," and "Preparation for Communion."***

566. Prepare

129. …we must lead it to a level of awakening …most necessary and most effective preparation for awakening.

131. [Re. Lent]. …during this time everything is looked upon as preparation for repentance.

140. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. …that leads to salvation …removal of obstacles, the consolation of being prepared… **178. HOW TO PREPARE FOR A SALVIFIC CONFESSION.** *The following pages, Theophan gives specific guides for this preparation for The Mystery of Repentance/Mystery*.

185. [Re. The confessed Penitent and Communion]. …no need to prescribe any particular rule of preparation …has done everything …continues on to Communion./ *Theophan reviews the usual steps to prepare for Communion.* ***See entries related to "Communion" and "Confession."***

186. …directing every thought …that the Lord Himself is preparing a supper of salvation for you.

244. 4. FORMING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE. Completing all the ascetical labors as a preparation for receiving the Mysteries. ***See entries related to "Confession," "Repentance," and "Communion."***

567. Presence of God

186. Entering the Church, feel as though you were in the upper chamber …where the Lord communed His holy Apostles. …that the Lord, Himself is preparing a supper of salvation for you./ Warm your

faith in the actual presence of the Lord and Savior Himself in the Mysteries./ …longing with assurance to receive the Lord Himself … with all the treasure of life…/ Turn with readiness to meet the Lord… ***For references dealing with the mystical or direct presence of God see entries for "Mystics" and Hesychia."***

568. Preserving (Zeal)

221. Chapter Four Preserving The Spirit Of Zeal For God. …by the great …significance of zeal, the first job of the Christian … should be the preservation of this zeal… as the source of living a God-pleasing life.

221-222. To preserve it he needs …particular exercises that facilitate this preservation.

222. Zeal should be preserved the same way it was born … change of heart and …God's grace./ …whoever wishes to preserve an undying zeal should a) go within, b) view the new world …c) Stand in those thoughts and feelings by which one ascends… ***See entries for "Zeal" and "Within."***

569. Pretend (demons to be defeated)

295. The enemy often pretends to be defeated so that when you have abandoned yourself to a feeling of safety , an unexpected fall will more easily overtake you. ***See "Demons," "Enemy," "Satan," and "Spiritual Warfare."***

570. Pride and presumption

33. *The feeling that we can do everything in a God-pleasing way as long as things are going well with us. As soon as circumstances change we quickly fall.*

34. One of the first tricks of the enemy against us is the idea of trusting oneself… not feeling the need for the help of grace./ *Theophan mentions several deceptions of the enemy that are rooted in presumption.*

134-135. WE ARE NOT SO BAD. …the murkiest blindness is the good appearance of external behavior and …relationships.

135. If you are proud at heart, then no matter how humble you act on the outside, the Lord will see you as proud.

172. …the root of all sin is self-love. From self-love proceed pride, mercenarieness, love of pleasure… From these proceed all other passions.../ One may be possessed by pride , another by love of pleasure…

284. [Passions in Sensual part] …that shatter peace …of heart …vainglory, ambition, pride…/ …three passions near the effluence of egotism: pleasure, covetousness and pride./ …cut off pride with humility.

300. The enemy clings to this very subtle pride. ***See "Arrogance" and "Vainglory."***

571. Priests

43. Great influence is exercised on a child by …taking him to church …sign of the cross …the blessing of priest… ***See also entries regarding the "Church Services," "Education," "Sacraments" and "Mysteries."***

572. Process of resolve

154. ASCENT TO THE RESOLVE TO ABANDON SIN AND DEDICATE ONE'S LIFE TO PLEASING GOD.

155. …how he should come to a firm resolve, …same as … any work or venture, as with resolve to live the Christian life. A) lean towards it with our desire, b) remove the obstacles, c) Resolve to do it. *The following pages, while not using the word "Resolve" describes and prescribes specific responses to bring the thought to firm resolve, see especially page 157 and the following subsections.*
See also *"Grace Filled Awakening."*

573. Procrastination

154. ASCENT TO THE RESOLVE TO ABANDON SIN AND DEDICATE ONE'S LIFE TO PLEASING GOD. 155. …how he should come to a firm resolve, …same as …any work or venture, as with resolve to live the Christian life. A) lean towards it with our desire, b) remove the obstacles, c) Resolve to do it. *The following pages, while not using the word "Resolve" describes and prescribes specific responses to bring the thought to firm resolve, see especially*

page 157 and the following subsections. **See also *"Grace Filled Awakening."***

574. Prodigal Son

183. [Context: Approaching Holy Communion]. In the parable …the Father …kisses him as a sign of forgiveness./ …not satisfied with only forgiveness but also wanted to decisively assure his son of peace …his joy at seeing him./ His fatherly love gave him what he had not hoped for …invited him to the Lord's Supper, where the Lord Himself gives His Body to eat and His blood to drink…/ This is not an overabundance, but an essential requirement for uniting with the Lord./ *Theophan uses this parable in many settings throughout this book – in the context of repenting, returning, and uniting.* ***See also especially "Communion (Mystery of).***

575. Promising

139. LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW. He entices you to sin by promising sweetness …those who fall into sin he torments…

153. [Re. Awakening] …work comes in two parts: …the first he comes to a decision to abandon sin, and in the second …he gives a promise to belong to Him alone throughout the days of his life.

169. 2. RISING TO THE PROMISE TO DEDICATE ONE'S LIFE TO GOD. [God has given man freedom] with the intention that man …would voluntarily bring it [freedom] as a sacrifice to God …a most perfect offering./ If you have mastered yourself, now give yourself to God.

175. THE FEELING OF REPENTANCE IS A BRIDGE TO A VOW. …making a vow …is made possible through good hope of receiving …assistance from on high. …produced by faith in Christ…/ …from it man draws strength and enthusiasm to make a vow./ …in church the sinner reveals his incorrigibility and confirms a vow to correct himself.

177. …raised himself to make a decisive vow, a certain assurance that he is no longer repugnant to God comes down to him …not durable until he hears it from God [in the Mystery of Confession]./ *The rest of this section discusses the essential role*

this Mystery plays in our desire and ability to make a vow or promise to God.

181. *Continues the theme of Confession and confirmation with a vow.*/ …all that remains is to fall at God's feet with thankfulness … kiss the cross and Gospel as a sign of your vow. ***See also entries related to "Mystery of Repentance," "Confession," "Dedication" and "Vows."***

576. Propagators

139. LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW. …the devil, who was its (sin) first creator and propagator... ***See also "Bonds (of sin)," "Flesh," "Inspirers (of sin)," "Passions," and "Temptation (Stages of).***

577. Prostrations

144. [Re: Prayer]. 4) Fall to the ground and make prostrations – many, many …do not leave praying as long as the prayer is moving.

255. [Re: Going to Church as a special place where God dwells and quickly hears prayer]. …you express through patient standing, prostrations, and attention to the services.

256. [Re. A Personal Prayer Rule]. 4) this requires: standing, prostrations, kneeling … 5) The more often you do such prayer the better… 7) …as if you were speaking into God's ear …the sign of the cross …prostrations …falling down corresponding to the movement of the spirit… 10) … It is a good prayer which ends with you falling down before God with the feeling that "Thou who knowest the hearts of men, save me." 11) The first stage is bodily prayer with reading, standing, prostrations.

277. [Re. Communion]. We participate …by falling down before the Lord Who has sacrificed Himself…/ [If impossible to go to Church]. …do not let the hour of the holy sacrifice pass …without turning to God. …stand in prayer and make a few prostrations. ***See also "Posture" and "Prayer."***

578. Providence

115. The second way of extrication from worldly bonds … having life presented through the grace of the Divine All-providencer …contrary to …what he is accustomed. (*Conversions by martyrdom and example of life are by this means.*)

312. Accustom the mind to living in the presence of God. …for He is near. / …behold God and ascend to the feeling that he is seen by God.

313. Do everything in an awareness of it being God's will … submit to everything with the whole soul./ Receive whatever you come across as from the hand of the Lord./ Everything should be received with joy, submitting yourself eagerly…

318. [Observe] how different affairs and incidences come …in ordered to see the power of God in them./ The feeling of … nothingness and dedication to God unfold best under constant sorrows and extreme providential crosses… ***See "God (Will of)."***

579. Psalter

235. [Re. being aware of the spiritual world and prayer]. Choose some kind of prayer and learn it by heart, reading it over and over again. …are a multitude of prayers in the Psalter …anyone can find one that fits himself… ***See entries related to "Prayer."***

580. Psychology

114. [Re. The spirit of the World]. …its power is psychological and imaginative, not real or physical. ***See "World."***

581. Punish (by God)

136. God does not look at numbers. If everyone has sinned He will punish everyone. *Theophan follows with the examples of the flood, Sodom and Gomorrah.*

138. Sin torments your conscience, brings upon you God's punishment in life and in death. ***See entries for "Hell" and "Torment."***

582. Pure (heart)

194. [Grace] remains imperceptible until the heart is purified at which time it dwells visibly and finally.

204. God is most pure and unites with this one part (mind or spirit), while all the other impure parts remain …foreign to Him ….as soon as man becomes pure, God manifests the fullness of His indwelling./ Gregory the Sinaite writes, "If our human nature …is not restored to its purity, it cannot become one body and one spirit in Christ."

208. The spirit hates sin, but the body and soul are sympathetic to it …Goodness or the will of God are beloved by the spirit, but the body and the soul are not sympathetic …they are repulsed… ***See various entries for "Communion" and "Heart."***

583. Pure vs. Impure

204. ***See above entry Pure (Heart) of this same page***

584. Purification

23. This [Christian life] has three stages… 1) Turning to God; 2) Purification or Self-Amendment; 3) Sanctification./ …in the second he cleanses the chamber of his heart from every impurity to receive Christ Who is coming to him…

36. 4. A NEW CREATURE IN CHRIST THROUGH HOLY BAPTISM. *The 1st paragraph describes man before baptism. From the 2nd Paragraph through the remainder, Theophan describes the outer and inner benefits of baptism.* Baptism delivers from all these evils …delivers from the curse …makes us children of God …taken away from the dominion of satan …healing of the afflicted injury of sin …restores the divine order in all its beauty …changing the chief orientation from self to God.

244. THE OUTWARD ORDERING OF LIFE. …as our inner character is changed, so [is] our external appearance which is [its] expression.

258. By laboring in Asceticism we seek purification of the heart and renewal of the spirit./ There are two ways… The first is the way of activity …ascetic labors… The second is of the mind – turning the mind to God./ …the first way the soul is purified and receives God. In the second, God burns away all the impurity and … abides in the purified soul.

264. ***See 263-264 "Governing the Senses," as well as "Leaving the world" and "Persecuting the flesh,"- all within these few pages before and after.***

315. The essential condition for this [to see God] is purification of the heart…

306. The one who reveals his thoughts …takes on a new, pure treasure, a healing food and pure juice. …cuts off passions at the root …brings one quickly to purity. Finally, a purification by fire is carried out by the Lord Himself …from outside by sorrows and inside by tears.

322. If such practice stillness sensibly …soon taste its fruits … pure thoughts. undisturbed mind…/ The path to this [sweet standing before God] requires purifying from passions…/ The burning of the spirit from contact with God consummately purifies a man …leads him to a state of passionlessness. Our nature melts in this fire like unrefined metal …comes forth with radiant purity… a dwelling place of God./ This fire is implanted at the moment of conversion …but sometimes is felt and sometimes hides …it continues working through …labors to purify the heart.

323. *Continues expounding on this theme.* ***See also other references to "purity" above and below, also "The Goal of Man," and entries related to "Govenie" and "Asceticism."***

585. Purified

194. [Communion with God] remains imperceptible until the heart is purified… ***See references to "purity" above and below.***

586. Purifying

299. The Lord allows [continual tempting thoughts] with the special intention of purifying us; to test our confirm our devotion, faith and constancy …to more intelligently create our inner man.

306. The one who reveals his thoughts …takes on a new, pure treasure, a healing food and pure juice. …cuts off passions at the root …brings one quickly to purity. Finally, a purification by fire is carried out by the Lord Himself …from outside by sorrows and inside by tears.

306-307. The purifying agents …accompany a person in the form of various unpleasant experiences and humblings of the heart; the more a man grows, the more they intensify.

307. Towards the end He intentionally devises them (purifying agents)./ **OTHER METHODS OF PURIFICATION: SORROWS AND UNPLEASANT SITUATIONS DEVISED BY GOD. 308.** … what gradualness the Lord leads the man being purified through … purifying sorrows and how He warms the spirit of contrition in him./ On our part is demanded faith in God's providence and a ready thankful receptivity of everything He sends. A lack of this takes away the purifying power from sorrowful events. Keep reading to pg. 310. ***See references to "purity" above and below.***

587. Purity

29. …true zeal to please God persecutes sin in its smallest reminders …it is zealous for perfect purity.

86. …in the lives of the saints we find for the most part those who have preserved their purity …since their moral and grace of baptism in youth./ …one who has preserved purity …offers to God a most pleasing sacrifice. …it is a pure sacrifice being offered.

195. *Reference is made to the white garments the newly baptized wear and cases of manifestations of grace from baptismal purity.*

204. Why The Grace Of God Does Not Abide All At Once Entirely With The Soul. *While "purity" is not mentioned on this page, it is this lack which prevents perceptible communion. The rest of this chapter addresses this issue in more detail.*

209. The zealous are eager for ascetical struggles of self-forcing …with the aim of self-correction …of raising themselves to primordial purity …that they more speedily become worthy of communion…/ …he who opposes himself with the most aversion … acts the most drastically and decisively , will more quickly attain purity.

264. The most important physical …labors that persecute the flesh are: fasting, vigils, labor and purity. The last is the most effective…/ …virginity is the fastest way to Christian perfection. Without it man cannot acquire any strength or gifts./ …there is also

purity of soul …can be lost despite physical purity preserved…/ it is more significant than the physical …/ Spouses can come very close to being virgins [by] purity of soul.

288. Until this (resolve) happens purity remains intact…

314. …according to his degree of purity …he begins to taste the sweetness of a God-pleasing life.

322. [In the fire of God during prayer] it leads to seraphic purity… ***See references to "purity" above and below, also "Virginity."***

R

588. Reading

72-73. After a long period in day-dreams, light reading and enjoyments …[the youth] realizes that everything in his soul has become distorted. …has been covered by a kind of veil of forgetfulness …these deceptive things have left their impression … ones inclinations have changed …new ones now take first place.

73. After returning from …distraction[s] …the soul becomes bored …because it finds itself robbed.

73. …young man, do you desire to preserve the purity and innocence of childhood, or the vow of Christian life without reproach? With as much strength …as you have, refrain from amusements, … disorderly reading of tempting books, and …day-dreams. (*From the forgoing we might add television shows and movies, and video/computer games.*). …reading especially should be placed under such guidance.

214-215. [Example of a Rule]. One must read …an ascetical activity. The rule should be specific: which books to read, …when … how much, how to prepare …to begin …to continue and end the reading. What do with what has been read.

236-237. [Re. Preserving zeal]. This should be the subject of instructions, contemplations and reading.

237. Mainly …the Holy Fathers …advised to live in a spiritual tone and how to hold on to it./ Instruct yourself …with some word from the Holy Scriptures…

240. …we must seek out the work and labors which God, Himself sets forth in Scriptures …or one of His saints has chosen … for healing and restoring …purity./ Only scan the lives of a few ascetics , and the activities become evident…/ …reading the Scriptures and the Holy Fathers …all this can be found …in almost every life of the Holy Fathers.

247. Exercises related to this (that develop the intellect) are: reading …the Word of God, Patristic Literature, Lives of the Holy Fathers./ It is good to read or listen…/ The most fruit-bearing is the Word of God, then Patristic Literature, then lives of Saints. …Lives of saints are better for beginners, Patristic Literature for the intermediate, and the Word of God for the perfect.

248. There are lives …the mere remembrance is enough to inflame zeal./ There are Patristic writings that inspire./ Write down such passages and save them in case you need them later to warm your spirit./ [If nothing seems to work or help] hasten to read something…/ There are two kinds of reading: …ordinary, almost mechanical, and another – discriminating according to spiritual need and advice. …the first kind is not useless ….what is repeated, not studied./ **Here is a rule for reading.** *Theophan mentions 7 rules on this page./* …best time for reading the Word of God is in the morning, lives of saints after the mid-day meal, and Holy Fathers before going to sleep./ …take up a little each day./ …keep the main goal in mind – impressing the truth on yourself and awakening the spirit. *The rest of this section advises exercises by which we can indeed impress these truths into ourselves. Continue to pg. 256.*

261. Reading, prostrations …are unfruitful when there is no inner spirit. [Stopping short of the spirit]. This happens …most often with reading and study… ***See "Word of God," "Patristic," "Holy Fathers."***

589. Reason

132. Carelessness, insensitivity and blindness. …delusion …which comes from the heart's intrusion into the realm of things belonging to the things of reason./ If the heart needs to feel something at this moment, let it feel it under the influence of the mind's formulations – not by itself.

133. …it will force the reason to submit to the heart (depraved heart), bringing disorder to the understanding …will sink into deeper blindness.

136. 4. CEASE MAKING EXCUSES AND WORK ON YOUR BLINDNESS. …hasten to disperse the midst of prejudicial reasoning which keeps you in blindness …does not allow you to look at yourself as you should.

141. …in the matter of conversion reasoning with oneself is the only way in. If you …do not reason and think it out, who will do it for you? …Think about it, imagine it, delve into it.

142. 8 REASONING WITH YOURSELF ABOUT SALVATION. Anyone can reason with himself about salvation, even children. … not the same as academic reasoning.

143. *Theophan then lists several rules or guides to aid in this reasoning process*… 1) When you reason do not intellectualize … having clarified a subject, take it to heart… 2) Do not run quickly from one thought to another. …May the measure of reasoning …be sympathy …do not let it go until it reaches the heart. 3) …do not leave a thought naked in a reasoned form …robe it in some sort of image …carry it into the head as a constant reminder.

144. 4) Fall to the ground and make prostrations… 5) Make short cries to the Lord often (esp. regarding the truth you are reasoning about – me). *The following pages are dedicated to the known means of grace God chooses for this purpose.* ***See entries for "Bible," "Word of God," "Creed," Symbol of Faith," and especially regarding "Grace."***

242. CURATIVE EXERCISES – FOR THE MIND. 1) Reading the Word of God …the Holy Father …lives of the God-Pleasers. 2) Studying and impressing …truths in brief statements… 3) Asking questions of those …more experienced. 4) Mutual informative discourse with friends.

590. Reasoning

165. [Re: Turning your heart from the inspirers of sin]. For this, give freedom for healthy reasoning and lead the heart along healthy tracks./ [By truth and grace] let your reasoning… a) the ugliness of the inspirers of sin… b) Clearly imagine the danger they

will throw you… c) imagine the beauty and sweetness they hinder you from entering…

166. We only indicate the aspects that the reasoning must focus on./ You must know that reasoning is a key factor but the important thing is the changing of the heart.

278. …in order to heal the mind we must impress upon it the divine truths …reading, listening and …discourse. ***See also "Intellect," "Mind" and "Thought."***

591. Redeemed

138. Remember that you are a Christian redeemed by the blood of the Christ, washed in the waters of baptism. ***See also "Baptism" and "Life (Christian)."***

592. Redirecting (the will)

166. REDIRECTING THE WILL RESULTS IN A NEW INNER ORDER. *Read the section for profound instructions.* ***See also "Exercises (Spiritual)and "Self-forcing."***

593. Regret

139. When you will …press into your heart contrition-producing …feelings …sorrow and regret, little by little your heart will warm up …and spring into action. ***See "Procrastination."***

594. Rehearsing (Before Battle)

292. [Re: Spiritual war games]. …to more successfully defend yourself …arrange an intentional preliminary mental war. … place yourself in a situation …a feeling …a desire …then invent various methods for keeping …within the necessary limits./ Such a[n] exercise will develop a warring spirit …to conquer it without any great difficulty, using moves learned in experience. ***See "Spiritual Warfare."***

595. Rejection

137. …in hell is torment without consolation or end – it bears the seal of God's final rejection.

138-139. Consider that sin …you cling to …it separates you from God …brings upon you God's punishment in life and death and after death it sends you to hell, closing Paradise forever …force yourself to abhor it and reject it. ***See "Heaven," "Hell," "Judgment," "Paradise" and "Torment."***

596. Rejection (By God)

137. …in hell is torment without consolation or end – it bears the seal of God's final rejection. ***See "Rejection" above.***

597. Relationships

150. SORROW OF SPIRIT VERSUS ORDINARY DISAPPOINTMENT.

151. In the first instance the person is only thinking of himself and his temporary relationships. But in the other …he sees only God Whom he has offended and his eternal relationship with Him which he has ruined. *The rest of this paragraph contrasts relationships based on self and others or self and God.*

171. [Re. Knowing your sins]. …recall all your obligations in relation to God, your neighbor and to yourself …look through your life with respect to all these relationships.

244. [Re. The outward ordering of life]. …as our inner powers are changed …so is the outward expression changed. The family - it duties and relationships – is the field of activity. All mandatory rules should relate to it: 1) abandon all evil customs… 2) Purge all relationships and acquaintances, retaining the salvific and estranging the harmful, and determine your … conduct with people. 3) Rearrange the duties of the occupation you have to fit your new way of life. 4) Establish order in your family affairs …adapt your home to the spiritual life. ***See also "Friendship."***

598. Relaxing

141. 7. LABOR OVER YOURSELF WITHOUT RELAXING. So, labor over yourself and you will more and more be able to cast of blindness, insensitivity and indolence. Labor …without relaxing …

there is deceit in a sinful soul which …disinclines itself from the work of salvation.

167. [Procrastination and self-pity]. This is not an opposition to goodness, only a request to relax its exertion of acquisition. ***See "Asceticism," "Flesh (Persecuting)," and "Passions (Struggling with)."***

599. Remembrance of Death

237. [Rules and qualities of spiritual feelings]. What the Holy Fathers sought and advised …to understand the spiritual tone and how to hold on to it. …awakening a spiritual feeling by means of the Scriptures or …prayer, they say: learn …remembrance of death… ***See also "Finalities (Four)."***

600. Remembrance of God

237. [Re: Rules and qualities of spiritual feelings].What the Holy Fathers sought and advised …to understand the spiritual tone and how to hold on to it. …awakening a spiritual feeling by means of the Scriptures or …prayer, they say: learn … remembrance of God… ***See "Contemplation," "Hesychia," "Prayer" and "Stillness."***

601. Remove

130. …if you want to properly contemplate …your sinful life, begin by removing the sinful coverings as one would remove layers of earth to expose …treasure. ***See "Bonds," "Coverings" and "Nets."***

602. Renew

139. [Re: Awakening grace]. …as the clean, cool morning air communicates freshness and energy, so does this feeling awaken slumbering energy …renew the call and willingness to escape your dangerous condition. ***See "Awakening Grace."***

603.Renewal

269-270. …so does zeal continue to be unstable, fervor powerless, the will weak, and life empty without renewal through the

…Mysteries of Confession and Holy Communion. ***See entries related to "Absolution" and "Confession."***

604. Renunciation (Abandon)

86-87. [Re: Preserved purity and dedication in youth] He offers to God a most pleasing sacrifice …3) because this is accomplished means of overcoming …obstacles …by renouncing pleasures …especially this age, there is great inclination.

92. I. TURNING AWAY FROM SIN TO GOD. …it is a decisive change …breaking of the will, turning away from sin …turning to God./ …a kindling of the fire of zeal for …God-pleasing things, with renunciation of the self and everything else.

126. …the awakened one does everything zealously …the other is cold, …as if grace has abandoned him./ [God] does not offer sudden renunciation, but holds the man inclining him neither to one direction or the other, …to test his zeal ,,,develop desire of resolve. Only then will the tested one truly renounce his sin.

132. …it is necessary to unite particular soberness to deep attention …renouncing every deceit of an evil heart.

138. …if you abandon sin and repent you will partake of the power of His death.

240. [Re: Seeking the works God has chosen for us in the Scriptures and the Saints]. …scan the lives of a few ascetics …the activities become evident. …leaving the world, guarding the senses …to bring healing … *The context of this page warrants its entry under this heading.*

244. [Re. Outer ordering of life]. 1) Abandon all evil customs without exception… 2) Purge all relationships and acquaintances … estranging the harmful.

264. 8. THE ORDER OF EXTERNAL LIFE ACCORDING TO THE SPIRIT OF THE NEW LIFE. Everything related to the order of external life can be called leaving the world, or casting out the spirit of the world from the entire course of our lives.

265. Whoever seeks the Lord must remove himself from the world./ By world is meant everything that is passionate, vain or sinful [in all relationships] …that becomes a custom and rule./ Leaving the world does not mean abandoning family or society, but abandoning

the morals, customs, rules habits and demands …antithetical to the Spirit of Christ./ …everything lustful and passionate that has come into them, like a malignant tumor that tempts …should be held in contempt and renounced. **266.** This is the law: abandon everything that is dangerous to the new life …ignites the passions, brings vanity and extinguishes spirit. **166-167.** …do this with your spiritual father or someone you trust. **167.** From the first minute …hate with all your heart everything worldly and sinful …estrange yourself from it…/ It is absolutely necessary from the first minute of conversion to cease all association with the sinful world until the …new life is formed… **316.** The condition for this indwelling and reigning of God in us …is the renunciation of our own freedom. ***See "Abandon" and "Abandonment, as well as "World."***

605. Repeat (Repetition)

144. For prayer …as contemplation, make short cries and repeat them often. ***See also "Habit," "Habitual" and "Repetition."***

606. Repentance

38. …grace descends upon free desire …seeking God … dedicating himself entirely to God. The fulfillment of this condition in repentance and baptism of adults is clear…

61. [Re. Child raising]. …if they have already become such (transgressors of their parents will), they should be disposed as much as possible to repentance./ It is a good thing to dispose him ahead of time to repentance… that he may come and say, "I did something wrong."/ …a foundation is placed …to rise up immediately after a fall-and is formed the capability for speedy repentance.

84. One who repents …can be healed completely…/ One who is repenting must for a long time force …and train himself …to do good …to do it easily.

84-85. …a certain evenness and uninterruptedness …[no] sudden impulses, nor weakening …walking in the good. …can happen in one who has repented, but is not acquired quickly…

91. THE SINNER's CONDITION. …the most part, the Word of God depicts the sinner, who is faced with the necessity of renewal in repentance…

131. [Re. Lent]. …this time is looked upon as preparation for repentance.. Just the same [do not] put off changing your life until the Fast begins.

138. …if you abandon sin and repent you will partake of the power of His death.

140. …perish eternally …or repent …turn to the Lord and His commandments./ …throw off those fetters, and emerge into the freedom of a child of God./ Just make one turn around …you will experience the joy of life.

170. …having returned from the captivity of sin, after you have mastered yourself, return yourself to God./ Like a runaway slave returning to his master, he appears as one guilty before the King and Judge. He needs to approach in such a way that he will be accepted./ …he is accepted if he: a) admits his sins, b) repents of them, and c) makes a vow not to sin./ The Parable of The Prodigal Son (cf. Lk. 15:18-19).

173. AWAKEN SALVIFIC FEELINGS OF SINCERE REPENTANCE. …don't be a cold observer (of your sins) but awaken corresponding feelings of sincere repentance./ …work …is required …to instigate a feeling of repentance./ The feeling of guilt [is] midway between knowing your sins and feelings of repentance, and itself is mediated by self-reproach.

174. *Exercises for awakening repentant feelings.*

175. As soon as a person pronounces [his guilt] one painful feeling after another of repentance is born …/ **THE FEELING OF REPENTANCE IS A BRIDGE TO A VOW.** …feelings of repentance have a sundering effect.

176. …the feeling of repentance is a direct bridge to a vow./ Without …faith and good hope …the tortuous feelings of contrition and repentance go the way of Judas./ As a drowning man grabs powerfully for a tree, so does the penitent reach for the cross of Christ …he feels now that he will not perish./ …tormented by feelings of regret and repentance, the sinner reveals in church his incorrigibility and confirms a vow to correct himself.

308. [Methods of purification]. Contrition requires attentive knowledge of our sins …observance of what goes on within us , then frequent confession with sincere repentance and grieving. ***See also***

"Abandonment," "Mysteries," entries related to "Penance," "Renounce," "Repentance (Mystery of).

607. Repentance (Mystery of)

35. …Mysteries which primarily refer to the beginning of the Christian life are Baptism and repentance./ The rules concerning the beginning of the true Christian way …set forth under the headings of baptism and …repentance.

91. Chapter One How Does The Christian Life Begin In The Mystery Of Repentance? [Re: Those who have not preserved the grace of baptism as a child]. Our holy faith offers the Mystery of Repentance for this./ If you have sinned, acknowledge the sin and repent./ …from the large number of those who have fallen from baptism …one could say …repentance has become …the only source of salvation./ …in the Mystery of repentance, some merely need to be cleansed …others have [just begun] this life again. We [are] examining the latter…

92. [Repentance] is a decisive change for the better, a breaking of the will, a turning away from sin and turning to God …a kindling the fire of zeal for exclusively God-pleasing things … renunciation of self and everything else./ A Repentant person experiences the pain of a woman giving birth …in …the heart he encounters the tortures of hell./ It destroys the old man and lays the foundation for the new./ Within the repentant person …first fear then lightness of hope; sorrow then comfort; terror to the point of despair, then …consolation and mercy./ It is …painful, but it saves. …anyone who has not experienced such a painful break has not yet begun to live through repentance.

93. …having experienced it, he will run from [sin] as from the fires of Gehenna./ …change is produced by grace [with] free assent. In repentance free assent must participate in the very act…

101. A sinner who turns to God and repents is roused from his lullaby of sinfulness …[decides] to change …puts on strength for the new life in the Mysteries of Repentance and …Communion. … described in the Parable of the Prodigal Son. "…I have sinned" is repentance …Father clothes him (forgiveness and absolution) …

177. WHY THE MYSTERY OF REPENTANCE IS NECESSARY. …the nature of sin and …the nature of our conscience./ But it was pleasing to God to make heavenly erasing from the list of the condemned dependent on the absolution of sins that have been bound on earth./ So receive the sacrament of Repentance, that you may be freed on all sides …open the door to the Spirit of grace.

192-193. Now that the penitent has renounced everything and given himself to God, what hinders God from dwelling in him?

193. In the sacrament of Baptism or Confession the Lord enters a man by His grace, is in live communion with him and allows him to taste all the sweetness of Divinity …abundantly and perceptibly…

194. 2 HOW GRACE SETTLES IN THE REPENTENT SOUL. …a person who has repented …has actually entered into communion with God, but it is secret, hidden, unmanifest./ …all the penitents labor …should be built upon this foundation (perceptible communion) …in the Sacrament of Confession grace descends perceptibly then hides from awareness …it remain imperceptible until the heart is purified… ***See also "Abandonment,""Assurance," "Confession," "Mysteries," entries related to "Penance," "Renounce," "Repentance.***

608. Repetition (of Thoughts)

299. [Re. Tempting thoughts]. 2) There are thoughts … constant ones …for days, months and years. The enemy begins … with a thought and repeats [it] often./ Continuous thoughts are onerous and murderous. …they are not from nature-though similar, but are always from the enemy./ The Lord allows them with the special intention of purifying us, to test and confirm our devotion, faith and constancy …to more intelligently create our inner man. … we must cheerfully endure them …these are such as despair … never incline or adopt them… 3) [These] thoughts are not always bad …even appear good …very often neutral. ***See also "Demons," "Tempting" and "Thoughts."***

609. Repugnance

139. …contrition and softening feelings – horror and fear, sorrow, regret, repugnance and hatred of sin... ***See "Abhor" and "Sin."***

610. Requirements

183. [Re. Communion]. …a crown of compassion for the returning sinner; …not an overabundance but an essential requirement for uniting with the Lord. ***See entries re. "Communion" and "Mysteries."***

611. Resolve

126. [Re. a reawakened sinner]. He does not grant a sudden renunciation ...holds the man in a laborious state …in order to test his zeal and develop his desire and resolve.

155. [Re. Assent to Resolve]. …how he should come to a firm resolve is the same as what usually happens when we set to any work or venture. …a) lean towards it with our desire …b) remove the obstacles by developing our resolve and c) resolve to do it./ *Grace inspires the thought* …one sees it is time to awaken, but to arise …he must use particular force. *This entire chapter addresses guides helpful to working out one's resolve.*

209. …the work of the determined one is: be fervent, take up your labors with firm resolve …labors which are decisive and suitable./ Lack of resolve, floundering, and spinelessness are great impediments.

232. 3. REMAINING IN FEELINGS THAT LEAD TO RESOLVE. *Read the rest of this section for practical guides towards this end.*

269. After the spirit is enlivened by the grace of God at conversion it ascends to resolve and promise.

288. [Stages of Passionate attacks]. …onrush of thoughts, contemplation in them, delight and desire, passion …resolve …the deed. ***See "Promise" and "Vow."***

612. Restlessness

283. The body source of passions is pleasing the flesh … where this is present there [is] restlessness…

613. Restraint

264. [Re: Going within]. …general advice: First …hold all parts of the flesh in restraint, turning all attention to inner work. ***See "Persecuting the flesh."***

614. Results

130. What you have done as usual occupations or habits, you know do with additional austerity …will be tangible results. ***See "Asceticism" and "Labor."***

615. Resurrection (self)

323. [Final stages of perfection …acc. To Climacus]. "Dispassion is the resurrection of the soul before the body." … resurrection of the soul should be called the exodus from the old man …when the new man has come into being. ***See "Crucifixion (Self)," "Hesychia" and "Temple."***

616. Returning (to God)

170. Now you have returned from the captivity of sin, after you have mastered yourself, return yourself also to God./ Turning to God is not entirely independent from Him, and he does not approach Him without anything trailing behind./ Like a runaway slave returning to his master he appears guilty before the King and Judge./ He needs to approach in such a way that he will be accepted. It is the same for a sinner returning to God. He will be accepted by God when he a)admits his sins, b) repents of them and c) makes a vow not to sin. ***See all entries related to "Confession" and "Repentance."***

617. Revelation (to men)

107. 1. INTRODUCTION OF THE DIVINE WAY THROUGH VISIBLE MEANS AND THROUGH THE SENSES. Frequently He …is revealed visibly, taking on some sort of form …appearing awake or asleep./ Sometimes He [sends] persons from the other world, in wakefulness or dream./ …the other world is portrayed, especially its principalities, to the ignorant mind in some sort of striking form.../ …

one is allowed to experience tangibly some invisible forces or phenomena (miracles)…

109. 2. …AND PERCEIVES IT INTERNALLY. Grace either 1) directly acts upon it… 2) indirectly acts… *The rest of this section explores these 2 avenues of internal revelation.* ***See "Awakening Grace."***

618. Revenge

284. [Re. Passions]. In the sensual part – that shatter peace …of heart, are various kinds pleasantness or unpleasantness; with wrath, envy hatred, anger, revenge…

619. Review (enemies)

282. 3 REVIEWING OUR ENEMIES TO KNOW THE SUITABLE METHODS OF UPROOTING PASSIONS.. We must review all our enemies, …the forms they take …how they act.

283. This will determine the nature of our struggle with them. Success …depends greatly on our vision of its formation. ***Read this excellent section on "spiritual warfare."***

620. Reviewing

296. [Re. After the battle]. …sit and count your spoils; look over the whole process …its beginning, process and …what put it to an end. ***See "spiritual warfare."***

621. Revulsion

286. …something …only demons can whip up …of which nature is incapable of …blasphemous thoughts-doubts, lack of faith unusual revulsion, darkening of the mind. ***See "Captivity" and "Demons."***

622. Rules

49. Not to depart from this established rule without need (food according to age and need). By these means a child is trained to wait for the …time. …first attempts at denying oneself one's desires./ [Re. Training children]. …changing the rules (to circumstances and age) …but not in essence…

63. [Re. Instruction of youth]. One must keep the who previous order without change during the time of study …it proceeds from the demands of Christian life.

80. …the reason the grace of baptism is not preserved is because the order, rules, and laws of upbringing …are not kept. The chief causes are… *Theophan examines the reasons the rules are not usually kept.*

251. …clarify the sum of righteous deeds that are possible for you to do – in your station, calling and circumstances, with the assessment of what can and should be done./ …determine the general outline of their deeds and order, so nothing you do will be accidental./ …this is only an outline – details may change according to …circumstances.

265. …what occurred at first invisibly …(conversion) should later in life be fulfilled by deed …becoming an ongoing rule./ **See "World" on same page.**

278. Such is the general order of guiding rules. …they are essential to everyone who seeks the Lord./ …we have only shown the beginning, spirit and power of the rules, with respect to the body-not pleasing the flesh …removal of all that is permeated with the passions …living under grace-filled means./ …it is impossible to set one rule for all.

287. When later beneficial rules are developed, …can be seen he stands in the realm of spiritual light, that he is holy./ The sinful and passionate are estranged from his attention and are covered by rules.

289. [Re. Spiritual Warfare]. …all the rules of the Holy Fathers are directed towards thoughts, passions and desires …are adapted./ …we can make a rule: cut off thoughts and you will cut off everything. **297.** …it is impossible to make the same set of rules for everyone.

299. …the experience of discerning thoughts …which to carry out and which to turn away; there can be no rule for this. ***See All entries related to "rules" below.***

623. Rules for after Battle

295. The battle is over. Thank the Lord for delivering you …do not abandon yourself to immoderate joy, [or grow] careless, or slacken your zeal./ The enemy often pretends to be defeated …an unexpected fall will more easily overtake you./ Do not forget your preventative rules.

296. Look over the whole process of the battle …this is how sp. Wisdom and ascetical experience are acquired./ Do not tell anyone …vainglory would be inescapable and open the doors to your fortress…/ If you are overcome, humble yourself, but do not run away from God …it is impossible not to fall, but arise./ instead of becoming paralyzed by depression, it is better to take heart for new ascetic labors…

297. "RULES OF WARFARE ARE NOT THE SAME FOR ALL. ***See same entry under "Rules of Spiritual Warfare" below.***

624. Rules for ascent to God.

312. In order to awaken a longing for God, one should: 1) Accustom the mind to living in the presence of God. …force himself to ceaselessly behold God, for He is near …ascend to the feeling that he is seen by God. 2) Do everything for the glory of God … intend [nothing] other than this glory. …it should be the measuring stick for every endeavor and place its seal on each… 3) Do everything in awareness of its being God's will./ Embrace everything that happens …see that God wants this work from you; receive whatever you come across as from the hand of the Lord. … submitting …eagerly, peacefully…/ This vision is given [and ripens] in prayerful standing in God's presence.

315. The essential condition for this is purification of the heart so that it can accept God Who draws it to Himself… (Matt.58). ***See "Prayer" and "Providence."***

625.

218. 4. RULES FOR THE BEGINNER OF ASCETIC LABOR. The main quest …to mortify this passionateness in all its shades, and to raise up his nature to its essential purity, that the grace would radiate outward from within-according to the man's degree of purity-and wisely, gradually, penetrate one member after the other.

219. GUARD THE SEED PLANTED WITHIN YOU./ TEAR AWAY PASSIONATENESS BY THE RULE OF LABOR.

220. THE ASCETICAL LABOR OF SELF – OPPOSITION./ RULES TO PRESERVE THE INNER ORDER OF LIFE. 1) Rules for preserving zeal; 2) Rules for exercising the powers for good, or self-forcing; and 3) Rules for warring with the passions, or exercising self-opposition. The following chapters explore these topics. ***Also see the specific entries under "Rules" for these subjects.***

626. Rules for Discernment

291. The warrior for Christ should have two vigilant guards – soberness and good discernment …the first watches for movements coming from the heart …the second checks for movements that can invade him from outside influences./

292. The rule for the second is this: at the beginning of the day go over all possible meetings and occurrences …all possible feelings …movements …they could cause. Fortify yourself beforehand…/ it is useful to arrange intentional preliminary mental war. …invent various methods to keep yourself within the necessary bounds. ***See entries for "Discernment." As well as "Rules Before the Battle."***

627. Rules for during battle

293. DURING THE BATTLE. Having noticed the enemy approach – the beginning of a stimulus, thought, passion, or tendency – first …realize it is the enemy./ Everything sinful is foreign to us …always separate it from ourselves./ …engender an aversion to it in your heart.

294. Every sinful movement is held in the soul through the sensation of a certain pleasure it stimulates./ Self-reliance and self-opinion are the very enemies with which we must war. Whoever has let them in has already fallen…/ Do not let the arising movements into the feelings. Meet them at the soul's very gate and try to defeat them there./ To do this you must hasten to build a conviction in your soul that is contrary to the thing …on which the thought hangs.

295. If you have done all this …the enemy's defensive actions still linger in your soul …it is a sure sign that it is supported by outside help …you should seek outside help, earthly or heavenly.

Reveal it to your spiritual instructor …pray earnestly to the Lord … saints …guardian angel./ The enemy should be followed until no traces of him are left. ***See "Flesh (Persecution of)," "Passions (Struggling with)," and "Spiritual Warfare."***

628. Rules for spiritual guides (directors, fathers, and mentors)

208. ***See same page under "God-Pleasing Life."***

211. THE NEED FOR A SPIRITUAL GUIDE AND A RULE.

212. [these are] very few …are the chosen ones of God, who, in an incredibly rapid burst away from themselves, gave themselves into God's hands (Mary of Egypt, etc.)./ They were saved by one decisive dedication of themselves to God./ Mary of Egypt …one rule-commit herself to God's hands./ Others ripen under the visible guidance of experienced men. …in order to succeed, should without fail commit himself to a father and guide./ Anyone who has embarked on the spiritual life is like one who has embarked [on a] journey. Since we do not know the way, we need someone to lead us./ The father …facilitates our being lifted by God.

216. ...where there is no rule, there will inevitably be omissions, mistakes and pauses. With rules there is only one way; whether you want to or not, do it as you are suppose to and it gets done …not pauses and the work goes forward./ At the beginning there was repentance. Repentance should also grow and ripen … with life.

218. 4.RULES FOR THE BEGINNER OF AN ASCETIC LABOR. ***See Asceticism on same page.***

230-231. Do not change the order often or all will be lost./ As an aid to (standing in the vision of the spiritual world) successful completion …take a verse from Holy Scripture concerning one or another subject …repeat it unceasingly throughout the day./ Have a picture of death, the Cross or the Last Judgment …put it in a place where it will often involuntarily meet your eyes. Take out articles that sharply convey the subjects, conduct discussions …with those of like mind./ Remember God's invisible and unexpected judgments… picture your death bed …with God's help such an image will impress the image upon you very quickly./ …necessary to keep the image during prayer and carry it around as long as you can, even for a few

days./ Striving to support the image with writing, reading, discussions and other means.

278. Such is the general order of guiding rules …they are essential to everyone who seeks the Lord./ …to heal the mind we must impress upon it divine truths according to the understanding of the holy Church./ The fullest and most successful way to accomplish this is monasticism …consists of the guiding and the guided; by its nature …outwardly removed …restricts bodily needs …greatest room for practicing spiritual exercises, reading, divine services, prayer, obedience …enables uprooting of the passions …with other laborers …disregard of self, austerity, …soon ripens for the sake of his resolute sacrifice and renunciation of everything… *Throughout Path, Theophan stresses these things for all Christians, though it is more difficult outside the monastery.* ***See entries for "Creed," "God-Pleasing Life," "Father, Spiritual."***

629. Rules for labor

219. TEAR AWAY PASSIONATENESS BY THE RULE OF LABOR.

220. THE ASCETICAL RULE OF SELF-OPPOSITION./ RULES TO PRESERVE THE INNER ODER OF LIFE. Everything related to this should be contained in the following …sets of rules: 1) Rules for preserving the inner-spirit of zeal; 2) Rules for exercising the powers of good or self-forcing; and, 3) Rules for warring with the passions or exercising self-opposition. *The following chapters investigate these rules.*

630. Rules for the ordering of the outward life

248. Idle conversation only to pass the time should be avoided at all costs./ *Next are rules for reading, which include the outer ordering of our lives.*

264. 8. THE ORDER OF EXTERNAL LIFE ACCORDING TO THE SPIRIT OF THE NEW LIFE. Everything related to [this] can be called "leaving the world."

265. Whoever seeks the Lord must remove himself from the world./ By world is meant everything passionate, sinful, vain that enters personal, family and social life. …which becomes a custom

or rule./ Leaving the world does not mean leaving family or society, but abandoning those things …antithetical to the …new life./ Running away from the world means establishing oneself in the true family and citizenship.

266. This is the law: abandon everything that is dangerous to the new life …ignites passions …extinguishes the spirit./ …leaving the world is …cleaning up your entire external life…/ …completely reorder your behavior inside and outside the home…/ Establish rules and order in every part of the home, …work …acquaintances …with council and discernment …guidance of your sp. Father.

267. …or someone you trust./ …from the first moment of conversion to cease all association with the sinful world until the form of the new life [is] established in you.

631. Rules for persecuting the flesh

263ff. ***See "Flesh, Persecuting" and "Persecuting the flesh."***

632. Rules for prayer

242. [Re. Curative exercises for the heart]. 2) Prayer , as specified by the Church; home prayer rule…

256. 1) Choose a rule of prayer: morning, evening and noonday. 2) Start with a short rule at first… 3) Pray always with fear, diligence and attention. 4) …requires standing, prostrations, kneeling… 5) The more often the better. Some do a little every hour. 6) …use the prayer book. Get used one or another so it will ignite each time you use it. 7) …speak as if into God's ear. [posturing] according to the movement of the spirit. 8) …always fulfill your rule …add according to the heart's desire. 9) …reading or singing out loud, in a whisper… God is near. ..sometimes better one way or another. 10) …keep your mind within the limits of the prayer. 11) …stages of prayer …bodily …attentive …spiritual. **257.** 12) …never abandon your prayer rule…

257ff. *Keep reading for rules applicable to the other kinds of prayer, esp. the Jesus Prayer.* ***See entries for "Prayer" and "Jesus Prayer."***

633. Rules for prevention

295. [Re: Passions, thoughts, desires]. Particular moves should be used for each one. These should be determined beforehand either by contemplation, ascetic experience or instructions./ The enemy should be followed until no trace is left. …a simple thought left in the heart, like a snake brings forth fruit./ During the battle [do] not use methods for preventing future battles. ***See entries for "Passions," "Thoughts" and "Desires."***

634. Rules for Reading

248. [Re: Two kinds of reading, these are not entries for regular reading]. (This numbering is not in the text, but added for ease on the eyes). 1) Before beginning …empty your soul… 2) Arouse the desire to learn about what is being read. 3) Turn prayerfully to God. 4) [Read] with attention …place everything in your open heart. 5) …stay with it until it reaches the heart. 6) [Read …slowly. 7) Stop when the soul is full from reading.

249. The best time for reading the Word of God is in the morning, lives of saints after the mid-day meal, and Holy Fathers before going to sleep./ …take up a little bit each day./ …keep in mind the main goal-impressing the truth on yourself and awakening the spirit./ …clarify what the truth is and hold it until it is bonded with your mind. ***See "Reading."***

635. Rules for self-correction

303. [Re: Rules for Struggling with the Passions]. 10) … active self-correction the usual rule and order should be observed./ Attention should be given to the nature of passionateness in general, …one's character and good works …in applied activity./ …aim after the chief passions, love of pleasure, possessiveness and high-mindedness./ On the second level is one's main passion …should be the object of counter activity…/ Other passions are made known only by weakening …this main one. ***See also "Self-correction," "Self-forcing" and "Self-opposition."***

636. Rules for soberness

291. The warrior of Christ should have two vigilant guards: soberness and …discernment. The first is turned inward …watches for movements coming from the heart…/ The Rule for [soberness] is, after various thoughts have been cast out …stand by the door of the heart and diligently watch everything that goes into and comes out of it; …do not allow the movements to forewarn the senses… ***See "Heart," "Soberness" and "Within (Being)."***

637. Rules for spiritual warfare

289. 4 THE RULES OF SPIRITUAL WARFARE. Among the rules …that govern a Christian's martial art, some give warning … others allow for easier …more successful end to the struggle, another ensures a more steadfast confirmation of the fruits of victory, or rapid destruction of all traces of the enemy. These divide into three classes a) Rules before the battle, b) Rules during battle and c) Rules after the battle. *The rest of this section guides one through each of these rules.*

297. 4. THE RULES OF SPIRITUAL WARFARE ARE NOT THE SAME FOR ALL. …about the rules of warfare …they are essentially nothing than the application of all weapons to individual cases …it is impossible to describe them all./ …inner warfare is incomprehensible and mysterious. What will overcome one person is different to another. ***See also "Flesh (Persecution of)," "Passions (Struggling with) and "Spiritual Warfare."***

638. Rules for struggle

288. [Re. Stages of temptation]. Thoughts, lusts, passions, and attraction to the disappearance and cleansing of their every trace. This is what all the rules of this struggle are directed towards./ …tempting effects reach our consciousness …by the world, the flesh or the devil. Their concern is only for shaking the inner disposition and inclining it towards them./ It is not a method …but attempt to inspire us as being important and valuable in our lives and actions which lead us to sin.

289. Whatever inspires sinfulness, turn all your attention and strength towards this …begin with this and fight./ …all the rules of the Holy Fathers are directed against thoughts, passions and desires

and are adapted to the essence of these same./ The ascetic's attention should be directed …inside himself. ***See also "Flesh (Persecution of)," "Passions (Struggling with) and "Spiritual Warfare."***

639. Rules for struggling with passions

280. Chapter Seven, RULES FOR STRUGGLING WITH THE PASSIONS OR THE BEGINNING OF SELF-OPPOSITION. A person destroys passionateness by the very act of alienating it, not giving it any food …placing a yoke on it of prescribed rules for the entire breadth of his powers and activities. ***See also "Passions."***

640. Rules for the body

243. 2. BODILY EXERCISES. The body is by nature pure … we must only estrange …unnatural cravings and strengthen what is natural…/ We must turn the very satisfaction of its basic needs to the benefit of soul and spirit./ …exercises should be assigned to each bodily function…/ Here are the prescribed rules: 1) For the senses: guard the senses ...hearing and vision 2) Guard the tongue; 3) Abstinence and fasting… 4) Moderate sleep and vigilance... 5) Physical purity…/ …the body in general. Wear out, …constrain and emaciate yourself./ Through these ascetic practices, the body, little by little returns to its natural state, becomes alive and strong …bright and pure …light and free …becomes a worth temple of the Holy Spirit. ***See "Body."***

641. Rules for the will

249. …the rule for everyone is this: impress the truth in a way that will awaken you. The methods for this rule vary [from person to person].

250. EXERCISES FOR DEVELOPING THE WILL FOCUSSING ALSO ON AWAKENING THE SPIRIT. Developing the will means impressing upon it good dispositions or virtues …that in …grafting onto the will …constitute its very nature…/ …when something is undertaken by the will it is undertaken according to their inspiration and in their spirit they would …govern our deeds./ …activity related to this is …directed against the chief infirmity of the

will – self-will, unsubmissiveness and intolerance of the yoke./ …is healed by submission to the will of God, with denial of your own. The will of God is revealed through applying the commandments of God according to each person's duty or calling. …the Church …family order …dictates of circumstances …demands of a zealous spirit with discernment and counsel.

251. (*The following numerical divisions are not in the text*) 1) Determine the righteous deeds possible for you to so in your station, calling and circumstances; with what, how and in what measure. 2) Determine their general outline and order, so that nothing you do would be accidental. 3) Go over them daily with possible occurrences and deed. 4) Do [according] to what God sends them. 5) …must always keep a spirit of good works. …everything with humility and fear of God, according to His will, for His glory. 6) Keep in mind the law of graduality and constancy …begin with the small and ascend to what is higher …do not stop.

252. 7) …choose one outstanding virtuous work according to your character and station and stick with it unwaveringly – it becomes the foundation for others./ This kind of activity …develops the will and impresses the virtuous into it.

642. Rules for uprooting the passions

283. …no such thing as peaceful progress in goodness … passions are still alive …are greatly fortified by this …vain world, and the dark forces which rule it./ At conversion the spirit is cleansed and pure …the soul and body remain passionate and resist…/ 1) In the Body: The source of passions is pleasing the flesh or comforting the flesh, …which …our bodily life and sensual delight are linked. Wherever they are present there is sexual lust, gluttony, love of pleasure, sloth… 2) In the soul: a) In the mental part- opinion, exclusive belief in one's own intellect, criticism…

284. b) In the desirous part-self-will, unsubmissiveness, love of authority… c) In the sensual Part-passions that shatter peace … various …pleasantness and unpleasantness, wrath, envy, hatred, anger…/ **THE SOURCE OF PASSIONS OF SOUL AND BODY IS SELF-LOVE.** …egotism …clothed in one passion or another …war against the spirit./ …three things close to egotism: Pleasure,

covetousness and pride; after these are five more issuing from them…/ Whoever has cut off pleasure by self-directed wrath, covetousness with unacquisitiveness, and pride with humility has conquered egotism…/ *Keep reading for more guidance on this subject.* ***See other entries related to "Passions."***

643. Rules for warring with the thoughts

288. [Re: Stages of temptation]. The Holy Fathers …notice the following: The onrush of thoughts, contemplation, delight in it, desire, passion, attraction, resolve and the deed. …all preliminary acts can be defined by one word – thought./ [Thoughts] are not sin as long as the mind has not joined its will to them./ …this is what all the rules of this struggle are directed towards./ True the world works from without, as well as satan but, it's tempting effects reach our consciousness in no other way …their concern is only for shaking our disposition and inclining it towards them./ …it is not so much … methods but what they mean to inspire in us…

289. …the thought arises of murmuring, despair and abandoning virtue./ …all the rules of the Holy Fathers are directed toward thoughts, passions and desires and adapted to the same./ All the ascetics attention should be directed …towards thoughts, desires, passions and attractions. It should most of all be directed … towards thoughts./ The heart and will are not so mercurial as the thoughts./ Passions and desires …are born of thoughts./ …we can make a rule: cut off thoughts and you will cut off everything. ***See "Thoughts."***

644. Rules-human vs. animal

55. With these capabilities (Awakening of the senses and powers of the soul), the passions arise and disturb him at an early age. The child does not speak or walk …has just begun to sit and grasp toys – but already he becomes angry, envies, takes for himself, is selfish …manifests the activities of the passions. This evil arises itself on the animal life …must be opposed from its first manifestations./ …the following rules: 1) …anticipate their appearance;

56. 2) …some passion appears …hasten to quench it with well thought-out and tested means./ A passion which reveals itself more frequently than others should be treated with special attention …it is the ruling element…/ The most trustworthy way …is through the means of grace …entreat the Lord …to do his work./ Experience will be a further guide for a zealous father or nurse./ When the child begins to understand, the general means for fighting …may be used. ***See entries related to "Nature" and "Natural."***

S

645. Sacraments

80. Chapter Four, PRESERVING THE GRACE OF BAPTISM. 1.WHY THE GRACE OF BAPTISM IS NOT PRESERVED. *5 points are offered plus another* 3. ***See notes at end of this entry.***

101. Chapter Three THE ACTION OF DIVINE GRACE.

172. *Preparation for Confession.*

176. [Feelings of repentance are not enough], We also need to press a seal into our inner man, so that it will take on a specific image. This happens …during the Sacrament of Repentance – he is sealed with the divine grace of the Spirit./ **WHY THE MYSTERY OF REPENTANCE IS NECESSARY.** …receive the Sacrament of Repentance so you may be freed by absolution on all sides and open the door to the Spirit of grace. ***See "Confession,(Preparation of)" pg. 178 ff. for more info.***

181-182. [End of Confession] …kiss the Cross and Gospel as a sign of your vow./ You have made a promise –keep it. It has been sealed by the Sacrament, …you must be ever more faithful to it, so you do not fall into the ranks of those who have wasted grace.

183. THE PENITENT APPROACHES HOLY COMMUNION.

195. WHEN GRACE FIRST SETTLES IN A PERSON THROUGH A SACRAMENT IS VOUCHSAFES THAT PERSON A COMOPLETE TASTE OF THE BLESSEDNESS OF COMMUNION WITH GOD. "If we fervently desire holiness, the Holy Spirit at the outset gives the soul a full and conscious taste of God's sweetness,

so the intellect will know …the final reward…" (St. Diadochus)./ … symbolized by the white clothing of the newly baptized./ *…seen and felt by some of the newly baptized and those receiving the monastic habit.*

269-270. 9. GRACE-FILLED MEANS OF DEVELOPING AND STRENGTHENING THE SPIRITUAL LIFE. …as at the beginning conversion is unreliable if it is not sealed through the Sacraments, so does zeal continue to be unreliable, fervor powerless, the will weak, and life empty without renewal through the Divine Mysteries of Repentance and Holy Communion.

270. The Lord gives us the Sacrament of His Body and Blood for …feeding and elevating our spiritual life. ***See also entries related to "Mysteries," "Baptism," "Confession or Repentance," "Communion," "Body and Blood of Christ," and "Means of Grace" for more details.***

646. Sacred Objects

53-54. 2. SURROUNDING THE CHILD WITH SACRED IMAGES. …senses furnish material for the imagination …preserved in the memory ..comprises the content of the soul. Let the senses receive their first impressions from sacred objects: the icon and … lampada for the eyes, …hymns for the hearing, etc.

54. …the first exercises of the imagination will also be sacred. …in the future [he will only be] attracted to sacred forms./ …let the child be surrounded by sacred forms, objects of all kinds…

142. [Re. Curative exercises]. For the heart. 3) Using holy crosses, icons, and other sacred objects. ***See "Icons," "Images," "Memory" and "Outward Ordering of Life."***

647. Sacrifice to God

153. [Work of Awakening] …turning away from self to God. … brings himself as a sacrifice to God – a whole burnt offering of freedom …drawing nearer to God, he gives a promise to belong to Him alone …all the days of his life. ***See also : "Dedication" and "Freedom."***

648. Sadness

196-197. [Re: God hiding His face]. …God recedes in order to educate us, then grace conceals itself a little …but supports the soul in a hidden way …This brings great sadness, humility, even a measure of despair to the soul.

284. [Re: Enemies in the soul]: c) In the sensual part: various pleasantness and unpleasantness; …hatred, anger, …contempt… pride, boredom, sadness, sorrow, depression… ***See also "Demons" and "Enemy."***

649. Saints

108. [Re: Means of grace]. The Mother of God has appeared many times …or with an entourage of saints…/ Saints appeared many times to a Lutheran doctor…

117. [Re: Exposing the World's great ones]. We see that many …saints …examining the vanity and confusion of the world, withdrew from it and resolutely devoted themselves to God.

134. …if you want to compare yourself to others, the compare yourself with the holy God-pleasers. They are the living Christian law and example… if you judge yourself in comparison to them you will not make a mistake.

137. [Re. Final judgment]. Your secret sins will reproach you before all the angels and Saints. They will either condemn you or justify you.

208-209. [Re. podvig, labor, struggle & self-opposition] This is so essential that all the saints accept the only true path to virtue to be pain and hard work.

209. …he who acts the most drastically and decisively, will more quickly attain purity. …we see that all the saints who climbed to the heights …embarked on the most severe ascetic labors of self-mortification… This was done in a consciously chosen measure … inspired by grace.

240. …we must seek out the works and activities which God Himself through the Scriptures or the teachings of His saints, has chosen for us as a means of healing… and restoring their lost purity./ We can easily discover these exercises or activities – only scan the lives of a few ascetics and it becomes evident./ All of these

singly or together can be found in almost every life of the Holy Fathers.

241. All the exercises …have been revealed by the Word of God and the Holy Fathers…

242. [Re. Curative Exercises]. For the mind 1) Reading the Word of God, the writings of the Holy Fathers and Holy God-pleasers.

270-271. This is …the opinion of all the saints …there is no salvation without Communion and no progress in life without frequent Communion.

314. Many of the saints were in an unceasing exultation to God, and upon others the Spirit fell temporarily but often. ***See also "Holy Fathers," and "Holy God-Pleasers."***

650. Salvation

32. [Everyone can perform isolated good deeds], but of giving birth to our whole life, to a new life …life in its entirety-to such a life that can lead one to salvation.

84. …one who has not fallen (from the faith) lives in simplicity of heart, in a kind of assurance of salvation which blesses him and is not deceived.

196. [Re: Hiding grace for our education]. …grace hides itself from one who is laboring for his salvation, and although it still works in him, it does so unnoticeably./ He is so unaware of it that he often considers himself to be abandoned by God and perishing "…so we would count ourselves as nothing though we fulfill every virtue, for we have not yet made holy love habitual in ourselves …keeps us from vainglory." (St. Diadochus)

198. He visibly fills him, unites [to] Him and communes with him …is the goal man strives to achieve throughout his ascetic struggles …all the economy of salvation…/ **TWO WAYS OF COMMUNING WITH GOD.**

200. "*And shew him Her secrets"(Sirach)* - …of divine wisdom, the Trinity, …the economy of salvation, the acquisition of salvation…

204. THE GRACE-FILLED LIFE IS AT FIRST ONLY A SEED.

221. If the fulfillment of the commandments is the foundation for salvation, then the spirit of zeal is our only saving power.

266. …abandon everything that is dangerous to the new life, whatever ignites passions, brings vanity and extinguishes spirit. … Let the measure …be each person's heart, sincerely seeking salvation without deceit and not only for show. Now is the time to cease from all theaters, balls, dances, …jokes, sarcasms, …idle time. ***See also "Another World," "Assurance," " New Birth" and "Paradigm of Salvation."***

651. Sanctification

23. This (Christian) life has in us three stages: 1)Turning to God, 2) Purification or self-amendment and 3) Sanctification.

23-24. In the third (sanctification), the Lord …takes up His abode in his heart, and communes with him. …the goal of all ascetic labors...

28-29. *The significance of* grace, free-will, zeal and purity, persecuting sins, even in the smallest reminders" *as distinctive of the Christian life.*

32. *Sanctification (manifested by zeal) is a gift of God.* … characteristic only of the eternal power of God to support us …in the midst of the unceasing waves of temporal changes.

33. IN THE FACE OF TEMPTATION.

33-34. *Process of temptation.*

34. If you desire to live in a Christian way, seek grace. The minute grace descends and joins itself to your will is the minute when the Christian life is born in you –powerful, firm, and greatly fruitful.

35. The acquisition of grace and sanctification by its means of our nature is performed in the Mysteries.

36. A NEW CREATURE IN CHRIST THROUGH HOLY BAPTISM.

37. …changes one's chief orientation from oneself to God – to pleasing God and increasing one's good deeds.

266. …abandon everything that is dangerous to the new life, whatever ignites passions, brings vanity and extinguishes spirit. … Let the measure …be each person's heart, sincerely seeking

salvation without deceit and not only for show. Now is the time to cease from all theaters, balls, dances, …jokes, sarcasms, …idle time. ***See entries related to "Baptism," Confession," "Communion," "God-pleasing life," "Life (Christian)," "Paradigm (of salvation), "Spiritual warfare," "Temptation," and "Zeal."***

652. Sarcasm

266. …abandon everything that is dangerous to the new life, whatever ignites passions, brings vanity and extinguishes spirit. … Let the measure …be each person's heart, sincerely seeking salvation without deceit and not only for show. Now is the time to cease from all theaters, balls, dances, …jokes, sarcasms, …idle time.

653. Satan

22. [Whoever begins] to strive toward God …will inevitably by threatened of losing his way on the crossroads …imagining himself saved. [Crossroads] are unavoidable because of sinful inclinations …To this is joined the flattery of satan, who is reluctant to be separated from his victims, and when someone …goes to the light of Christ …[satan] sets every sort of net to catch him again.

23. In the first stage a man turns from darkness to light, from the domain of satan to God…

34. One of the first tricks of the enemy against us is the idea of trusting in oneself./ The enemy says, do not go to the light …you are good just the way you are!/ …the enemy is throwing a rock (unpleasantness) …others …to slippery places (deception of passions); …others he is strewing flowers (deceptively good conditions).

36. [RE. Man's condition before Baptism]. He is in subjection to the influence of satan, who acts in him by …the sin which dwells in him.

139. LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW. … [sin's] first creator and propagator. …has done nothing for you, only tyrannizes you with sin …he does evil to you through it; he promises

sweetness …then torments and tortures… He trembles with evil joy when someone falls into the nets of sin and gets stuck...

159. …there is not just sin in man's heart …even more furious from the father of all sins –the devil, who cannot remain calm when such a troublemaker appears in his kingdom (i.e. thoughts considering salvation).

160. [St. Tikhon of Zadonsk]. "A man begins to approach Christ and satan follows after him, to trouble him, to lure him …to trip him up with various nets."/ **A DECISIVE BATTLE WITH SIN.** The enemy has grabbed you and wants to swallow you up – cry out like Jonah…

213. …the chief danger is inner-disorder and satanic delusion./ But the chief danger comes from satan …he is the foremost self-reliant thinker, he loves most of all, those who guide themselves with their own minds – this is how he …most often destroys them./ It could be said that this alone, gives him access to us o the opportunity to hurl us to destruction.

214. …satan does not approach anyone who has a trusted guide… he is inseparably present with anyone who trusts only in himself, makes his own conclusions, and relies upon them./ The devil uses seemingly good impressions …to destroy him. **See entries for "Demons," "Devil," "Enemy," "Prince of Darkness," "Prince of This World."**

654. Satanic

203. …everyone who is not converted, unrepentant, abides in the satanic realm. ***See entries for "Demons," "Devil," "Enemy," "Prince of Darkness," "Prince of This World" and "satan" above.***

655. Satisfy

131. [Re: Humbling the flesh]. …humbling of the flesh requires a change in the way you satisfy your natural needs.

656. Scattered Thoughts

130. CARES AND SCATTERED THOUGHTS. …cares and scattered thoughts wear [the body] down from the inside.

131. …a whirlwind still remains in your head – one thought after another …does not allow you to retain anything lasting… Collect your scattered children into one, like a pastor gathers his flock./ The desire to go deeper into yourself …to cut off your scattered thoughts …requires the following means: solitude… cessation of usual occupations.

143. Do not run quickly from one thought to another. This will scatter your thoughts …rather than gather them. ***See "Intellect," "Imagination," "Memory," and "Thoughts."***

657. Schedules

50. [Re. Childrearing]. …strengthening …of the body should not inflate self-will and destroy the spirit for the sake of the flesh. To avoid this, the chief things are moderation, a definite schedule, and supervision./ *Though the word "Schedule" is not used, look up the various* ***"Rules"*** *and see how they all require* ***"Scheduling.***

658. School of divinity

291-292. [Re. Rules before the battle]. D) Think of spiritual substitutes for everything …you must come into contact with-things, individuals, incidents, and especially …permanent living quarters with spiritual things that elevate the soul, …so the person would live in a sort of school of Divinity./ …arrange our entire external environment that [it] …would feed and strengthen our new life…

659. Seal

137. What is hell? …it bears the seal of God's final rejection. ***See also "Baptism," "Confession," "Absolution," and "Vow," for other aspects of "sealing."***

660. Second Nature

267. A man who is weak in spirit will not bear a long drawn-out abandonment [of the sinful world and everything worldly] …will weaken and fall. Such ones are especially overcome by passions of the flesh, which are like second nature to him. ***"Second nature" is also used in relation to fallen man – see "nature," "Against***

nature," and the closing chapters of this book, esp. quotes by Climacus.

661. Secret

137. Your secret sins will be reproached before all the angels and saints.

237. [Re. Being Within]. Whoever achieves this remains with one rule: be within, and instruct yourself secretly in the heart. They call this secret instruction the vision of some subject from the spiritual world, or the awakening of some spiritual feeling by means of some word from the Holy Scriptures or a fatherly and prayerful word. ***See also "Grace (Means of)."***

662. Seeking and seekers

115. THE SPECIAL ACTIONS OF DIVINE GRACE. *This and the following pages do not necessarily contain our word, however, they do reveal methods God uses to guide "**Seekers**" away from the world. The numbering is mine – added for convenience. 1)* …the torment from this world of vanity.

116. 2) A life and moral power completely contrary to which he is accustomed – martyrdom. By examples of life. 3) When the world itself is disgraced before her children.

117. 4) The world seemingly drives one away of its own accord.

126. [Re. One who has fallen from awakening grace]. …there remains the question: how should we seek and on what must we knock?

314-315. Thus does the yearning for God, or joining with God, begin to ripen and perfect itself through divine grace within anyone who seeks God sincerely, fervently and in good conscience.

325. …God does not leave all hesychasts in hesychia forever. …[those] made worthy of a most sincere communion with God and God's indwelling , are dispatched …to those seeking salvation./ They serve these seekers, enlightening them, guiding them ***See "Goals," "Seeking God" below and "Yearning."***

663. Seeking God

315. Or, what are we seeking? Communion with God, so that God would dwell in us and begin to move in us …so He would guide our intellect, will and feelings. …working with Him in desires, in feelings, in words and deeds./ This is what the Lord seeks …for He alone works everything in His creatures through His creatures./ Every spirit that understands this should seek this. ***See "Communion (ascending to)," "seeking" above and "Yearning."***

664. Self-abasement

161. In the midst of this self-abasement …the soul should not become innervated …and give itself to inactivity./ …although you expect everything from God and nothing from yourself, you must force yourself into action and act according to your strength, so there will be something to which divine grace can come…

186. [Re. Approaching Communion]. From self-abasement pass to the fear of the Prodigal Son …bringing you to a state of reverent soberness.

276. The spirit is retained in contrition, …self-abasement and prayerful supplication-which means that it is alive …repenting every minute. **See also "Self-abnegation," below "Self-forcing" and "Self-Opposition."**

665. Self-abnegation

161. Whoever gives himself over into God's hands in total self-abnegation will attract God to himself, one in pain of heart, and will be made strong in strength./ …tread firmly in self-abnegating, prayerful committing yourself to the will of God …work without relaxing. ***See "Self-Abasement" above with references.***

666. Self-assurance

117. …there is something that comes directly from satan … unfounded hope in the Divine mercy …at the opposite end [is] despair with doubt and disbelief. Such people are self-assured … possess self-righteousness that deadens any feeling of repentance. ***See also "Egotism," "Opinion," and "Vainglory."***

667. Self-control and lack of it

98. Through various enticements [satan] holds the soul in [curiosity, self-interest, pleasure-loving, and self-comforts. …He holds the soul in these things with no hope of escape…]

162. The sinner is sorry to deny himself. He cannot overcome himself, or punish himself… ***See also "Pleasure-loving,""Self-denial," "Self-indulgence," and "Self-opposition."***

668. Self-correction

209. …the zealous are eager for ascetical struggles of self-correction …obviously the more eager one is, the more diligently and longingly he does this, the sooner he achieves his goal.

303. RULES FOR STRUGGLING WITH THE PASSIONS. 10) In this active self-correction the familiar order and rule should be observed./ …attention should be given to the nature of passionateness in general, to one's character, and …good works in the applied activity./ …aim at the chief passions: love of pleasure, possessiveness and high-mindedness./ …on the second level is one's main passion …shows itself at conversion …is foremost in his attention when he vows not to sin anymore./ …should be the closest object of counter activity that lives within us. *It is important to read the following pages.* ***See "asceticism" and "Passions (Struggling with)."***

669. Self-deception

129. HABITS AND INCLINATIONS THAT IMPRISON A PERSON IN SIN. The covering that is deepest and closest to the heart is comprised of self-deception, insensitivity and carelessness./ The first covering (self-deception…) is the essential one. It prevents a person from seeing the danger he is in and undercuts his desire to change./ When divine grace comes …it strikes directly at [self-deception] and tears it apart. ***See "Carelessness," "Demons," "Egotism" and "Vainglory."***

670. Self-denial

162. …these main inspirers of sin …[were] shown to us by the Savior… *…let him deny himself* – turn away from himself …as foreign to himself, not worthy of attention or sympathy. …self-pity …

is opposed to this disposition./ The Savior obliged us to deny everything in the world in order to save our souls: *What shall it profit a man…*/ …(to deny oneself) supposes that in man's heart is a tendency toward the material, a weakness for the tangible, a passion for feeding himself and delighting only in the visible and sensual.

163. …self-pity, sensuality, man-pleasing, and earthliness … are the deeply rooted inspirers of sin and its chief warriors (against self-denial and salvation).

278. Such is the general order of guiding rules . …they are essential to everyone who seeks the Lord. …with respect to the body-not pleasing the flesh in all its bodily functions, or external life – removal of everything permeated with …passions, binding the soul at each of its powers and living under the influence of grace-filled means.

278-279. The fullest and most successful way to accomplish all of this is monasticism. …by nature it restricts the bodily needs … an active uprooting of the passions …through unacquisitiveness, austerity, comfortlessness, disregard of self, and …under guidance.

279. …soon ripens …for the sake of his resolute self-sacrifice and renunciation of everything… **See also "Inspirers of sin," "self-control," "Self-Opposition," "Self-Sacrifice."**

671. Self-exam

134. 4. CEASE MAKING EXCUSES IN SINS AND WORK ON YOUR BLINDNESS. …disperse …prejudicial reasoning which … does not allow you to see yourself as you should.

170-171. KNOW YOUR SINS. Now you must discerningly come to know that you are definitely sinful, and to what degree-clearly, individually, and as if quantitatively, know your sins, with all attendant circumstances…

171. Critically review your entire life with a strict and impartial judgment./ *Theophan then offers suggestions how to do this from various portions in the Bible./* …the results …a multitude of deeds, words, feelings, thoughts, and iniquitous desires that should not have been done were allowed; …things that should have been done were not done.

171-172. …done according to the law (of God) were …defiled due to the impurity of the motivation…

172. The main thing you need to remember at this first stage …is that it is an exact determination of deeds. …as a business ledger…/ If our self-examination proves fruitless, it will be because we made only a general review./ …continue ...[to] the dispositions of the heart ...tendencies …inclinations. ***See also "Preparation for Communion."***

672. Self-forcing

208. Chapter Three, A GUIDING RULE FOR A GOD-PLEASING LIFE. [The spirit hates sin, but the body and soul are sympathetic to it …clothed in passions. The Spirit loves God's will …the body and soul do not.] He (The Christian) should oppose the demands of his body and soul …force himself to do the opposite. Because the body and soul …comprise [his personality] it is the same as opposing oneself in the bad and forcing oneself to the good./ Self-opposition and self-forcing …are two aspects of zeal born in the soul, forming …the beginning of asceticism. …comprise the struggle of a man with himself, or …podvig.

208-209. …so essential that all the saints consider the only true path to virtue to be pain and hard work.

209. …the zealous are eager for ascetical struggles of self-forcing and self-opposition with the aim of self-correction, or raising themselves to …purity ...that they may more speedily become worthy of communion with God./ …he who opposes himself with the most hatred and aversion, who acts the most drastically and decisively, will more quickly attain purity. ***See also* "Asceticism," *"Self-Correction," "Self-Denial," and "Self-Opposition."***

673. Self-gathering

222. BEING WITHIN. When divine grace acts upon the heart …his spirit delves into it with its consciousness followed by all the powers of soul and body.

223. Being within is …the forceful gathering of the powers of soul and body …the essential means of podvig./ Whoever is locked within the heart is gathered.../ All the powers of the soul-the mind,

the will, the senses – should gather near the consciousness in the heart./ The gathering of the mind is attention, …the will is vigilance, …of the senses is soberness. / Attention, vigilance and soberness are the three inner activities by which …self-gathering [is] accomplished. [Next] the body with all its …organs should be directed there.

223-224. This …work is the strongest aid to gathering …which could not happen without it./ Thus, all the work of being within and self-gathering consists of the following …descend within the heart within the physical breast …compel all powers of soul and body … mind' attention, …vigilance of the will …tension of the muscles… and soberness of the senses, with suppression of pleasure and bodily comfort.

224. Do this until the consciousness settles there as if in its own dwelling place./ …not the same as sinking in thought or meditating …using only the mind …[Self-gathering] uses all the powers./ …being within is the condition for man's true lordship over himself …of true freedom and intelligence …of true spiritual life./ …it is clear that gathering within is the most effective means for preserving zeal…

225. 1) …gathering is connected with warmth-the spirit meets with itself …and leaps for joy. 2) The gathered one is strong. 3) The Gathered one sees everything within himself. …he sees all the movements of his powers and is able to govern them./ …remove anything that might disrupt the three indicated activities in their joining./ Gathering is where all spiritual work takes place…/ Whatever the ascetic does, he should go within and work from there. ***See "Being (Within)," "Concentration" and "Self-gathering."***

674. Self-gratification

251. He who does something out of self-reliance …self-gratification or man-pleasing, no matter how righteous the works may be, he only fosters the evil spirit of self-righteousness, arrogance and pharisaism.

262. Satisfying individual fleshly desires and indulging desires sporadically because of inattentiveness and distraction makes one

grow cold. What then can be said of one whose fleshly delight has become a law?/ …[the spirit] ripens in no other way than at the expense of fleshly comfort. ***Also see entries for "Flesh," "Self-Denial," "Self-indulgence," "Pleasure," and "Selfishness."***

675. Self-indulgence

112. [Re. Spiritual Bonds]. 1) Self-indulgence. The bonds with the closest grip on the spirit are those of …dominating, self-indulgence/ …is the contact point for other bonds that come from the world and the devil. This is why destroying [self-indulgence] is so important ...though it is difficult and complicated./ To understand how [it] is broken, it is necessary to understand with what it is affiliated, which nourishes it, and what chiefly expresses itself and constitutes a firm support for it./ Our self-indulgence has many supports. It …is in our body and soul …in our entire way of life in general./ …indulgence of the flesh comes in various forms. For example…

113. By directing its power toward destruction of this support on which the sinner's selfishness has established itself and rests … grace carries out the following to awaken the sinner from his slumber…/ *Theophan then gives examples according to various forms of indulgence./* Each destruction of the supports of … self-indulgence constitutes a turning point in life…

113-114. This sense (danger to life and abandonment) …kills selfishness at the very root… ***See "Flesh," "Pleasure (Love of)" and "Self-Pity."***

676. Self-instruction

143. But all of your self-instruction should be conducted in a way that will fit the aim-to act upon the soul and awaken./ *Theophan then gives rules for self instruction:* 1) …do not intellectualize … having clarified a subject …take it to heart… 2) Do not run quickly from one thought to another. …every thought …do not let it go until it reaches the heart. 3) …do not leave a thought in a reasoned naked form, but clothe it in some sort of image …carry it into the head as a constant reminder. 4) …make many prostrations …when the prayer cools go back to contemplation, then back to prayer

again. 5) For prayer …for contemplation, make short cries and repeat them often. ***See also "Instruction."***

677. Selfishness

112. ***See Self-Indulgence.***

113. By directing its power toward destruction of this support on which the sinner's selfishness has established itself and rests … grace carries out the following to awaken the sinner from his slumber…/ *Theophan then gives examples according to various forms of indulgence.*

113-114. This sense (danger to life and abandonment) …kills selfishness at the very root…

202. THE INNER MAKE UP OF THE CONVERT. The sinner is completely given over to sin… This alien activity is grafted into him …as if inborn. …is intertwined [with] arrogance with the mind, greed with desires, lust with the heart; and with all our endeavors: selfishness…

202-203. …in the powers of the soul …and all bodily functions …in all outward deeds and behavior… - man becomes permeated with sin, that is, selfishness, passionateness, self-pleasing. ***See also "Pleasing the flesh," "Self-Indulgence."***

678. Self -love

33. [Re. Trusting oneself when the soul is calm]. It is …good to reflect on bearing offences when everything is …according to our self-love.

172. …the root of all sin is self-love. From self-love proceed pride, mercenariness and love of pleasure; and from these proceed all other passions…/ Everyone has all the passions [not to the same degree] because everyone conducts his affairs with self-love, the seed of all passions or sinful inclinations.

173. This is what …comprises and embodies in his person the root of all evils– self-love.

213. [Re. Self-direction]. If a man is sick, how can he be a doctor to himself? He will starve and kill himself out of self-love alone.

284. THE SOURCE OF PASSIONS IS SELF-LOVE. The source of all these passions of soul and body is self-love or egotism, which …attack often, clothed in one passion or another, wage war against the spirit./ This …residual egotism comprises the …fleshly man. *The following pages guide us in overcoming self-love.* ***See also "Egotism," "Flesh," "Persecuting the Flesh."***

679. Self-mortification

209. We see that all the saints …embarked upon the most sever ascetic labors of self-mortification – fasts, vigils, solitude…/ This was done in a consciously chosen measure …inspired by grace. They did it to quickly attain divine contemplation, and they did achieve it quickly. ***See also "Persecuting the Flesh," "Self-Correction," and "Self-Forcing."***

680. Self-opinion

283. [Re. Reviewing our enemies]. 2) In the soul: a) The mental part-opinion, exclusive belief in one's own intellect, criticism…

294. Self-reliance and self-opinion are the very enemies with which we must wage war./ Whoever has let them in has already fallen …predisposed himself to new falls. ***See also "Self-Forcing" and :Vainglory."***

681. Self-opposition

23. …in a Christian it is a battle with oneself involving much labor …must dispose the body for which it has no inclination./ Like a soldier, he must take every step of land …with the double-edged sword of forcing …and opposing himself.

29. …in Christian life …people undertake God-pleasing works, trampling on oneself and willingly offering as a sacrifice to God every kind of labor without sparing oneself.

46. As the powers of the child awaken, so does the sin that dwells in him …Thus begins the warfare of the parents against the sin that dwells in the child.

208. ***See "Self-Forcing."***

216. Under the guidance of a spiritual Father the zealot who labors, forces himself, opposes himself, will progress from day to day.

220. THE ASCETICAL LABOR OF SELF-OPPOSITION. … sum up the tone of the ascetic's work, or what is the same …self-forcing./ …it is necessary to work against the passions directly, to oppose them to their faces …and win./ To determine guidelines for this …we must envision …spiritual warfare…

266. …leaving the world is nothing other than cleaning up our entire external life, removing everything passionate and replacing it with something pure…/ ***See "Leaving The World."***

274. [Re: Constant Govenie]. 1) Observe the great fasting periods …more than just continence …so the flesh feels a lack …a little pain./ Only wearing out the flesh and denying it all consolations …gives ease to the spirit and attracts the grace of God.

280. RULE FOR STRUGGLING WITH THE PASSIONS OR THE BEGINNING OF SELF-OPPOSITION. Who has ever become a faster without struggling against his stomach, or …child-like faith without conquering self-opinion…? This applies …to the whole array of related activities.

281. 2. FREELY CHOOSING AND LOVING GOOD IS A POWERFUL WEAPON. The basis for all …inner victories is first the victory over ourselves-in the breaking of our will and dedicating ourselves to God with …denial of everything sinful. ***See also "Asceticism," "Flesh, Persecution of," and "Self-Forcing."***

<u>682. Self-pampering</u>

285. [Re. Forgetfulness of God]. Instead of renunciation of everything, there is self-pampering (Why torment yourself). ***See "Self-Indulgence" and "Self-pity."***

<u>683. Self-persecution</u>

261-264. ***See "Flesh (Persecution of) or "Persecution of the Flesh."***

<u>684. Self-Pity</u>

30. Self-pity will undermine all foundations.

51. The chief evil in relation to the body is love for the body and pitying it. This takes away the soul's authority …and makes the soul the slave of the body./ By pleasant impressions the body is pampered, and by unpleasant ones it is strengthened.

52. [Re. Counsels of raising [Christian] Children]. …these counsels …protect from the entrance of the soul of the evil poison of …self-pity.

162. *… let him deny himself and follow me."* …be as if foreign to himself; not worthy of attention or sympathy./ This presupposes that in a sin-loving heart, self-pity …continually lives. …he is sorry to deny himself anything, to go against himself ...cannot overcome …or punish himself…

209. Even temporary ease, pauses, and self-pity …always decrease the pace of spiritual progress.

262. Whoever pities the flesh cannot have the Spirit of God abiding in him.

301. The more condescending or yielding one is to himself, the longer this business goes on …This is supported by self-pity, or not separating oneself from passions.

302. By pitying himself the person …becomes his own enemy. ***See references for "Body (man's)," "Flesh" "Passions," and "Self-indulgence."***

685. Self-pleasing

202-203. …man becomes permeated with sin …selfishness, passionateness, self-pleasing. ***See also "Self-indulgence," "Self-love."***

686. Self-preservation

140-141. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. Energy is always aroused in an enfeebled will when …placed between extremes-either perish or change your life. The feeling of self-preservation immediately begins to arouse you into action.

687. Self-reliance

212-213. Since we do not know the way, we need someone to lead us. It would be too self-reliant to think: "I can do it myself…"/ It is no less self-reliant if someone who is not subject to extraordinary circumstances, but has the opportunity to seek a guide, does not choose one, assuming that God will lead him…

213. But the chief danger comes from satan. Because he is the foremost self-reliant thinker, he …loves most …people who guide themselves with their own minds…

251. He who does something out of …self-reliance, with boldness …self-gratification …only fosters within himself an evil spirit of self-righteousness…

284. [Re. Our Enemies]. B) In the desirous part-self-will, unsubmissiveness …self-reliance…

294. Self-reliance and self-opinion are the very enemies with which we must wage war. Whoever has them has already fallen and …predisposed himself to new falls… ***See "Arrogance," "Egotism" and entries related to "Spiritual Directors" and "Spiritual Guides."***

688. Self-reproach

173. AWAKEN THE SALVIFIC FEELING OF SINCERE REPENTANCE. The feeling of guilt stands midway between knowing your sins and feelings of repentance, and is mediated by self-reproach.

174. Begin first of all to reproach yourself – and reproach./ *The rest of this page and the next lead us to salvific self-reproach and self-repentance.* ***See also "Self-abasement" and "Self-abnegation."***

689. Self-righteousness

117. From satan come various kinds of spiritual flattery … unfounded hope in divine mercy …despair …Such people are self-assured and possess self-righteousness that deadens any feeling of repentance.

251. ***See "self-reliance," same page number.***

690. Self-satisfaction

135. The foolish listener …sinking deeper and deeper …when a person sees those around him smiling with pleasure at his actions …he continues with …self-satisfaction. ***See also "Egotism," "Self-Assurance," "Self-love" and "Self-pleasure."***

691. Self-will

46. [Re: Training children]. The fundamental things which … draw one towards sin are: arbitrariness of mind in the mental faculty, self-will in the faculty of will, and pleasures in the faculty of feelings.

49-50. With relation to the soul [the body] is the seat of the will, and it very easily develops self-will.

50. …The measured and sensible development of this function …trains one to labor and forms the habit of stability./ …an unsteady development left to the will of the child develops in some a hyperactivity …in others laziness. In the former …self-will is turned into a law, in connection …are also found aggressiveness, anger, and unrestraint in one's desires. In the other one becomes immersed in the flesh and given over to sensual enjoyments./ …one should not inflate self-will and destroy the spirit…/ To avoid [self-will] the chief things are moderation, a definite schedule, and supervision./ After enjoying himself according to his own will , the child returns unwilling to obey, even in the smallest things./ How difficult it is to later uproot self-will …there is no better training (of the will) than to force it according to orders.

58. THE WILL. A child left to himself becomes untamably self-willed./ The simplest way of confining the will within its proper bounds lies in disposing children to do nothing without permission. Let them be eager to run to their parents and ask…/ The natural consequence …will be total obedience …in everything to the parents, even against one's own will./ One should not obey oneself in everything.

59. While training a child not to do his own will, one must also train him to do good./ From this training the will emerges well disposed …towards the good.

250. EXERCISES FOR DEVELOPING THE WILL, FOCUSSING ALSO ON AWAKENING THE SPIRIT. Developing the will means impressing upon it good dispositions or virtues… grafting

the virtue onto the will, the virtues eventually constitute its very nature./ …its achievement requires toil and sweat …this is why the activity related to this is against the chief infirmity of the will - self-will./ …is healed by submission to the will of God with denial of your own and of any other. …commandments according to each person's duty or calling, …the rubrics of the Church, …civil and family order, dictates …of the providential will, and the demands of a zealous spirit-with discernment and counsel./ *The following pages are rich with suggestions for achieving a genuine good will in obedience to God's commandments.*

283. …attacks of sin …are felt throughout our existence. 1) In the body: The source of passions is pleasing the flesh, or comforting the flesh …with sensual delight …Where these exist there is sexual lust, gluttony, love of pleasure, …willfulness in everything…

285. [Re. Reviewing our enemies]. B) In the desirous part – self-will, unsubmissiveness, love of authority …self-reliance… ***See "Pride," Self-love" and "Vainglory."***

692. Senses

51. [Re: Child raising]. **IN RELATION TO THE NERVES AND SENSES.** …the general purpose of the nerves [and senses] as the center of sensuality of the body …the capability of receiving outward impressions…/ …train the body to endure every kind of outward influence without misfortune…/ The soul in such a man is the full master of his body …does not leave off action fearing bodily unpleasantness./ …one who does not spare the body will not be disturbed in whatever he does…

52. …zealous fulfillment [of Christian principles] protects the entrance of the soul from the evil poison of sensual enjoyments … self-pity …it trains him to be master of his body./ This is very important for the Christian life which is by nature remote from sensuality and every kind of pleasing the flesh./ We must keep [the body] under strict discipline from the beginning./ *Be sure to read this entire section.*

138. [Re. God calling us]. Bring this absurdity to your senses and hasten to awaken and strengthen within yourself godly pity and sorrow.

223. All the powers of the soul – the mind, the will, and the senses-should gather near the consciousness in the heart. The gathering of the senses is soberness./ …the body with its corresponding organs should be directed there.

240. [Activities that bring healing]. …guarding the senses…/ The soul's powers-the intellect, the will, and the senses prepares for fulfillment./ …fulfilled by the external powers in particular … circumstances./ *The rest of this section does not mention "senses," but is packed with exercises to heal them with the aid of grace.*

247. 6. EXERCISES FOR DEVELOPING THE POWERS OF THE SOUL ACCORDING TO THE SPIRIT OF CHRISTIAN LIFE. …are three powers: the intellect, the will and the senses. Corresponding exercises are given to them./ They act directly …to ignite the spirit more and more.

254. [Exercises For The Heart.] Church services with the entire arrangement of the church's icons, candles, incense, singing, movements…/ Then services at home also using ecclesiastical objects …all of these holy things together acting upon the senses-sight, hearing, smell, touch and taste-are the clothes that wipe clean the senses of a deadened soul./ …it allows the soul to breath freely and taste the sweetness of spiritual freedom. 1) Establish a pattern of going to church as often as possible... 2) …not forget other services, personal in home or church. Neither neglect your prayers with their churchly tone… 3) Observe all church solemnities …cover yourself in them so you always abide in a particular atmosphere…

263. [Rules for persecuting your flesh]. 1) Govern your senses, especially sight and hearing; bind your movements, hold your tongue./ The senses are essentially doors of the soul, opening from the inside out, or windows from which warmth escapes. 2) … force them (your senses) to be attracted to beneficial subjects./ *Read the rest and see the subjects listed at the end of this entry.*

269. If you would set a guard over these openings , …inner peace would be undisturbed. …the most reliable means for this is guarding the senses.

286. The demons surround people …working through the flesh …especially the senses and that element (flesh) where the soul and demons live.

290. Bind the senses, especially the sight, hearing and tongue, which are the most ready conductors of sin from within the heart … and from the outside into the heart. ***See entries related to senses below, as well as "Self-gathering," "Persecuting the flesh," "Soberness," "Being Within," "Sensuality," "Soul."***

693. Senses (Guarding the)

240. [Activities that bring healing]. …guarding the senses…

243. [Re. Curative Exercises of the Soul]. **BODILY EXERCISES.** 1) For the senses: Guard the senses altogether, especially the hearing and vision (nervous system).

263. [Rules for persecuting your flesh]. 1) Govern your senses, especially sight and hearing; bind your movements, hold your tongue./ The senses are essentially doors of the soul, opening from the inside out, or windows from which warmth escapes. 2) … force them (your senses) to be attracted to beneficial subjects. ***See 263 above "Senses," for more.***

269. Obviously the most reliable and decisive means [for preserving peace] is guarding the senses. But this is not possible for everyone ...spiritual substitutes. . **See also "Senses," above.**

694. The Sensual Part

284. [Re. Knowing our enemies]. C) In the Sensual Part-passions that shatter peace and tranquility of heart …various kinds of pleasantness or unpleasantness; wrath, envy, hatred, anger revenge, judgment, ambition, contempt, vainglory, pride, boredom, sadness, sorrow, depression, joy, fears, hopes, expectations. ***See also "Sensuality," "Flesh," and "Soul."***

695. Sensuality

50. [Unsteady development left to the will of the child]. In the latter case …becomes immersed in the flesh and given over to sensual enjoyments./ [Do] not destroy the spirit for the sake of the flesh. The chief things are moderation, a definite schedule and supervision.

51. IN RELATION TO THE NERVES AND SENSES. …the nerves are the center of the sensuality of the body, or the capability

of receiving outward impressions…/ The chief evil of …is love for the body or pitying it. …it takes away the soul's authority and makes the soul the slave of the body./ By pleasant impressions the body is pampered, and by unpleasant ones it is strengthened.

52. [Counsels for Christian life]. …the zealous fulfillment of them protects the entrance of the soul from the evil poison of sensual enjoyments …of love for the body and self-pity./ …must keep [the body] under strict discipline from the beginning./ The body is the dwelling place of the passions …the fiercest ones, such as lust and anger.

112. 1) Self-indulgence. The bonds with the closest grip on the soul are those of …dominating self-indulgence in our physical-mental aspect. …are the contact points for other bonds …from the world and the devil. …destroying them is so important./ *Self-indulgence manifests itself also in learnedness, arts, and worldliness./* To destroy the bonds of self-indulgence, grace destroys the supports (what feeds and expresses it)./ Our self-indulgence has many supports…/ Our indulgence of the flesh comes in many forms. …sensuality, luxury, lustfulness, merrymaking …trouble and cares…

149. [Re. Awakening grace]. It is natural …to acknowledge … the higher order of things, to raise man above all that is sensual … carry him away to the purely spiritual.

162. The world is the aggregate of things outside of us, visible, tangible, sensual. In the sin-lover sensuality is the predominant quality …everything sensuous is already known and experienced.

163. Thus self-pity, sensuality, man-pleasing and earthliness are the characteristic features of the sin-loving heart; they are the deeply rooted inspirers of sin.../ He has fallen from spirit and torments himself with sensuality. *The following pages continue the theme of the "inspirers of sin."* ***See "Bonds," "Flesh," "Inspirers of sin," "Self-indulgence," and "senses," above.***

696. Seraphic Purity

322. [Re. Purification from passions, stillness and burning of spirit in God's presence]. …inner concentration and deepening of

spirit through the divine Spirit leads to seraphic purity and burning love for God in God. ***See "Communion (With God," "Union" and "Vision."***

697. Serve

325. God does not leave all hesychasts in hesychia forever. Those who have attained dispassion through stillness …are dispatched from stillness to serve those seeking salvation. They serve these seekers, enlightening them guiding them and working miracles. ***See "Seekers."***

698. Sexual (Functions)

263. [Re. 2 kinds of physical life: Animal/soul closest to the psychological/emotional and purely animal]. To the first are: senses, …tongue, movement. Related to the second are: eating, sleeping, sexual functions and …tactile impressions. ***See "Flesh," "Passions," "Senses," and Sensuality."***

699. Sexual (Passions)

287. [Re. Passions only demons could whip up]. …doubts, lack of faith, darkening of the mind …passionate temptations that take over …uncontrollable sexual passions… ***See "Flesh," "Passions," "Senses," and Sensuality."***

700. Shame

148. …realizes the danger he is of his condition, begins to be ashamed of himself …His conscience gnaws at him.

157. [Re. Discomfort of awakening grace-what not to do]. Another turns to investigating the tortuous feeling …born in him…

163. [Re. the danger of man-pleasing]. "…what shall I do if I have to cut off ties?" …he is being threatened with being shamed by common judgment. (cf. Mk. 8:38).

174. [Arising to Resolve]. Begin …to reproach yourself – and reproach. …place yourself alone with your conscience before the face of God the Judge All-seeing./ (all attendant circumstances) multiply your guilt. …self-reproach should bring [the] feeling of inexcusable guilt "…I have no justification-I am guilty." ***See "Contrition" and "Repentance."***

701. Sight

263. ***See also "Guarding the Senses," And "Senses."***

702. Sign of spiritual birth

314. The seedling …is the zealous spirit… Here is the sign of this birth: earnest, quiet and unforced inner concentration before God, accompanied by a feeling of reverence, fear, joy and the like. ***See also "Baptism."***

703. Sign of the Cross

181. [After Confession]. The spiritual father lifts his epitrachelion, covers the head of the penitent …pronounces the absolution …making the sign of the cross on the head. What occurs in the soul …is well-known to everyone who sincerely repents.

256. [Re. A Prayer Rule]. 4) This requires: standing, prostrations kneeling, making the sign of the cross, reading, … singing. 7) …speaking into God's ear, accompanied with making the sign of the cross …corresponding to the movement of the spirit.

292-293. Never go into battle without the chief victorious thought-the sign of victory. ***See "Church" and "Cross."***

704. Sin

22. Those who enter the path of Christianity are in danger of becoming lost at the crossroads …crossroads are unavoidable because of sinful inclinations…

22-23. The seed of Christ falls on a heart that is already beating …the seed is not surrounded …by elements favorable to him. …the whole man …remain unadapted, unsubmissive to the yoke of Christ.

28. …the spirit of zeal …banishes the sin which corrupts our nature, …in soul …body …from the least of the places it has settled in us.

29. Only true zeal …persecutes sin in its smallest forms ..it fights with sin as with a mortal enemy./ True zeal persecutes sin in

its smallest reminders or marks…

31. One must do everything for the glory of God in defiance of the sin which dwells within us.

32. [Zeal penetrates and gathers] into one the darkened and broken features of the image of God.

33. 3. IN THE FACE OF TEMPTATION. Once again the passions become hungry, a new impulse arises, and again he finds himself in sins.

34. *Illustration of the stages of temptation leading to sin.*

36. [He went in to the baptismal font] conceived in iniquities and born in sins …bears all the poison of sin …a condition of God's disfavor, by nature a child of wrath. He is ruined and disordered in all his parts and powers …primarily directed towards the multiplication of sin …in subjection to satan …by the sin that dwells in him… Baptism delivers from all these evils./ …inward [is] healed from of the affliction and injury of sin. *Baptism reverses all the afore mentioned./*

37. [By] baptism is turned away from self and sin to righteousness and God.

37. …our fallen, disordered nature draws us toward sin, is not exterminated, but placed in a position in which it has no power over us…/ But it is still in us …only not as lord.

37-38. [St. Diadochos] …before baptism sin dwells in the heart and grace acts from outside. After …grace dwells in the heart and sin acts from the outside into the members of our body …from where it attacks.

41. [Grace] in an infant weakens and stifles sin, but sin can again come to life …if given food and freedom./ [Parents] should be directed to not allowing sin …to take possession of him …to crushing sin, making it powerless by every means…/ One must act …so that he will be more accustomed to prevailing of sin. …that as his soul and body grow, they will not work for sin, but the service of God.

46-47. The fundamental things that draw one towards sin are: curiosity…, self-will, and pleasure… captivity to these is sinful captivity.

92. 1.TURNING AWAY FROM SIN TO GOD. …a decisive change for the better, a breaking of the will, a turning away from sin to God, …kindling of the fire of zeal for exclusively God-pleasing things with renunciation of self and everything else./ Decisive resistance to sin comes only from hatred of it. Hatred of sin only comes from a sense of evil with it.

92-93. Only here (Mystery of repentance) does a person sense with his whole heart what a great evil sin is; afterward he will run from it as from the fire of Gehenna.

95. Chapter Two The Sinner's Condition. For the most part, the Word of God depicts the sinner …as submerged in a deep slumber./ …not always outward depravity, …but the absence of inspired, selfless zeal for pleasing God with decisive diversion from everything sinful. …indifferent …not sense the danger he is in.

96. The sinner thirsts, fusses and troubles himself with … numerous things outside of God./ …characteristic trait of sinful life is …disregard for salvation…

96-97. The sinner is continually troubled about learnedness, possessions …and many pleasers. He amuses himself, he possesses, he questions. He goes around in circles his entire life.

97. If left alone the sinner will continue going around in circles because this is our nature when it is enslaved to sin./ When in the company of others, …the circle increases a thousandfold. …placing all happiness, joy and life in a frenzy. This is the world of vanity…

98. The Prince of this World …his evil spirits scurry …sow to [to] deepen the entanglement in the net of sin…

99. …aggregate of worldly ways, pervaded with sinful elements, stupefy and draw one away from God is the organ [the demons] express their power./ **5. THE INNER CONDITION OF THE SINNER.** The sinner …is knowledgeable …blind to divine things and …his salvation.

100. …all [his] forces are afflicted by sin./ …three stages in the conversion of sinners to God: 1) arousal from the slumber of sin; 2) reaching the decision to give up sin and devote oneself to pleasing God; 3) vestment with power from on high for doing this in the Mysteries of Repentance and Communion.

102. Chapter Four, Awakening the Sinner from the Sleep of Sin. *Read this entire chapter for profound observations of the interaction between Grace, Man, Free-will, sin, and repentance.*

117. The third bonds of the spirit come from satan and his demons. …comes directly from satan …vague faintheartedness … spiritual flattery, …excessive, unfounded hope in divine mercy … from love of sin …despair, doubt and disbelief.

137. 5. HOW TO SOFTEN YOUR INSENSITIVE HEART. At the onset of even a slight sense of your sinfulness …delve deeper into yourself …greater force of thought conquer yourself …soften your insensitive heart… **REMEMBER YOUR FATE.** …death has been sent …"the judge standeth at the door." Your secret sins will reproach you before all the angels and saints. …you will stand alone with your deeds. What is Paradise, and what is hell? See also "Death," "The Four Finalities," "Hell," and "Torment."

138. …place yourself, defiled and weighed down by many sins before the face of Him, the omnipresent …longsuffering God. Will you still offend the eye of God with your …sinful appearance? **ASCEND IN THOUGHT UPON GOLGATHA AND CRUCIFY YOURSELF.** Ascend in thought …and see what your sins have cost./ …by sinning you share in the tormentor's lot. But of you abandon sin and repent you will partake of the power of His death.

138-139. CONSIDER THE SIN YOU CLING TO - ABHOR AND REJECT IT. Consider what this sin is that you cling to is. …an evil more disastrous than all evils …separates you from God … torments your conscience, brings upon you God's punishment in life and death; and after death it sends you to hell…

139. LOOK AT SIN FROM THE DEVIL'S POINT OF VIEW. … who was its first creator and propagator, and see who you work for by sinning./ He trembles with evil joy when someone falls into the nets of sin…/ Press into your heart …contrition producing feelings-horror and fear, sorrow and regret, repugnance and hatred of sin…

293. Everything sinful is something foreign to us …we should always separate it from ourselves.

296. If you are overcome, humble yourself; do not run away from God…/ If you do not iron out sin with …repentance …it will

draw you to the bottom of the sea of sin. Sin will possess you and you will have to start all over again from the first battle./ Perhaps having committed to sin you will transgress the boundaries of conversion …perhaps not even granted grace. ***See also "Mystery of Repentance," "Confession." See the following entries for more specific references to "Sin," "Sinful," and "Sins" below.***

705. Sin (Battling with)

160. A DECISIVE BATTLE WITH SIN. …a great struggle with himself …it is a decisive battle with sin./ All hope and realization of later victories over individual attacks of sins …founded upon this battle. …must cry out as a drowning man cries out…

161. THE SOUL'S DISPOSITION IN THE BATTLE. [The soul] expects nothing from itself - …fall into nothingness before God …in ultimate self-abnegation will attract God to himself. ***See "Inspirers of sin," "Resolve to abandon sin," and "Warfare." See other entries related to sin above and below.***

706. Sin (Knowledge of)

170. KNOW YOUR SINS. …you knew you were sinful …you must discerningly come to know you are definitely sinful …to what degree-clearly, individually, as if quantitatively, know your sins. ***See other entries related to sin above and below. See also entries related to "Confession," and "Preparation for Communion."***

707. Sin (Living in)

95. THE SINNERS CONDITION. The Word of God depicts the sinner …submerged in deep slumber./ Absence of inspired, selfless zeal …indifferent to salvation…/ …makes self the main goal …unquenchable thirst ...filled with activity …characteristic of the sinful life is , in its disregard for salvation. See the remainder of this section for an exposition of this topic. ***See other entries related to sin above and below.***

708. Sin (Love of)

117. [Sins from satan]: …unfounded hope in the divine mercy …becomes more and more with love of sin.

162. [Our Lord's command to deny oneself]. …presupposes in a sin-loving heart of self-pity …is of a quality …opposite to this disposition. ***See other entries related to sin above and below.***

709. Sin (Nature)

217. …we are in a state of fallenness, in exile, outside our Father's house; …it is our own fault... ***See also "Fall (The)," "Baptism," and "Nature." See also other entries related to sin above and below.***

710. Sinful

See "Sin" and entries related to "Sinful" below and above

711. Sinful Movements

290. BEFORE THE BATTLE. [The Christian warrior] should first of all suppress the array of sinful movements and push them all into one place …where he should direct his forces.

294. Every sinful movement is held in the soul through the sensation of a certain pleasure it stimulates./ …do not allow the arising movements into feelings. Meet them at the soul's edge and defeat them there. ***See also "Desires," "Passions,' "Sin," and Sin (Battle against)."***

712. Sinful Tendencies

172. …other (sins) became ceaseless, and turned into something of a law. …This is essentially sinful tendencies. …we expose the nature of our heart, and the quantity and reciprocity of its inclinations. ***See also "Sins (besetting)," and "Passions."***

713. Sinful (External marks)

290. The external marks are generally this: From its stronghold – the center of life – the heart-sin penetrates into the soul and body along all its functions, then passes to a person's external relationships …throws its veil over everything around it. …exiled from the heart, it …hovers in the surrounding area feeding on what it has always fed on …the warrior should guard himself from these… ***See other entries related to sin above and below.***

714. Singing

256. [Re. A prayer Rule]. 4) This requires standing, prostrations, kneeling …and at times singing. 9) Reading and singing out loud, in a whisper or silently is all the same …sometimes it is better to pray one way and other times, another.

266. …abandon whatever is dangerous to the new life … ignites passions …let the measure be each one's heart. Now is the time to cease from theaters, balls, music, dances, singing…

715. Sins (Besetting)

124. [Awakening grace for] those who have fallen into their usual mortal sins. The more often these falls are repeated the weaker the corrective impulse becomes, because it has become accustomed to falling. ***See also "Passions" "Sin" and "Sinful (Tendencies)."***

716. Sins (Cleansing)

276. He who constantly repents cleanses himself of all this and clears his own path. ***See entries related to "Confession" and "Repentance."***

717. Sins (Directing)

167. [Re. Antipathy to sin…]. When these dispositions are developed …they (sins) will lose their stability and directing authority/ Sin has been thrown out …From that minute it will be a tempting rather than a directing sin. ***See also "Captivity" and "Temptation."***

718. Sins (Freedom from)

148-149. FREED FROM THE REIGN OF SIN THE SOUL IS FREE TO CHOOSE. Notice how necessary this action of grace is on the path of freeing the soul from the reign of sin. …extricates man from the jaws of sin and places him on the point of indifference between good and evil. The scales of our will …are evenly weighted. …Now complete freedom to act is in the person's hands.

See the many entries under "Awakening Grace," "Bonds," "Nets," and "Zeal."

719. Sins (Inspirers of)

161. ***See "Inspirers of Sin" for quotes***

720. Sins (Mortal)

124. [Awakening grace for] those who have fallen into their usual mortal sins. The more often these falls are repeated the weaker the corrective impulse becomes, because it has become accustomed to falling. ***See also "Passions" and "Sinful (Tendencies)."***

721. Sins (Residing in)

180. [Re: After a long time since last confession]. …after a long time residing in sins …has a preliminary discussion with the spiritual father, tell[ing] him the entire story of his sinful life. ***"See "Confession" and "Falling."***

722. Sins (Secret)

137. "…soon will come death." Your secret sins will be reproached before all the angels and saints. Before everyone's face you will stand alone with your deeds. ***See "Confession (Preparation of)," "Toll Houses" and "Judgment."***

723. Situations (Difficult)

306. [Re. Struggling with the Passions]. Finally a consummate cleansing of our entire makeup, purification by fire is carried out by the Lord Himself. This happens …from the outside by sorrows …the inside from tears./ These [also] accompany a person from the very first in the form of unpleasant experiences and humblings of the heart and the more a man grows, the more they intensify.

307. The Lord brings them on, allowing them, as if blessing them for our own good…/ Towards the end He intentionally devises them …brings sorrows – all at once or one after the other…/ Sorrows are the fire and tears …the water. …baptism of fire and water./ …the lifting on the cross or crucifixion of our outer man./ In

the mind is darkness, in the heart is inconsolable torment …some leave here triumphantly, others return to the beginning./ …until this time (the end) …with other methods …unpleasant situations devised by God …contrition …is equal to a spiritual director in power, and in the absence of one, it can sufficiently replace him. It does replace him for …the humble and believing.

308. On our part is only required faith in God's providence and thankful …receptivity of everything He sends. ***See also "Contrition," "Repentance," "Providence" and "Sorrows."***

<u>724. Sleep</u>

140. 6. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. [Re: Gaining motivation]. …gather …thoughts that awaken energy. Bring yourself to a state of vigorous tension ready to spring into action… 1) Choose one or the other: either perish eternally or repent… 2) Is it really so hard? …The Lord is near… 3) And what a blessing! …emerge into the freedom of a child of God. 4) Why torment yourself… You do not know joy or peace. 5) Everything around you is alive and calls you to life.

141. Remember what a great blessing awaits you…

263. Related to the second are: eating, sleeping…/ [Rules for Persecuting the Flesh]. 3) Measure the amount of food …do the same with sleep.

266. [Re: Outward ordering of life]. …abandon everything dangerous to the new life, whatever ignites passions, brings vanity and extinguishes spirit. Now is the time to cease from all theaters, balls, dancing …time to change the time for arising from bed, sleep, eating…

279. The …most successful way to accomplish all this is monasticism. …restricts the bodily needs …enables an active uprooting of the passions …through …comfortlessness, disregard of self, …under guidance.

283. 1) In the body: The source of passions is pleasing the flesh, or comforting the flesh, with which the whirlwind of our bodily life and sensual delight are directly linked. Wherever they are present there is …restlessness, willfulness, …idle talk, sleepiness,

daydreaming, craving the pleasant… ***See "Outward ordering of life."***

725. Sloth

See 283 above. *Sloth is one of the aspects of pleasing the flesh.*

726. Slumber

132. Now you stand before your heart …your inner man, sunk in the deep slumber of carelessness, insensitivity and blindness. Begin to awaken it…/ If his eyes were opened, he would run from sin as a house engulfed in flames.

139. As the cool, clean morning air communicates freshness and energy, so does the soul awakening from slumber …to renew the call. ***See "Laziness" and "Sleep" above.***

727. Soberness

118. The discovery of the crafty one's intrigues leads [one] to believe that he is being duped into harming himself …being led down some gloomy path …engenders a sense of fear …caution, suspicion, aversion …to vices and passions…

132. CARELESSNESS, INSENSITIVITY AND BLINDNESS. This moral delusion …which comes from the heart's intrusion into things belonging to the reason. …it is necessary to unite particular soberness to deep attention at this moment, renouncing every deceit of an evil heart.

291. The warrior of Christ should have two diligent guards: soberness and …discernment./ [Soberness] is turned inward … watches for movements from the heart./ The rule for [soberness] is …after various thoughts are cast out of the heart by remembrance of God's presence …watch everything that comes into or goes out of the heart./ Do not allow the movements to forewarn the senses and desires, from this comes all evil. ***See "Attention," "Awareness," "Being Within" and "Heart (Guarding)."***

728. Society

81. [Re. Temptations of youth]. When one gives himself over to the thirst for impressions, through amusements, light reading, heating of imagination by fantasies, indiscriminate contact with others …especially with the opposite sex …given oneself over to the world by …fashionable ideas, rules, and customs which are never favorable to the life of grace …but strive against it./ …these act together and one unfailingly draws another in its wake …obstruct the spiritual life…/ Upbringing without attention …will take a direction which is corrupt, false and harmful…

82. The proper thing is not kept and …not made the chief thing: nor the pleasing of God, nor salvation, nor the soul, …but purely natural life or adaptation to an official position… ***See also "Amusements," "Associations" and "World."***

729. Sodom (& Gomorra)

136. In Sodom and Gomorrah five cities were consumed by fire from heaven, and no one was saved except Lot and his daughters. The torments in hell will not be easier because so many are being tormented there - …won't this intensify the suffering…? ***See "Judgment."***

730. Solitude

131. The desire to go deeper into and work on yourself … requires: solitude …and cessation of usual occupations…

157. WHAT TO DO WHEN YOU FEEL THE GRACE OF AWAKENING. 4) Estrange yourself from anything that might put out this little flame… Go into solitude, pray and think how you must be./ The best …are solitude, prayer and contemplation. Your solitude will be more sober, your prayer deeper and your contemplation more effective.

240. [Re. Exercises to confirm in goodness]. Scan a few lives of ascetics and the activities become evident. Fasting, Labor, vigils, solitude, leaving the world…

268. Having strengthened himself by spiritual …practices in solitude accompanied by persecuting the flesh, he goes on to civil, social or family affairs go works that are pure and salvific.

279. The fullest and most successful way …is monasticism …it is by nature outwardly removed ...

314. …quiet, unforced inner concentration before God …now the person is happy to be alone there with God, away from all others… acquires the kingdom of God within himself which is that joy in the Holy Spirit.

319. 2. LIVING COMMUNION WITH GODOCCURS IN A STATE OF HESYCHIA… Hesychia …it is impossible to hold one … in society with others./ St. Arsenius …"I love you, but I cannot be with God and men." *The rest of this section are primarily quotes from St. John Climacus' LADDER OF DIVINE ASCENT, with a few comments.* ***See also "Hesychia," "Prayer," "Renunciation," "Spiritual Exercises."***

<u>731. Sorrow</u>

139. [Re: Motivation to respond to awakening grace]. …press into your heart contrition-producing …feelings-horror and fear, sorrow and regret …your heart will warm up and begin to move…

307. [Re: Providential sorrows]. The Lord brings them on, allowing them, as if blessing them for our own good…/ Towards the end He intentionally devises them …brings sorrows – all at once or one after the other…/ Sorrows are the fire and tears …the water. … baptism of fire and water./ …the lifting on the cross or crucifixion of our outer man./ In the mind is darkness, in the heart is inconsolable torment …some leave here triumphantly, others return to the beginning./ …until this time (the end) …with other methods … unpleasant situations devised by God …contrition …is equal to a spiritual director in power, and in the absence of one, it can sufficiently replace him. It does replace him for …the humble and believing.

308. On our part is only required faith in God's providence and thankful …receptivity of everything He sends.

318. The feeling of one's nothingness and dedication to God unfolds best under constant sorrows and extreme providential crosses… ***See also "Contrition," "Repentance," and "Providence."***

732. Soteriology/ Salvation

23. …after long labors and exertions, the Christian principles appear victorious, reigning without opposition; they penetrate the whole composition of human nature, dislodging from it …inclinations hostile to themselves, and place it is a state of passionlessness and purity, making it worthy of the blessedness of the pure in heart - to see God in themselves, in sincerest communion with him./ …the Christian life ...has three stages: 1) Turning to God; 2) purification and self-amendment; 3) Sanctification.

24. [The path] should show: 1) how Christian life begins in us; 2) how it is perfected, ripened and strengthened; and 3) how it manifests itself in its perfection.

29.

See "Zeal."

32. …[not] of separate good deeds, but of giving rebirth to our whole of life, to a new life, to life in its entirety-to such a life that can lead to salvation.

34-35. The minute grace descends and joins itself to your will is the minute when the Christian life is born in you…

36-37. *St. Theophan contrasts the person before his baptism and after. This is a profound overview of the elements involved in salvation.* ***See also "Baptism," "Repentance," "Salvation," "Sanctification," and "Zeal."***

733. Soul

30. A true zealot not only does what is required, but what has been advised and every good suggestion that has been imprinted on the soul …is entirely concerned with the one good thing…

33. [Re. Temptation]. "The waters are come unto my soul" (Ps. 68:1-2).

37. [Re. Baptism]. …the primacy belongs to the grace of God …to the soul that consciously gives itself over to it.

44. There is a tie …between the souls of the parents and the soul of the child…/ …a special communication between souls through the heart. The ease of exerting such an influence on the soul of an infant is in direct proportion to the …depth of the parent's feelings for the child. …if their spirit is penetrated with piety ..in

some way …this influence[s] the child./ The eyes …this is the meeting place of one soul with another.

45. Their souls cannot but anoint the soul of the child with holy oil.

46. *Temptation in a child as the powers of the soul awaken – increased attention required on the part of parents.*

80. I. WHY THE GRACE OF BAPTISM IS NOT PRESERVED (from infancy). 2) People think that the body may be developed in every way without harm to the soul./ …the bodily members [are] the seat of the passions …penetrate into the soul …take possession of the soul. 3) A development of the powers of the soul which is undiscriminating and not directed toward a single aim.

96. …the distinctions of this care and trouble about many things depends on the kinds of emptiness that have formed in the soul./ *Theophan then describes the various kinds of emptiness and how this affects the soul of individuals.*

130. The body burdens the soul from the outside; cares and scattered thoughts wear it down from within.

150. [Re. boredom verses agonizing displeasure]. During a state of grace a man finds himself in a[n] agonizing …state of displeasure …one is of the soul (boredom) and the other is of the spirit (visitation of grace)…

162. Our Lord calls those who follow Him to "deny themselves …" This implies that in a sin-loving heart there Is self-pity. [He] obliged us to deny everything in the world to save our souls: "What shall it profit a man to gain the whole world and lose his own soul?"

204. *Describes how the spirit is saved, purified in union with God, but the powers of the soul remain passionate, as well as the body*.

205. Righteousness in all action which is not possible without purification of all its powers [Mind, Will, Soul]. And righteousness of the powers is impossible without …away cleansing sinfulness…

223. …consciousness of the heart and the forceful gathering of the powers of the soul and body is the essential means of podvig./ All the powers of the soul-the mind, the will and the senses-should gather near the consciousness in the heart.

240. …seek out activities and exercises that God has chosen through the Scriptures or the teaching of His saints …as a means for healing our powers and restoring them to their lost purity and wholeness./ We will show the process …born in the consciousness and free will and therefore in spirit, descends into the soul, and through the soul's powers - the intellect, will and senses.

262. …leaving it (the body) behind, turn entirely to the soul./ Whoever pleases the flesh …is not concentrated …the soul is pressed into the flesh and is burdened, weighed down to the earth and incapable of freely viewing the spiritual…

263. [Re. Persecuting the flesh]. …the senses are essentially doors of the soul …from which warmth escapes.

265. [Re. Leaving the world]. The …passion-soaked world is inevitably transmitted to our souls …arouse or infuse passions./ *The following describes how to posture oneself towards this world.*

283. [Re. Reviewing our enemies]. In the soul: a) in the mental part-opinion, exclusive belief in one's own intellect, criticism…

284. B) in the desirous part-self-will, unsubmissiveness, love of authority… c) In the sensual part-passions that shatter peace and tranquility of heart…

286. …demons surround people …working through the flesh …and in that element where the soul and the demons themselves live.

323. …while this material is being uprooted and the soul purified, the passions all retire./ "Dispassion is the resurrection of the soul before the body" (John Climacus)./ The resurrection of the soul should be called the exodus of the old man …when the new has come into being. **See also "Being within," "Gathering," "Steps of Temptation,"**

734. Soul (powers of)

240. ***See "Soul" above.*** *See the following pages for various paradigms of the soul:* **132, 204, 205, 223, 242, 283.** *The most common, but not exclusive are "mind, will, senses."*

735. Soul - profiting reading

143. …should be conducted in such a way …to act upon the soul and awaken. ***See "Rule for reading" for details.***

736. Source of passions

284. THE SOURCE OF PASSIONS OF SOUL AND BODY IS SELF-LOVE. The source of all these passions …is self-love or egotism …attack[s] often …clothed in one passion or another, wag[es] war against the spirit./ …the whole army of passions comprise the now decaying fleshly man …"is the very law in my members" (Rom.7:23)./ **FORGETFULNESS OF GOD LEADS TO OTHER SINS.**

285. [When] awareness …falls all life activity falls./ **SUBTLE TEMPTING MOVEMENTS AIDED BY THE WORLD AND DEMONS.**

286. The world is the manifestation of the world of passions, the live passions in individuals, customs and deeds./ There is a certain arousal that belongs particularly to the world./ The demons …working through the flesh, especially the senses and that element where the soul and demons …live. ***See also "Egotism," "Flesh," "Passions," "Sin" and "Soul."***

737. Specters

287. [Re. Demonic sources of evil]. …passionate temptations that take over …uncontrollable sexual passions …visible attack … sensed through the body; …various kinds of specters …to the extent of taking over the body. ***See "Demons," "Enemy," "Flesh" and "Satan."***

738. Speech

283. The attacks of sin …are obvious and felt… 1) In the body: …wherever pleasing the flesh, the whirlwind of life and sensual delight [are present] there are: …loquacity, …unseemly laughter, idle talk… 2) In the soul: mental part - opinion, exclusive belief in one's own opinion, criticism… arrogance…/ *Other sins are mentioned in each of the powers that usually come out in verbal expressions.* ***See also "senses," "Talkativeness," and "Loquacity."***

739. Spinelessness

209. Lack of resolve …and spinelessness are great impediments. ***See "Slumber," "Sloth" and "Zeal."***

740. Spirit (Man's)

31. Zealous pleasing of God is a path full of consolation and gives wings to the spirit.

60. A soul …calmed and ordered …will not …hinder development of the spirit./ The spirit develops eas[ier] than the soul. It reveals its power and activity earlier than the soul's./ To the spirit belong: the fear of God (corr. To the mind), conscience (corr. to will), and prayer (corr. to feeling).

109. 2. THE SPIRIT IS LED INTO THE DIVINE WAY AND PERCEIVES IT INTERNALLY. The spirit …is closed and bound up by many layers./ But by its nature …perceives the divine way./ …its power [manifests itself] as soon as the obstacles …are removed./ … to awaken the slumbering spirit …leading it to contemplation …grace 1) directly acts upon it …give'[s] opportunity to break the bonds that hold it…

110. 2) indirectly acts on it, shaking the layers …off …giving it freedom to assume is rightful position. **DIVINE GRACE ACTING DIRECTLY ON THE SPIRIT OF MAN.** The divine grace that is everywhere-present and fills all things directly inspires the spirit of man …impressing thoughts and feelings …turn it away from all finite things to …the invisible and mysterious world./ …spirit finds no satisfaction or consolation in visible things… [through the powers of the soul].

111. DIVINE GRACE ACTING INDIRECTLY ON THE SPIRIT OF MAN. …breaking spiritual bonds. Give the spirit freedom, and it will of its own accord …run toward that from which it comes, …God.

112. …the self-indulgent life binds the spirit. …bonds are imposed on the spirit. To free the spirit from the bonds of self-indulgence grace usually destroys the supports in the foundation / …grace weakens the bonds and gives the …spirit the opportunity to raise its head./ *The following pages walk through the dynamics of various bonds on the spirit.*

121. [Re. The Word of God]. Truth is akin to the spirit. When …uttered simply and sincerely it finds the spirit./ When … encumbered with concepts, …argumentations …not reach[ing] the spirit which is left empty./ The truth enlightens the spirit.

122. …the spirit's barriers are often overcome by the power of the Word and is given freedom. Read through pg. 223 for illustrations of the Word reaching the spirit.

150. SORROW OF SPIRIT VERSUS ORDINARY DISSAPPOINTMENT. …sorrow of spirit …sounding of alarm in the conscience…

151. …not the voice of conscience of daily blunders./ … forgets himself and everything temporary, sees only God Whom he has offended …eternal relationship he ruined./ …stands for God and His glory./ …all support comes from God …longs not to be rejected and hopes in him./ [Ordinary] conscience imitate the true conscience. …a perverted conscience …has fallen together with the spirit from its essential height, from the spiritual realm…

152. Bursts of exalted yearnings …concentrated ray of spirit, unified within itself./ …grace that awakens the soul and ignites the spiritual life …settling the man in life-producing burning./ … gathering of spirit corresponds to the feeling of divinity…

153. [the power of grace] descends on the spirit, brings all its strivings into one …holds them in unity – then comes the fire of spiritual life.

193. I. VARIOUS ASPECTS OF COMMUNING WITH GOD. After this, the Lord perceptively manifests His dwelling in man's spirit/ …spiritual life is mental life. …but differs from its first quality.

194. All spiritual life consists in the movement from mental communion with God to actual, live, perceptible and manifest communion./ …in Confession (or baptism) grace descends perceptibly to the spirit, but hides …[until] the heart is purified…

247. There are three powers [of the soul]… Corresponding exercises …act in a way that does not quell the spirit- …it ignites the spirit more and more.

262. If the flesh is fortified, it is fortified at the expense of the spirit; and if the spirit ripens, it ripens …at the expense of fleshly comfort.

266. This is the law: abandon everything that is dangerous to the new life and extinguishes the spirit.

281. The powers that war with passions are ,,,the intellect or spirit-the seat of consciousness or freedom-the spirit being strengthened and upheld be grace./ Through it the vanquishing spirit reaches the powers through ascetic labors…/ ,,,when passions attack, they directly storm the mind or spirit-that is, the seat of consciousness and freedom. ***See also "Bonds (of the spirit),"***

741. Spirit (of ascetical labor)

208. 1. THE SPIRIT AND CHARACTER OF ASCETIC STRUGGLES. The spirit hates sin, but the body and soul are sympathetic to it ...they are clothed in passions./ Goodness or the will of God are beloved by the spirit, but the soul and body …are repulsed by it./ *Self-forcing is forcing the soul and body to do the will of the spirit and of God.* ***See "Asceticism," "Self-Forcing."***

742. Spirit (of God)

262. Whoever pities the flesh cannot have the Spirit of God abiding in him./ Fleshly comfort is to the Spirit as water to fire.

314. ***See "God, Spirit of," "Holy Spirit" and "temple."***

743. Spirit (of zeal)

221. Chapter Four, PRESERVING THE SPIRIT OF ZEAL. This fire is kindled in the heart by God's grace through repentance, for the sake of [contrition] and promise to do God's will./ …the spirit of zeal is our only saving power./ Wherever it is present there is diligence, care, fervor, readiness, alacrity to do works pleasing to God./ This is that same fire our Lord Jesus Christ came to kindle on the earth, …lights the hearts of the faithful through the Holy Spirit./ …by the great importance …of zeal, the first job of the Christian … should be the preservation of this zeal …the source of power …a God pleasing life.

222. …zeal should be preserved the same way it was born … through inner change of heart …influence of God's grace./ …began with awakening grace …and a resolute vow to walk unwaveringly in God's will./ Whoever wishes to preserve an undying zeal should a)

go within, b) view the new world, c) stand in those thoughts and feelings… the ceaseless podvig of the Christian ascetic. ***See "Grace (awakening)" and "Zeal."***

744. Spiritual (atmosphere)

244. 4. FORMING A SPIRITUAL ATMOSPHERE THROUGH GOVENIE. …essential that your whole environment –things, individuals, and affairs-form a spiritual atmosphere around you that is creative and not destructive. ***See also "Environment," "Home and Family," "Govenie."***

745. Spiritual (Substitutes)

269. [Re: Our outer life]. …impressions of external things, but not be distracted …building the spirit./ [Provide] a spiritual substitute for everything seen and heard …strong in this spiritual substitute … the substitute impresses the senses rather than itself./ …with everything will always be in as if in school./ …everything will be a lesson to him.

290. BEFORE THE BATTLE. A) Remodel his entire outer behavior, give a new appearance, new inspiration, new timing, to everything… d) Think of spiritual substitutes for everything …must come into contact-things individuals, incidents…

291. …thus life is a sort of school of divinity./ arrange our entire external environment …safe from unexpected attacks … strengthen our new life in the spirit. ***See "Environment," "Home and Family," "Govenie," "Spiritual Atmosphere."***

746. Spiritual bonds

111. ***See "Bonds."***

747. Spiritual burning

322. …the Divine Spirit leads to seraphic purity and burning love for God./ This fire is implanted at conversion …sometimes comes …sometimes hides itself. …it works to purify his heart./

323. [It cannot manifest in] all power at first, due to the coldness of the passions that still dominate…/ It only appears in all its strength when the passions completely abate./ …first warmth like

fire on a soggy log. …second warmth like burning log all dried out … fire penetrated the entire log./ [Dry log and water without ice] portray the effect of spiritual burning …during the final stages …leading to passionless./ The material of the passions is destroyed when consumed by divine fire. ***See also "Zeal."***

748. Spiritual disciplines

239. Chapter Five, Prescribed Exercises That Help To Confirm A Person's Powers Of Soul And Body In Goodness.

240. [Agents that lead to purity] are our …exercises and labors. …which God …through the Scriptures …the teachings of His saints has chosen …for restoring their lost purity and wholeness./ … easily discover these exercises – scan a few lives of ascetics and [these] become evident. Fasting, labor, vigils, solitude, leaving the world, guarding the senses, reading the Scriptures and the Holy Fathers, going to Church, frequent Confession and Communion, vows and other acts of piety …found in almost every life of the Holy Fathers./ The general term …is podvig…/ …their ability to heal should …attract people./ *Read the following pages to see which podvig should be applied to which infirmity.* ***See also "Asceticism," "Podvig," "Rules," and "Zeal."***

749. Spiritual exercises

See "Exercises (Spiritual)" and "Spiritual Disciplines" above.

750. Spiritual Fathers (Directors)

142. See for yourself what you should believe …the Symbol of Faith and Commandments …if you cannot do this talk with someone, especially your spiritual father.

180. (*This context is sacramental confession and the Confessor/Priest, but the application is just as pertinent for the relationship to a non-sacramental spiritual director*). The point which you need to bring to revelation your sins to your spiritual father is so the spiritual father has a precise understanding of you...

182. 7) If the spiritual father gives you a penance, accept it with joy. If [he] does not give you one, …ask him to.

211. …he should have without fail a material and spiritual fortifying wall. This wall is a spiritual guide and a rule./ **3. THE NEED FOR A SPIRITUAL GUIDE AND A RULE.**

212. [Those whom God leads to perfection without a guide] … in fact there are very few such people. …such a path can never be for everyone one. …Others ripen under the guidance of experienced men./ …in order to succeed … the penitent …without fail commit himself to a father and guide./ [Without a guide] it is impossible to say it is the true path; it is also dangerous and exhausts the spirit.

213. …God leads us to perfection …but under the guidance of a father./ The father does not lift us onto the steps but facilitates our being lifted by God.

216. …following rules and the guidance of a spiritual father, the zealot …will progress from day to day…

218. The guide should know [which exercises to apply for which ailments] better than anyone - …adapting them to his spiritual child's personality, he can change the rules in whatever situations bear changing.

245. Every laborer should build a rule for himself …on his own or under the direction of a guide and spiritual father.

248. It is most necessary for everyone to have someone …to discuss spiritual matters …who already knows all our problems …we can boldly reveal everything on our soul…

252. …who achieves this most successfully is one who is blessed with the grace of living with an actively virtuous man. …he will not have to repeat and redo every failure allowed through ignorance and inexperience …only find a reverent man and you will quickly learn the fear of God.

266-267. [Re. reordering one's outward life]. …do it with counsel and discernment, according to the guidance of your spiritual father…

276. 4) Reveal every perplexity, confusion or new understanding to another of like mind or to you spiritual father, so that he would decide and discern its worth and pronounce a judgment. Curtail the habit of deciding everything yourself …it is a constant safeguard, a firm conviction which engenders firmness of will and reliability of action.

285. [Re. Subtle, tempting movements]. …either completely cuts off or cuts short the flow of our spiritual life and places us in extreme danger. This is when outside help is extremely necessary (*i.e., a sp. Guide*).

295. If the enemy's …actions still linger in your soul …does not want to give up his territory …this is a sure sign that it is being supported outside help, …you should seek outside help, earthly or heavenly. Reveal it to your spiritual instructor and pray earnestly…

300. The most important law is: do not trust your own reason and heart, and entrust everything to your spiritual guide. Breaking this law is the cause …of great falls and delusions.

304-305. …struggle with passions is fierce by itself; but it goes incomparably more successfully, fruitful and quickly …when conducted under someone else's guidance. …This is absolutely impossible to do by yourself.

305. We all need someone to see our present and our future from the outside./ …entrusting yourself to a guide should be considered the best and most decisive means for correcting yourself./ A guide uses on us and in us the same method. …most importantly, he will use it according to his own judgment, his own outline taking into consideration the goals, paths and crossroads./ …whoever desires and seeks purification, fervently pray to the Lord to find you a father And a guide. …once you have found him, tell him everything. …devote yourself to him; commit to him everything internal and external. Give it to him like unrefined material, so he would build from it a house of the Lord, a new man./ …cast away all care for yourself and take shelter under your father's wing. Let him lead you where and how he will; let him direct you to where and how he will. Our part is to submit to him uncritically, without thinking it over, in faith and readiness; totally revealing to him all our thoughts, desires, passions, deeds, and words – everything we do and that happens to us. …this provides him a basis for counsel and assigning us some work.

305-306. Revelation of thoughts and submission to a father is the most conducive uprooter of passion and vanquisher of demons./ Every time something is …prescribe[ed] …it is like cleaning out the wounds and changing the plasters. An effective treatment!/ the one

who has revealed his thoughts has cast out all uncleanness …[by] obedience takes on a pure, new treasure-a healing food and pure juice./ But most importantly, this cuts off passion at its very root-egotism./ …the sooner you find a guide after conversion the better. …zeal is still alive and a wise director can do anything with it, especially as long as self-directed activity has not developed./ Whoever has chosen a director and is ill with these infirmities should first seek to be healed by him …capable of being educated.

307. SORROWS AND UNPLEASANT SITUATIONS DEVISED BY GOD. It is equal to a spiritual director in power …in the absence of one can replace him ..to the person who is believing and humble.

318. [The final preparation for dedication to God]. …myriad enemies dark clouds, perplexing crossroads, hidden paths …In this case the aid of a guide is invaluable.../ …a guide should give novices opportunities for crowns. ***See also "Guide (Spiritual)," "Spiritual Guide," "Self-reliance," "Self-will."***

751. Spiritual flattery

117. From satan come various kinds of spiritual flattery. … unfounded hope in divine mercy …embedded in love of sin. ***See "Illusion" and "Temptation."***

752. Spiritual food

184. [Re. The Vine and Branches]. …cultivate it in himself, receive its life-giving juices and live on its nourishment. …through Holy Communion…/ Life cannot continue without food, and it must be customary food… Such food is the Body and Blood of the Lord (Jn. 6:55)./ …especially necessary to taste this food at the outset … the first movement of his new life. ***See entries related to "Communion."***

753. Spiritual growth

126. …how to receive grace …[to] reach its original energy level., …we must assume …the person will grow according to his receptivity to the spiritual stimulation coming to him.

209. …all the saints …the only path to virtue to be pain and hard work./ Anyone who is not struggling …is in prelest./ The more

eager one is the more diligently and longingly he does this (self-forcing), the sooner he reaches his goal./ …the more drastically and decisively …the more quickly he attains purity./ …the work of the determined one is be fervent …firm resolve …labors decisive and suitable… **See entries related to "Awakening," "Asceticism," "Correction," "Grace-filled Awakening," "Podvig," and "Zeal."**

754. Spiritual Guide

Many references: See entries related to "Guide (Spiritual)," "Spiritual Fathers (Directors/Guides)."

755. Spiritual life

193. …three forms of communion with God: one is mental which occurs at the moment of conversion; the other two are actual, but one is hidden…, while the other is obvious to ourselves and others./ The first …does not cease during the second or even the third stages because mental life is spiritual life.

233. [Following the feelings and stages leading to resolve]. Then you emerged spiritually …and made a vow to work for His all the days of your life.../ These feelings can all be fittingly called activity of spiritual life. And …when they are present …spiritual life is happening.

264. ***See "Leaving the World."***

269. 9. GRACE-FILLED MEANS OF DEVELOPING AND STRENGTHENING THE SPIRITUAL LIFE.

270. Christian life is manifested by zeal is grace-filled life./ … there are elements that feed our spiritual life. The second elements are the Sacraments./ The Lord has given us the Sacrament of His Body and Blood for the purpose of feeding and elevating our spiritual life./ [Re: Communion]. This is the grace-filled Source for preserving and strengthening our spiritual life. ***See also "Communion," "Communion (with God)," "Confession," "Grace-filled Awakening," "Life (Christian)," "Prayer," "Stillness," and "Zeal."***

756. Spiritual life (Strengthening)

267. …from the first moment of conversion …cease all association with the sinful world and everything worldly until the form of new life has been established. ***See also "Spiritual Life" above, with cross references.***

757. Spiritual perception

107. 1.…THE DIVINE WAY THROUGH VISIBLE MEANS AND THROUGH THE SENSES. *This profound section catalogues the many ways in which God's mercy reaches down to us via supernatural means: visions, miracles, and examples of others.*

758. Spiritual prayers

209. [Re. Drastic and decisive asceticism]. They did it to quickly attain divine contemplation, and they did achieve it quickly./ …temporary ease, pauses, and self-pity …always decrease the pace of spiritual progress.

257. When prayerful feeling ascends to ceaselessness, then spiritual prayer begins-a gift of the Spirit of God which prays for us. This is the last stage of attainable prayer.

319. [Re. Ascent to Communion With God]. The field of communion with God, the realm in which it unfolds and grows, is mental spiritual prayer./ This …is not the same as just saying prayers. …special spiritual work …ripening imperceptibly to the directed and the director./ …God is one with our spirit./ **2. LIVING COMMUNION WITH GOD OCCURS IN A STATE OF HESYCHIA, WHICH BRINGS PASSIONLESSNESS.** Whoever begins to experience these involuntary inner attractions and raptures to God …dedicated himself to unceasing prayer is ready for to begin hesychia./ *Continue reading this section*. ***See also "Communion (With God)," "Hesychia," "Prayer" and "Stillness."***

759. Stages (of prayer)

256. 11) There are stages of prayer. The first stage is bodily prayer with reading , standing, and prostrations./ …The second stage is attentive prayer …the attention blends with the written words …as its own.

257. The third stage is prayer of the feelings-the attention warms the heart and what was thought with attention fills the heart. 13) When prayerful feeling ascends to ceaselessness then spiritual prayer begins. ***See entries related to "Prayer."***

760. Standing

186. [Re. Preparing to receive Communion]. 7) Work hard to stand through the whole service. …finally approach the Chalice.

254-255. 1) Establish a pattern of going to church as often as possible …Standing in church, be as if you are standing before God in fear and reverence, which is expressed through your patient standing, prostrations …without relaxation…

256. [Re. A Prayer Rule]. 3) Pray with fear, diligence and attention. 4) This requires: standing, prostrations, kneeling… 11) The first stage [of prayer] is bodily prayer, with reading, standing and prostrations.

277. If it is impossible to go to Church do not let the hour of the divine Sacrifice pass without …turning to God. If possible, stand in prayer and make a few prostrations.

313. The vision of God is given for the most part during prayerful times of standing in God's presence.

322. This is the inner pull towards stillness and sweet standing before God. ***See "Communion (Mystery of)," "Posture" and "Prayer."***

761. Starting Over

296. If you do not iron out sin with sincere repentance, having received a little strength within yourself, it will inevitably draw you down to the bottom of the sea of sin. Sin will possess you, and you will have to start all over again from the first battle. ***See "Baptism," "Confession," "Repentance" and "Spiritual Warfare."***

762. State (Apostolic)

296. If you do not iron out sin with sincere repentance, having received a little strength within yourself, it will inevitably draw you down to the bottom of the sea of sin. Sin will possess you, and you

will have to start all over again from the first battle. ***See "Baptism," "Confession," "Repentance" and "Spiritual Warfare."***

763. Steadfast

170. [Re. Returning to God]. He will be accepted if he a) admits his sins, b) repents of them, c) makes a vow not to sin. These are necessary for ardent unification with God, …which depends the steadfastness of the new life.

764. Steps (of Growth)

211. …grace …primarily cleansing and discarding the self-inspired activity./ Having united to God in the [Mysteries] …give yourself over to Him./ …believe and ask that He would cleans us from the passions, seal us in the virtues and work all things to our healing./ …he who …arranges himself in this way will be truly received by the Lord Himself, Who will reign within him./ **THE NEED FOR A SPIRITUAL GUIDE AND A RULE.** ***See "Spiritual Guide/Director" and "Rule."***

322-323. The burning of the Spirit …purifies man …our nature melts like unrefined metal in a furnace./ This fire is implanted at conversion and begins as soon as the person makes his vow… primary warmth sometimes shows itself and sometimes hides itself…/ It cannot manifest all its power …because of the coldness of the passions that still dominate…/ …similar to burning wet and soggy firewood. The second burning is as dry firewood in which the fire penetrates it throughout./ These images of burning …portray the spiritual burning during the final stages of Christian perfection, leading to perfect purity and passionlessness. …they are often taken up from physical life to heavenly visions. ***See also "Life (Christian)," "Paradigm of Salvation" "Various entries under "Rules" and "Salvation."***

765. Steps (of Temptation)

287. The chief form …the enemy appears in us is thought. ...the enemy succeeds in occupying our mind …he is not without profit …because desire can soon be turned into action...

288. …after desire comes resolve – this is already sin and a fall./ The onrush of thoughts, contemplation, delight in it, desire, passion, attraction, resolve and the deed./ This process sometimes happens gradually, one step at a time; sometimes without any order, except for resolve, which is always preceded by inclination of free will.

298-299. WAR WITH EVERY INDIVIDUAL THOUGHT. 1) There are subtle thoughts …and very crude ones. ….2) There are thoughts desires and passions that come in the form of ambushes and short-lived upsets, and there are constant ones that go on for days, months and years. The first are easy… look out for their order. The enemy has a law-not to begin suddenly with a passion, but with a thought and to repeat that thought often. …desire is born and a passion./ Continual thoughts are murderous and onerous. To these more than others belong the name "tempting." …these are not from nature, but always from the enemy ...such as blasphemy, despair and unbelief. 3) Thoughts that we must struggle with are not always bad./ You have established an order of things (Rule)-proceed in it, and everything new …no matter how good it may appear, kick out.

300. 4) A bad thought tempts, but a good-appearing one deludes./ *Continue reading for the remaining points.* ***See "Desires," "Passions," "Rules for Spiritual Warfare" "Temptations" and "Thoughts."***

766. Stillness (Hesychia)

319. 2.LIVING COMMUNION WITH GOD OCCURS IN A STATE OF HESYCHIA, WHICH BRINGS PASSIONLESSNESS. … dedicated himself to God and begun experiencing ceaseless prayer is ready for hesychia. Only [he] is strong enough to bear this ascetic struggle and bring it to fruition./ *The remainder of the chapter is composed of many quotes by St. John Climacus with commentary by St. Theophan.* ***See also "Being Within," "Communion," "Hesychia," and "Prayer."***

767. Strengthen

181. [Re. Confession and Absolution]. Sometimes one hears clearly in his heart a divine word to strengthen and inspire them for their work./ …inspire him because in the hour of temptation all he has to do is remember it, and strength comes …to resist! ***See "Confession" and "Vows."***

768. Struggle

87-88. *Quote from St. Augustine's Confessions. Testimony of his struggle with passions.*

160. [Re. Decision of resolve]. **A DECISIVE BATTLE WITH SIN.** Here, a great struggle with himself lies ahead …it is a decisive battle with sin./ All hope and realization of later victories …are founded upon the success of this battle.

208. 1. THE SPIRIT AND CHARACTER OF ASCETIC STRUGGLES. *The struggle between spirit with the flesh and soul./* He should oppose the demands of his body …oppose the bad and force the good …the beginning of asceticism …podvig. …comprise the struggle of man with himself./ From this minute of his new life the repentant sinner commences his podvig, struggle and labor, and begins to bear the burden, the yoke.

208-209. This is so essential that all the saints accept it as the only true path to virtue…

209. Anyone who is not struggling is not in podvig, is in prelest./ …he who opposes himself with the most hatred and aversion, who acts the most drastically, and decisively, will more quickly attain purity.

262. *Theophan very candidly discusses the struggle between the flesh and the spirit.*

263. …rules for persecuting the flesh.

280. Chapter Seven Rule for Struggling with the Passions… 1. WAR WITH PASSIONS AND LUSTS.

281. Everywhere is struggle …Conquer the unnatural in your powers and they will become natural; ward off and cut off evil, and you will see the good.

283. [Re. Knowing our enemies]. This …will determine the nature of our struggle with them./ …no such thing as peaceful progress in goodness… ***See entries related to "Flesh," "Flesh***

(Persecution of)," "Passions," "Self-correction," "Self-forcing," "Self-opposition," and "Spiritual Warfare."

769. Stuck

139. [From the devil's point of view]. He trembles with evil joy when someone falls into nets of sin and gets stuck in them. ***See "Bonds," "Nets" and "Passions."***

770. Study

242. [Re. Curative Exercises]. …are both receptive and conducive to grace. …not contrived …but chosen from tested ascetic labors particularly suited to a given power: **FOR THE MIND.** 1) Reading and hearing the Word of God, the writings of the Holy Fathers and God-pleasers. 2) Studying and impressing upon yourself all the …truths in brief statements (the catechesis). 3) Asking questions of those older and more experienced. 4) Mutual informative discourse with friends.

261. Always bear in mind that the spirit of life must burn within …must fall down before God …this state is best preserved with prayerful activity. We must not stop with these …because they nourish the soul. This might cause us to remain in the soul with them at the cost of the spirit. This happens, perhaps most often with reading , and generally any study and integration of truth. ***See "Holy Fathers," "Reading," "Rule (For Reading" and "Spiritual Guide."***

771. Submission

242. [Re. Curative Exercises]. **FOR THE WILL.** Submission to the whole church rule. 2) submission to civil order, or family duty, for they are conduits of God's will. 3) Obedience to God's will as manifested in your fate. 4) Obeying your conscience in doing good… 5) Subjecting yourself to the spirit that is zealous to fulfill its vows. ***See also "Humility" and "Obedience."***

772. Substitutes (Spiritual)

See "Spiritual (substitutes)."

773. Supports (Associations)

112. 1) Self-indulgence …the closest grip on the spirit … dominating …in our physical-mental aspect. These bonds are the point of contact for other bonds …from the world and the devil./ To understand how these bonds are broken it is necessary to understand that which this life is affiliated, …nourishes it, …and chiefly expresses itself, constitutes a firm support for it.

112-113. …indulgence of the flesh comes in various forms. For example, …sensuality, luxury, lustfulness, love of merry-making …trouble and care over everyday things ...have valuable connections …fondness for the arts, learning and ventures.

113. *Grace weakens these bonds, supports, or association by visiting the person with their opposite sorrowful circumstances.* 2) … are imposed from the world and lie closer to the surface than the first. The world with its concepts, principles and rules …its power is psychological and imaginative, not real or physical.

117. 3) …come from satan and his demons. …vague faintheartedness and fear which confuse the soul …various kinds of spiritual flattery …despair and doubt without disbelief.

136. CEASE MAKING EXCUSES IN SINS AND WORK ON YOUR BLINDNESS. …look at yourself as you should …come to this naturally as you take away one false support after another…

161. THE DEEPLY ROOTED INSPIRERS OF SIN – BREAKING THEIR BONDS.

291. [Re. Spiritual Substitutes]. Under such circumstances sin will be completely warded off from the outside, and …no longer receive food and support…/ …deprived of …support, if not destroyed …will become weaker and weaker until it exhausts itself./ …watch everything that goes inside or outside [the heart].

292. …the beginning of every day …go over all possible meetings and occurrences …feelings …movements. Invent methods to keep you in your proper bounds.

292-293. Never go into battle without …the sign of victory./ *The following pages are instructions for conducting warfare with the passions, of which associated senses, thoughts, feelings are of great importance.*

295. The enemy should be followed until there are no traces (associations/supports) of him left. ***See also "Associations,"***

"Bonds," "Discernment," "Entertainment," "Inspirerers of sin,""Spiritual Warfare," "Soberness," "Thoughts" and "World.

T

774. Talkativeness

283, 243. ***See "Speech."***

775. Temple

193. In …baptism or confession God enters a man by His grace, is in live communion with him and allows him to taste all the sweetness of divinity… But He …hides Himself and His dwelling ...only renewing it time to time - …He leaves man in ignorance of His indwelling until the man has reached a certain level of maturity and education… after this the Lord perceptively manifest His dwelling in the man's spirit, which has become a temple of the tri-hypostatic Divinity filling him. ***See "Temple of God" below with references.***

776. Temple of God

324. He who is dispassionate toward all things that arouse and feed the passions …have no effect on him because he is wholly united to God. Whoever has been …in this state, though still covered with …flesh, is a temple of the living God. ***See "Dispassion," "Prayer" and "Stillness."***

777. Temptations

33. 3. IN THE FACE OF TEMPTATION. [Self-Satisfaction/Presumption in one's own strength]. …when nothing is disturbing him, nothing deceiving him or leading him into sin-then he is ready for any kind of holy and pure life. But as soon as the movement of a passion comes, where are the promises?/ When the evil that lies in the depths of the heart is roused up …you will find your own condemnation…/ … thought after thought, desire after desire - …disturb the soul, …everyone …cries out with the prophet: 'The waters are come unto my soul… (Ps. 68:1-2).

33-34. …often it happens this way: …a face or a thing comes to the imagination, desire is born, passion is aroused: …attracted then falls.

34. …first tricks of the enemy …is trusting oneself …not feeling the need for special grace./ *Examples of demonic temptations:* …unpleasantness, passions, pleasure …falls lower and lower until he …goes into the depths of evil, the threshold of hell itself.

34-35. *Seeking grace in the Sacraments is required to overcome temptations.*

37-38. Diadochos says before baptism sin dwells in the heart and grace works from the outside. After baptism grace dwells in the heart and sin is banished from the heart as an enemy from a fortress, and settles outside in the parts of the body …this is why there is always a constant tempter, a seducer, but no longer a master: he disturbs but does not command.

67. [Re. Self-Conscious reasons and convictions regarding the true faith]. If he has not become conscious of this …a bad example can dispose him to do what is bad, can draw him into sin. / …now evil thoughts take possession of him./ He who encounters few temptations will continue to mature longer in simplicity of heart; but one who cannot escape them will stand before great danger.

72-73. [Re: The turbulent period of youth]. After a long period in day-dreams, light reading and enjoyments …[the youth] realizes that everything in his soul has become distorted. …has been covered by a kind of veil of forgetfulness …these deceptive things have left their impression …ones inclinations have changed …new ones now take first place.

73. After returning from …distraction[s] …the soul becomes bored …because it finds itself robbed.

73. …young man, do you desire to preserve the purity and innocence of childhood, or the vow of Christian life without reproach? With as much strength …as you have, refrain from amusements, … disorderly reading of tempting books, and …day-dreams. (*From the forgoing we might add television shows, movies, and video/computer games.*).

160. When the sinner …begins to repent, he meets with various temptations./ …satan follows to …trouble him, to lure him away from Christ, to trip him by various nets./ **A DESCISIVE BATTLE WITH SIN.**

181. [Re. Confession]. …sometimes one hears in the heart a divine word to strengthen and inspire them./ Let him treasure it for the future to comfort and inspire him. …Inspire because in the hour of temptation all he has to do is remember it, and strength comes … to resist!

186. [The morning before Communion]. Beware! The enemy will be trying to tempt you in every way to put your soul in a bad mood, …scatter your thoughts, …generate worry or dissatisfaction …or inspire …displeasure against someone. …keep praying …to escape these stumbling blocks.

197. [When grace hides itself]. …brings great sadness, humility …despair to the soul./ Macarius …says: "God's grace in man (…already present…) …the gift of the Holy Spirit, …vouchsafed to a faithful soul proceeds with much contrition, with much endurance and longsuffering, and temptations and trials. …then the work of grace is proved to be perfect in him."

199. …grace leads him …to be tried and true. St. Macarius says that when after many temptations the will has come to please the Holy Spirit, and over a long time has shown itself patient and unwavering in this…

286. The demons …surround people and teach them every sin, working through the flesh, especially the senses and that element where the soul and demons …live.

286-287. [Re: Temptations directly from demons]. … blasphemous thoughts, doubts, lack of faith, revulsion, darkening of the mind …passionate temptations that take over…

287. This is everything that attacks the new man from within and without./ …a minute does not pass without one of these movements striking. …surrounded by enemy forces./ *Stages of temptations fading away as one matures./* The chief form the enemy appears in us is thought. When the enemy succeeds in occupying our mind …he is not without profit.

287-288. [From thought] …desire can soon lean towards the thought; …comes resolve …this is already a fall.

288. [Stages of temptation]. …onrush of thoughts, contemplation, delight in it, desire, passion, attraction, resolve, the deed./ Sometimes gradually and in order, sometimes separately and out of order, with the exception of resolve, then the deed./ …not sin as long as the will has not joined itself to them, as long as wars with them each time they arise until they are expelled. ***See also "Passions," "Sin," "Spiritual Warfare," and "Thoughts."***

778. Temptations (Steps of)

276. One thought leads to another, gives birth to consent, and an inner adultery has been committed, , and we have fallen.

287 ff. ***See "Temptation" Pg. 86-87 above and "Steps of Temptation."***.

779. Tempting movements

285. Working against the entire structure of the spiritual life is an opposing array of movements and states that rout and overshadow it. ***See also "Steps of Temptation" and "Temptation."***

780. Tempting Thoughts

164. WHAT TO DO WHEN ASSAILED BY TEMPTING THOUGHTS… ...these penetrate to the depths of the soul, stun it, and lure it to their side…/ *The following pages are an organized strategy for dealing with such strikes from tempting thoughts.* ***See also "Steps of Temptation," "Temptation" and "Thoughts."***

781. Tendencies

168. [After Awakening]. …man's freedom accomplish[es] a movement …by three acts: …b) Removes obstacles, breaks … bonds, …expelling …tendency toward the sensual and earthliness...

172. [Re. Self-examination and Preparing for Confession]. … must go deeper into the sinful heart. Beneath deeds, words, personal thoughts, desires and feelings lies a constant disposition … which composes our character… This is essentially sinful

tendencies …when this is done the governing passion will have nowhere to hide. ***See "Supports for sin," "Temptation," "Thoughts."***

782. Tension

168. [Re: After Awakening] c) …not relaxing …preserving oneself in some measure of tension. ***See also "Grace-filled Awakening."***

783. Theaters

266. …abandon everything that is dangerous to the new life, …ignites passions, …vanity …extinguishes spirit. Now is the time to cease from all theaters, balls, dances… At other times it may be different but the measuring stick is always the same: abandon what is harmful or dangerous to the new life… ***See also "Amusements," "Associations," "Entertainment," "Leaving the World," and "Persecuting the Flesh."***

784. Thoughts

23. [Re" One who has preserved the grace of baptism]. … from this moment …begins a labor to educate his whole self, all his faculties according to the Christian standard.

85. A person who has not fallen …a feeling of innocence and ignorance of evil. …this cuts off unnecessary thoughts and agitations of the heart.

130. The beneficial thought has already troubled [the heart] a little. Step up to it …with mighty mental exertion, collecting all your attention …force on yourself various ideas …accepting them into your inner state./ First …remove the veils from the eye of your mind that keep you …in blindness./ Such blindness is because …he has never thought about himself or his moral condition./ The person creates a net of thoughts that close him off to himself. …the mind never took them apart carefully.

126. …the usual order of …conversion …most often occurs …as the thought comes …to change his life…/ …but how is [the thought] strengthened to prevail over the soul!/ The majority …[of]

the thought remains fruitless …owing to the inappropriate response of the person whose soul has been visited.

128. 2) We procrastinate because the beneficial thought … remains …a simple thought, not yet having attracted our sympathy; and it does not motivate us./ The thought has come among all other interests, like a strange guest …without making an impression…/ It is your business to lead it deeper into your soul …you must place it in the forefront…/ Nothing can compare with what this beneficial thought represents …being a singular and beautiful, it attracts. 3) We procrastinate …because we allow our energies to wane, indulge our laziness …indecisiveness in our powers of thought and activity.

133. THOUGHTS THAT KEEP YOU IN BLINDNESS. …bring onto neutral ground the various thought processes that keep you in blindness …subject them to a severe and unhypocritical judgment./ *The following pages are examples of some of the most common thought processes that keep us in blindness.*

136. 4. CEASE MAKING EXCUSES… With …thought processes, hasten to disperse …prejudicial which keeps you in blindness and does not allow you to see yourself as you should. Little by little you will separate your thoughts and there will remain only …one thought before the gaze of your mind and conscience … which will speak loudly …after you have united with what you are to be in Christ./ *In the following pages St. Theophan examines the most common thought process that keep a person in blindness and how to escape them.*

140. …gather …the thoughts that usually awaken energy. On the side of good that leads to salvation is loftiness, usefulness, ease of fulfillment …removal of obstacles… On the side of sin is everything contrary…/ *Again, the following pages examine the chief thoughts that* lead to tension and spring one into action.

164. WHAT TO DO WHEN ASSAILED BY TEMPTING THOUGHTS… [These thoughts] penetrate to the depths of the soul, stun it and lure it to their side. What can one do?/ With prayer and self-abnegating trust in God… 1) Hasten to banish all these thoughts from your soul …return the calm to your heart…/ …do not entertain them at all …or enter into conversation with them…/ The throng of

tempting thoughts will become more demanding it you allow them to linger.

165. 2) Though this dark horde of evil thoughts may be cast out …remember your work is not yet done./ They are only squeezed out of your attention …or intentionally hidden themselves, so they may attack by surprise later…

185. [Re. Preserving a good frame of mind between Confession and Communion]. 1) Preserve your attention undistracted and heart undisturbed. …remain with one thought about the Lord./ Put away all thought processes, …concentrating … undistracted, with prayer of the heart. 2) If your thought cannot reside in this, occupy it with thoughts about Communion itself… 3) Contemplate a saying of the Lord or holy Apostles…

186. 4) …resurrect your awareness of the greatness of the … day./ Keep your attention focused… 5) …directing everything to the thought that the Lord is preparing a supper for you. 6) … concentrate …as if approaching the Lord…

232. …renew zeal …by producing those feelings and thoughts which first brought you to zeal when you awoke from the sleep of sin./ *Theophan then summarizes these thoughts in following paragraphs.*

235. [Re. Preserving feelings that preserve zeal]. …[while praying] …produce them one after another-at first only in thought …if the Lord grants, in feeling also.

286. …only the demons can whip up… That is blasphemous thoughts-doubts, lack of faith …darkening of the mind…

287. ***See Temptation (Steps of).***

289. …all the rules of the holy fathers are directed thoughts, passions, desires and are adapted…/ …the ascetics attention should be directed inside himself-at thoughts, desires, passions and attractions./ It should be most of all …be directed at thoughts, for the heart and will are not so mercurial as the thoughts …passions and desires rarely attack by themselves-they are most often born of thoughts./ Cut off thoughts and you cut off everything.

298. WAR WITH EVERY INDIVIDUAL THOUGHT. …like passions, desires and thoughts are all different./ *The following*

pages consider general remarks regarding warfare with thoughts. ***See also the various entries related to "Temptation."***

785. Thoughts (of resolve zeal)

232. ***See "Resolve."***

786. Thoughts (processes)

232. ***See "Resolve."***

787. Time use

266. [Re. Leaving the World]. …whatever is dangerous to the new life, …ignites passions, brings vanity and extinguishes the spirit. Let the measure be each person's heart…/ Now is the time to cease from all theaters, balls, dances, music, singing, travels…/ It is even time to change of arising from bed, sleep, eating…/ …leaving the world is …removing everything passionate and replacing it with something pure …that will aid spiritual life./ *Theophan speaks of rearranging one's entire life which includes our we use our time.*

290. [Re. Preparing for spiritual battle]. …he must a) Remodel his entire outer behavior …new timing… b) arrange his time so that not one hour remains useful occupations. …breaks … taken up with things …that strengthen the spirit. ***See also "Leaving the world," the various headings connected to "Rules" and "Sanctification."***

788. Toll Houses

180. [Preparing for Confession]. Blessed Theodora …as she passed through the toll houses, those sins she confessed were not found written on the scrolls. ***See "Confession (Mystery of)," "Death," "Demons," "Heaven," "Hell," "Judgment," "Paradise" and "Torment."***

789. Tongue

263. [Re. Persecuting the Flesh]. 1) Govern your senses, especially sight and hearing …hold your tongue… ***See "Speech," and "Talkativeness."***

790. Torment

137-138, 139ff. ***See Hell for the previous pages.***

163. [Re. Falling into sin]. …has fallen from spirit to flesh and torments himself with sensuality.

179. When you were tormented by feelings of regret …did you not say: "I will do anything, only have mercy on me and forgive me!" ***See "Hell" for many more references.***

791. Torment (The mind)

307. [Re. Providential trials and sorrows devised by God for final purging]. …the final crucifixion of our outer man. …is a time of great trial. In the mind is darkness, in the heart is inconsolable torment … ***See also "Purification," "Sanctification," "Trial."***

792. Torture

139. [Re: Sin from satan's viewpoint]. …he promises sweetness, but those who …sin he torments and tortures. ***See "Torment."***

793. Training

50. [Re: Child rearing]. …the chief things are moderation, a definite schedule, and supervision. Let the child play, but …as indicated to him./ The will of the parents should be imprinted upon each step-in a general way./ *There is so much wisdom in these pages, I cannot decide what to quote and what to leave out. I suggest reading the entirety of this section (pages 44-62). This is the best counsel I have come across for rearing godly children – I am a father of 6 children.* ***See "Children," "Education," "Family," and "Parenting."***

794. Traits (of Grace-filled Awakening)

147. …opposite state of a soul lost in the slumber of sin./ **THE FEELING OF DEPENDENCE ON GOD RETURNS.** This is the foundation …for all spiritual life./ **ONE SEES ALL HIS UGLINESS WITHIN.** …blindness, insensitivity indolence …falls from his fettered soul.

148. ONE FEELS A CERTAIN SWEETNESS IN GODLY LIFE. God leads man's spirit into the His treasure house and allows him to taste its blessing./ **FREED FROM THE REIGN OF SIN – FREE TO CHOOSE.**

149. EVERYTHING IS ILLUMINED BY THIS GRACE-FILLED AWAKENING. / **12. DISCERNING STATES OF AWAKENING FROM NATURAL STATES.** / *The remainder of this section is worth reading.* ***Also read entries for "Awakening Grace" and each of the subtitles listed above.***

795. Travels

266. [Re: Outward ordering of life]. …abandon everything dangerous to the new life, …ignites passions, brings vanity and extinguishes spirit… Let the measure be each person's heart , sincerely seeking salvation… Now is the time to cease from all theaters …travels, strolls, acquaintances …and idle time. At other times and places it may be different, but the measuring stick [is the same]. ***See "Associations," "Amusements," "Entertainment," "Govenie" and "Outward Ordering."***

796. Treasure

130. Thus, if you want to …contemplate the thought … presented to you …begin by removing the sinful coverings as one layers of earth to expose a treasure buried beneath./ First of all, go after the body. Refuse it delights and pleasures, restrict indulgences ….the goal is very significant-it completely changes one's activities./ *The following pages discuss what these covering are and how to eliminate them. Lord have mercy on me.*

160. [Re: Immediate temptation after one resolves to follow after divine grace]. …satan begins to follow after [the man who wants to follow Christ] to trouble him and lure him away …with various nets. We have heard of ghosts-frightening and seductive ones, like those that lead one to dig for buried treasure chests. / This …describes …the devil's work to divert a man from his … intention to purchase the pearl of great price, or obtain the treasure hidden in the field. ***See "Bonds," "Coverings," "Delusion," "Nets," "Spiritual Warfare," and entries related to "Temptation."***

797. Trembles

137. [Re. Death, Judgment, Heaven and Hell]. Feel this vividly …and force yourself to remain in it until you are filled with fear and trembling. **139.** [Sin from the devil's point of view]. He trembles with evil joy when someone falls into the nets of sin and gets stuck in them. ***See also the entries for "Fear" and "Spirit (Man's)."***

798. Trials

106. [Re: After the sinful life is destroyed]. In its place is revealed another superior, divine way as follows: …God the holy Trinity …saves us …in the holy church and through one's life here of trials and bearing the cross… ….the heart is loosed from former bonds…

113. [Re: Breaking the supports of sin]. …grace carries out the following to awaken the inner… He who is enslaved by pleasing the flesh shall fall ill …who is preoccupied with attractiveness will have [it] taken from him. …finds rest in power ….be subject to slavery and humiliation. …on wealth will have it taken from him. … learnedness shall be put to shame. …for the purpose of keeping us sober./ Each destruction of supports …constitutes a turning point in life.

197. [Re: Struggling when God recedes to educate us]. … grace conceals itself a little, but supports the soul in a hidden way. This brings great sadness, humility and even some measure of despair to the soul./ "Macarius …the gift of the Holy Spirit … proceeds with much contention, longsuffering, and temptations and trials…"

199. [Sirach, of Wisdom] …and torment him with her discipline-it will keep him a long time in this period of hidden and severe instruction./ …keeps him in many temptations and mysterious trials of the mind… ***See "Crucifixion," "Sorrows," "Providence" and "Turning Points" below.***

799. True (Path)

209. …all the saints accept that the only true path to virtue to be pain and hard work. …lightness and ease are a sign of a false

path. ***See "Asceticism," "Labor," and "Podvig."***

800. Truths (of the faith)

247. EXERCISES THAT DEVELOP THE INTELLECT, AND ALSO WARM THE SPIRITUAL LIFE. A Christian intellectual development of the intellect occurs when all the truths of the faith are impressed so deeply into the intellect that the intellect's whole existence is made up of these truths alone./ When it begins to reason …it reasons from …Christian truths …not make the slightest move without them./ *The remainder of this section offers exercises for impressing these truths into the intellect.*
See also "Creed," "Catechism," and "Symbol of Faith."

801. Turning Points

160. A DECISIVE BATTLE WITH SIN. …all later victories over individual attacks …will be founded on the success of this battle./ …the main turning points of this battle are not hard to point out…

318. This is the final point of preparation for the lesson of dedication to God. …not possible unless the person feels that he is nothing …in order to see …the power of God in them …these mental preparations receive particular power from the doer, namely: giving away all possessions, …reclusion, desert dwelling. These are the turning points in life after which there is nowhere else to turn but to God. ***See "Self-abnegation," "Confession,""Dedication," "Sorrows," "Trials," and "vows."***

802. Tyranny

139. [Re: Sin from the Devil's point of view]. The devil has done nothing for you, only tyrannizes you with sin, but you willingly …work for him. ***See "Earthliness," "Satan," and "World."***

U

803. Ugliness

129. Sin entangles us by its many nets and coverings because sin is ugly in itself. One glance finds it repulsive. The covering closest to the heart is comprised of elf-deception, insensitivity and carelessness.

147. [Re: Recognizing grace-filled awakening]. **ONE SEES ALL HIS UGNLINESS WITHIN.** …blindness, insensitivity and indolence …this three layered millstone falls from his fettered soul.

See entries for "Demons," "Sin," "Temptation," and "Ugliness (of sin)" below.

804. Ugliness (of sin)

129. [Re: Nature of sin]. …sin is ugly in itself. One glance finds it repulsive.

148. The person now sees all his ugliness within, and not only sees it, but also feels it.

165. [Re: Dealing with tempting thoughts]. …give freedom to healthy reasoning …aided by grace let your reasoning a) at first be led to the ugliness of these …children of hell; force your heart to repugnance toward them. ***See entries for "Demons," "Sin," "Temptation," and "Ugliness (of sin)" below.***

805. Unacquisitiveness

284. The Holy Fathers place three things near the effluence of egotism: pleasure, covetousness and pride. Whoever has cut off pleasure by self-directed wrath, covetousness with unacquisitiveness, and pride with humility has conquered egotism,...

See "Acquisitiveness" and "Covetousness."

806. Unbelief

299. [Re: Tempting thoughts]. Continual thoughts are onerous and murderous …they are not from nature-though similar to it …are always from the enemy. The Lord allows them with the special intention of purifying us, to test and confirm our faith …to more intelligently create our inner man. …These are temptations such as blasphemy and unbelief. ***See also "Blasphemy," "Demons,"***

"Earthliness," "Enemy," "Nature," "Temptation" and "Thoughts."

807. Understanding (The)

132-133. If the heart wants to feel something, let it feel it under the mind's formulations, and not by itself, …running ahead. Otherwise it will force the reason to imagine things as the heart likes; …it will force the reason to submit to the heart, bringing disorder …instead of enlightening …sink deeper into blindness. ***See "Intellect" and "Soul (Powers of)."***

808. Undisturbed (Mind)

322. [Re. Hesychia]. …practice stillness sensibly, they will soon begin to taste its fruits, which are: and undisturbed mind, pure thoughts, rapture to God, insatiable prayer… ***See "Hesychia," "Prayer," "Stillness," and "Thoughts."***

809. Ungratefulness

284. [Re: Passions]. B) In the sensual part-self-will, unsubmissiveness …self-reliance, covetousness, ungratefulness, possessiveness… ***See "Self-gratification," "Self-indulgence," "Selfishness," "Self-love," Self-pity" and "Self-pleasing."***

810. Unification

170. He will be accepted by God if he a) admits his sins, b) repents of them, and c) makes a vow now to sin. These are necessary for ardent unification with God, upon which depends the steadfastness of the new life, perfection of it, and good hope… ***See entries for "Apatheia," "Baptism, "Confession," "Repentance," "Stillness" and "Union."***

811. Union

184. [Re: Life in Christ]. …no life …except on this Vine (Jn.15:1-6). …here (Communion Jn. 6:55-56) the Christian becomes one with the Lord./ When [the door] is opened by contrition and repentance, He enters in and feasts with the communicant…

191. Chapter One, The Final Goal of Man-A Living Unity With God. The goal …the convert should direct all his attention …is the final goal of man …pleasing God, a living unity with God, becoming worthy of His kingdom./ "We will come to him …and make our abode with him" (Jn. 14:23).

192. Mental and heartfelt longing for God …prepares a person to receive God. It is a kind of unity …without eradicating human strength and personality …[When he] no longer lives, but Christ lives in him" (Gal. 2:20). ***See entries for "Apatheia," "Baptism, "Communion," "Confession," "Repentance," "Stillness" and "Unification" above.***

812. Unpleasant situations

306. 12) Finally, a consummate cleansing of our entire make-up, a purification by fire, is carried out by the Lord Himself. … specifically by outside sorrows …inside by tears./ They occur from the very beginning [of our conversion] and accompany the person … in various unpleasant experiences and humblings of the heart.

306-307. The more a man grows, the more they intensify.

307. The Lord brings them on …as if blessing them for our good…/ Towards the end He intentionally devises them …either all at once or one at a time …and one for one person, and another for another person./ Sorrows are the fire and tears are water. This is baptism by fire and water./ Isaac of Syria writes '…this is the lifting onto the cross, or the final crucifixion of the outer man …a time of great trial…'/ …in the mind is darkness, in the heart is inconsolable torment…/ Whoever has climbed this …rung is no longer earthly, but heavenly…/ **OTHER METHODS OF PURIFICATION: SORROWS AND UNPLEASANT SITUATIONS DEVISED BY GOD.** This is how it is at the end …a most powerful means of purification …constant sorrows and unpleasant situations devised by God. It is equal to a spiritual director in power, and in the absence of one, it can sufficiently replace him for the person who is …humble./ In this case God Himself is the guide…

308. Without external sorrows it is difficult …to stand up against pride and self-opinion…/ …because external sorrows are not within

our power to produce, but in God's hands and mistrust of our own strength …we must take care not to ask for them.

309. God sends consolations to whoever has external sorrows – moments of exalted joy that make you forget your sorrows, heal your wounds, and render grief impossible. ***See "Providence," "Sorrows" and "Torment" and "Trials."***

813. Unsubmissiveness

284. [Re: Knowing your enemies]. b) in the desirous part-self-will, unsubmissiveness, love of authority… ***See "Arrogance," "Pride," "Self-opinion" and "Pride."***

814. Unworthy Communion

271. Those who partake unworthily taste death. …does not occur visibly, invisibly it always occurs in the spirit and the heart…/ The unworthy communicant steps away like a charred log from the fire… In the body …either the seed of death is sown or death happens right away, as it was in the Corinthian church …you must approach with fear, trembling, and sufficient preparation. ***See the various entries for "Confession" and "Communion."***

815. Uprooting (Passions)

182. [Re. Confession, Penance and Absolution]. *Quoting the Patriarch of Constantinople to the Lutherans.* "…to destroy in the sinner those passionate desires of the flesh which give birth to sin. **See "Passions (Uprooting)" and entries related to "Passions."**

816. Usefulness

140. [Re: Thoughts that gather energy]. On the side of … salvation is loftiness, …usefulness, ease of fulfillment …removal of obstacles. ***See "Awakening Grace" with references.***

V

817. Vainglory

284. [Re: Knowing one's enemies]. …c) In the sensual part-passions that shatter peace …wrath, envy, hatred …vainglory, ambition…/

296. [Re: After the battle]. Do not tell anyone of the victory… Vainglory …would be impossible to escape …would open the doors of your spiritual fortress …would have to battle with a whole mob.

341. [Re: Lessons on education by St. John Chrysostom]. … they speak of those who are glorified on earth. …when you instill this from an early age, you plant in them the basis for all the vices … the two most savage passions: love of money and more blameworthy passion of vainglory. ***See also "Pride," "Vanity," "Vices (Lists of)," below and "World."***

818. Vanity

265. …through His divine grace …even conversation itself consists in turning the consciousness away from the vanity of the world, and opening it to the spiritual./ By "world" is meant everything passionate, vain or sinful …that becomes a custom or rule./ The vain, passion-soaked world is inevitably transmitted to our souls and arouses or infuses passions. ***See "Vainglory" above "Vices (List of)" and "World."***

819. Vespers

265. …through His divine grace …even conversation itself consists in turning the consciousness away from the vanity of the world, and opening it to the spiritual./ By "world" is meant everything passionate, vain or sinful …that becomes a custom or rule./ The vain, passion-soaked world is inevitably transmitted to our souls and arouses or infuses passions. ***See "Vainglory" above "Vices (List of)" and "World."***

820. Vices

182. [Re: Reasons for the Mystery of Repentance and Penances]. *This entire paragraph should be read since vice(s) are made reference to by its other names, accompanied by the curative powers of Repentance./* Thirdly, …penance would serve as a bond or bridle …not allow [the soul] to take up those same vices from

which it was cleansed./ *See pages **341 and 343** for comments by Chrysostom collected by St. Theophan.* ***See also entries related to "Flesh," "Passions," "Sins," and ""Vices (16 of them)" below.***

821. Vices (List)

283-284. *Theophan mentions the predominant sins/passions/vices of the body and 3 aspects of the soul.*

284. *All vices are traced back to self-love or egotism. The others, according to the Fathers emanate from these.*

284-285. *Here Theophan contrasts the exercises and benefits of **"being within"** with their opposite vices/ Here is another list of vices as well.* ***See also "Vices" above with its cross references.***

822. Vigils

240. [Re: Exercises for restoring lost purity and Wholeness]. We must seek out the activities which God …[in] the Scriptures, or through …His saints has chosen… Only scan a few lives of ascetics, and the activities become evident - Fasting, labor, vigils, solitude…

263. [Re. Rules for Persecuting the Flesh]. 2) Show your authority over your senses …direct them to what engenders spirit. 3) Measure the amount of food …do the same with sleep.

264. 7) The most important physical labors …are: fasting, vigils, labor and purity. ***See also "Asceticism," "Church (Services)" and "Podvig."***

823. Vine

184. [Re. Communing and Union with the Lord in Communion.]. *Here is a short exposition of our Lord's references to Himself as the Vine and the members of the Church as branches in conjunction with Jn. 6:55-56../* ...whoever wants to truly live should cultivate [the vine] in himself, receive its life-giving juices and live on its nourishment. ***See also entries related to "Communion."***

824. Virginity

263. [Re. Rules for Persecuting the Flesh]. 1) Govern your senses, especially sight and hearing; bind your movements… 2) Show your authority over the senses …must be directed toward that which engenders spirit. 3) …mortify your sexual functions by drying out the flesh. 4) …struggle with your flesh until it is humbled …your mute slave./ …Physical podvigs foster physical virtues: solitude, silence, endurance …purity and virginity…

264. 7) The most important physical ascetic labors that persecute the flesh are: fasting, vigils, labor, and purity./ …the last is the most effective of all, and the most necessary./ …is why virginity is the fastest way to Christian perfection. Without it man cannot acquire any strengths or gifts./ …there is also purity of soul, which can be lost in spite of physical purity preserved to the grave./ …we see married people also who possess spiritual perfection. *The following are from Lessons On Education from St. John Chrysostom.*

350. [Re. Youth]. If we place limits from an early age, we will not need …such force [when a youth] …we will not try to please them because they are children, for this brings more harm than anything to youth. But most of all we will preserve chastity. We should concern ourselves with this more than anything else… We … take brides for them early …unite themselves …with pure and incorrupt bodies./ Whoever is chaste before marriage is …more likely to remain so after marriage. *The crowns in the marriage service represent chastity unvanquished.* ***See also "Purity," "Sexual (Functions)" and "Youth (Turbulent Period of)."***

825. Virtues

182. [Re. Penances: Patriarch of Const. to Lutherans] …in order to accustom [the soul] to labor and patience, for virtue is a matter of labor.

200. [Re: Exposition of Sir. 4:17-10 & Ways of communing with God]. "And show him her secrets"- …the secret of sin and virtue…

205. [Re. I Jn. 1:6-7] …is the light of virtue because …light is used interchangeably with virtue./ Perfection of communion with God [comes fully] only after the darkness of the passions [is]

dispersed and the light of the virtues has dawned; when the virtues have grown …become part of our existence …penetrated our powers …pushing the passions out of them …we are illuminating lights.

206. [Re. God's complete infilling]. …this does not depend on Him Who is ready to fill all things, but upon us, …rather our passions …mingled with our nature, which has not yet divorced itself from them and exchanged them for virtues./ …the main hindrance to this is …the passions still active …the virtues yet unsealed in him and unrighteous use of our powers./ The main work …should be the uprooting of the passions and sealing of the virtues …correcting himself./ He must remove all unrighteousness …cast out passions, sinful habits, inadequacies …and adopt virtues…

208-209. [Re. Podvig or Struggle]. This is so essential that all the saints accept the only true path to virtue to be pain and hard work.

250. [Re. Developing the Will]. Developing the will means impressing upon it good dispositions or virtues-humility, meekness…/ …[virtues] blending it with …the will would constitute its very nature, …when something is undertaken …it is undertaken according to their inspiration …in their spirit and …govern over its deeds.

252. …most successfully is one who is blessed to live with the grace of an actively virtuous man./ …choose one outstanding virtuous work according to your character and station and stick with it …it will be the foundation …from which you can go on to others./ All the saints accept the beginning to be the fear of God, and the end to be love …the middle are all the virtues, building one upon another./ …they are all built on humble, compunctionate repentance …which are the essence of virtue.

253. This kind of virtuous activity directly develops the will and impresses virtuousness into it. ***See also "Goal (Final)," "Passions," "Self-correction," "Self-forcing," Self-opposition," "Sin," and "Vice."***

826. Visible (Attacks)

287. Beside invisible attacks from demons there are also visible [ones] sensed through the body: …various kinds of specters, …go to the extent of taking authority over the body. …useful to read the lives of Sts. Niphon, Spyridon and others. ***See "Spiritual Warfare."***

827. Vision (of another world)

226. 2. VISION OF ANOTHER WORLD. At the first … beckoning grace …this world opens up independently from the man…

227. …consists in holding the entire structure of the spiritual world in the consciousness and senses./ …this is fulfilled when the mind apprehends the structure of the spiritual world. …when the mind consciously secludes itself there and does not leave./ The structure of the entire structure of the spiritual, invisible, mental, but …real world can briefly be explained… (read the entire paragraph)./ This is the all-encompassing framework for everything true and existing …this encapsulates the entire content of divine revelation./ It is also [in] the Symbol of Faith. The main subjects are all here…

228. Every struggling Christian should impress this paradigm into his mind …that is, absorb it into himself./ The best way is to establish oneself in this paradigm./ This …does not come right away, it is the goal./ It consists in straining the mind's eye to see these subjects.

229. The last stage …is standing in the spiritual world, or sort of the feeling that you are there./ *The remaining pages offer very practical means and exercises for developing the vision of another world.*

262. Whoever pleases the flesh, even in small things cannot be within …incapable of freely viewing the spiritual with the intellect. ***See also "Being Within," "Creed," and "Symbol of Faith."***

828. Visions

107. I. …THE DIVINE WAY THROUGH VISIBLE MEANS AND THROUGH THE SENSES. *This section catalogues various accounts of miracles and visions used by God to awaken sinners.*

Visions of the Lord, angels, demons and saints are all included.

196. [Re: After a long period of grace working secretly]. As we continue our ascetic struggles [grace] produces in the theologizing soul its secret activity …to enter into divine visions …and preserve our knowledge from vainglory. ***See "Grace (Means of)."***

829. Voice (of God)

325. [Re. Dispassion]. Those who have achieved this are God's mystics …they too apprehend God's will, hearing it as a certain inner voice, and having completely united their senses with God, they mystically learn His words from Him. ***See "Apatheia," "Communion," "Dispassion," "Hesychia" and "Union."***

830. Voluntary suffering

182. [Re. Penance in answer to the Lutherans]. …through voluntary suffering the sinner will be freed here from onerous involuntary punishment there, in the next life, for the Lord grants mercy to nothing more than …suffering, especially voluntary suffering. ***See "Penance," "Repentance," "Sorrows," "Tears" and "Trials."***

831. Vows

170. [Re: Returning to God]. He will be accepted by God if he 1) admits his sins, b) repents of them, and c) makes a vow not to sin. These are necessary acts for ardent unification with God…

175. THE FEELING OF REPENTANCE IS A BRIDGE TO A VOW.

176. There is the possibility of changing the unchangeable… IT would seem that the feeling of repentance is a direct bridge to a vow: … "Thus, I will turn away from sin and make a vow to work for the one God by fulfilling His commandments."/ …the one who makes a vow must be sure …his former incorrigibility may be forgiven, and …he can receive strength to help him keep his promise./ This is why making a vow to work for the Lord is made possible through good hope of receiving mercy and assistance from on high. …is produced by faith in the Lord and Savior… (cf. II Pt.

1:3)./ …tormented by regret and repentance, the sinner reveals … his incorrigibility and confirms a vow to correct himself./ *This section is followed by addressing the Mysteries of Repentance and Communion.*

181. [Re. The Mystery of Confession and absolution]. 6) … everything is done. All that remains is to fall at God's feet with … thankfulness …kiss the cross and Gospel as a sign of your vow./ Go in peace with the intention to act according to what you have promised, remembering …the judgment will be from your own words.

240. [Re: Exercises that lead to purity and wholeness]. …only scan the lives of a few ascetics and these activities become evident. Fasting, labor, vigils, solitude …vows and other acts of piety.

242. …CURATIVE EXERCISES. For The Will 1) Submission to the whole Church rule …5) Subjecting yourself to the spirit that is zealous to fulfill its vows. **316.** The condition for communion with God in us is the decisive dedication of ourselves to Him./ Dedicating ourselves to God is the most internal and precious act of our spirit. It is instantaneously …but not instantly acquired. It ripens gradually … its beginning is planted at first conversion …the penitent, having made a vow …says, "I will flee evil and do good; only do Thou, O Lord, not leave me bereft of Thy grace-filled help."

322. [Hesychia] requires purifying from passions by means of all the ascetic labors… The direct doorway …is dedication …to God…./ This fire is planted at the moment of conversion …begins to work as soon as the person makes his vow and takes up his labor.

See also "Confession," "Dedication," and "Zeal."

W

832. Walk (away)

292. [Re. Struggling with the passions]. **BEFORE THE BATTLE.** …before we enter into battle …always …find out when to act aggressively, …defensively, …when to simply walk away.

296. [Re. Struggling with the passions].

296. …glean from your present fall a lesson in humility and caution not to walk in slippery places where you cannot help but fall.

295. AFTER THE BATTLE. ***See "Delusion," Spiritual Warfare," and "Temptation.".***

833. Walk (with Wisdom)

198. 3. TWO WAYS OF COMMUNING WITH GOD. [Exposition on Sir. 4:17-19]. "…at first she (wisdom) will walk with him by crooked ways …torment him with her discipline, until she may trust his soul… Then will she return the straightway unto him, and comfort him, and show him her secrets."

834. War (with passions)

280. Chapter Seven Rule for Struggling with the Passions, or the Beginning of Self-Opposition. I. WAR WITH THE PASSIONS AND LUSTS. …a person destroys passionateness by the very act of alienating it, of not giving it any food, …by placing a yoke on it of the prescribed rules for the entire breadth of his powers and activities./ The …passions …quiet down like a candle under a glass./ Rules are given to heal our …powers which are permeated with passionateness./ …with appropriate occupation[s], there must be …indirect activities to cast out evil and passionateness, …known as warfare with the passions and lusts./ *Be sure and read the entirety of this chapter and look up related themes for more specific instructions and quotes.*

284. THE SOURCE OF PASSIONS OF BODY AND SOUL IS SELF-LOVE. …self-love or egoism …attack often …clothed in one passion or another, and wage war against the spirit./ This residual egoism …comprises the now-decaying fleshly man and is that other "law in my members" (Rom. 7:23)…/ …trace all passions back to their beginnings to …discern what to attack./ …three things close to …egoism: pleasure, covetousness and pride./ …it is easier to vanquish it by destroying its children than by attacking it itself./ *As with the above, read the entire section with its references in this index for a more full understanding and strategy for this onerous warfare.* ***See entries related to "Asceticism," "Flesh," "Lust," "Passions,""Self-Correction," "Self-Directed Wrath," "Self-***

Forcing," "Self-Love," "Self-Opposition," "Self-Pity," and "Spiritual Warfare, and "Warfare."

835. Warfare

23. [Re: The difficulty of beginning the Christian Life]. …in a Christian [life] is a battle with oneself, …much labor…/ Like a soldier, he must take every step of land …from his enemies by … warfare with the double-edged sword of forcing …and opposing himself./ …after long labors and exertions, the Christian principles appear victorious …without opposition; …penetrate the whole …of human nature, dislodging inclinations hostile towards it …placing it in a state of passionlessness and purity, making it worthy of the blessedness of the pure in heart-to see God in themselves, in sincerest communion with Him.

38. [Re. Baptism]. It (sin) is banished from the heart as an enemy from a fortress …settles outside, in the parts of the body, … where it attacks in a fragmented state. …there is a constant tempter …but no longer a master; he disturbs and alarms, but does not command.

41. [Re. Christian upbringing]. …those who [are] obligated … should be directed to not allowing sin …to take possession of him again, to crushing sin, …making it powerless by every means …and strengthening the child's orientation towards God.

297. THE RULES FOR WARFARE ARE NOT THE SAME FOR ALL. …nothing other than the application of all the weapons to individual cases, and this is why it is impossible to describe them all./ The cases of [warfare] vary utterly, and the warring individuals are too different. What will overcome one person is different to another./ *This section is full of wisdom and discernment. It reminds me of what Climacus said in "The Ladder:" "What is medicine for one is poison for another."*

298. WAR WITH EVERY INDIVIDUAL THOUGHT. ***See entries for "Thought." Also*** look up ***entries related to "Asceticism," "Flesh," "Lust," "Passions,""Self-Correction," "Self-Directed Wrath," "Self-Forcing," "Self-Love," "Self-Opposition," "Self-Pity," and "Spiritual Warfare."***

836. Warmth of spirit

247. EXERCISES THAT DEVELOP THE INTELLECT, AND ALSO WARM THE SPIRITUAL LIFE. [Re. Reading the Word of God, the Fathers, and Lives of Saints]. Often one text will warm the spirit for more than a day./ There are lives of which the mere remembrance is enough to inflame zeal./ …write down such passages and save them, …to warm your spirit later on. ***See entries related "Ardor" and "Zeal."***

837. Water (Living)

140. …DRIVE AWAY THE SLEEP OF INDOLENCE. 5) Everything around you is alive …and calls you to life./ You may partake of [God's] vibrant life. Go, and drink of the springs of living water.

838. Weapon (powerful)

281. 2. FREELY CHOOSING AND LOVING GOOD IS A POWERFUL WEAPON. When consciousness and free will switch to the side of good and come to love it, they vanquish through hatred all the evil and passionateness …this constitutes the change, or the break. ***Read all of Chapter Seven and "Rule for Struggling with the Passions."***

839. Weighed down

138. [Re. The Gift of Awakening Grace]. …turn to God and place yourself, defiled and weighed down by many sins, before the face of Him, the Omnipresent, Omniscient, all-gracious and long-suffering!

840. Will (The)

48. [Re. Child-rearing in relation to food and the body]. From the very first years one must begin to restrain the flesh …and train the child to be master of it, …that in adolescence …years thereafter, he might be easily and freely in control of this need.

50. …unsteady development, left to the will of the child, develops in some a hyperactivity and inattentiveness, …in others a slowness, lifelessness and laziness./ …the former …self-will and

disobedience are turned into a law …also aggressiveness, anger, unrestraint in one's desires./ …the other …immersed in the flesh and given over to sensual enjoyments./ [In strengthening the powers of soul and body] …not inflate self-will …do not destroy the spirit for the sake of the flesh./ The chief things are moderation, …schedule, and supervision./ The will of the parents should be imprinted each step …in a general way./ After returning from enjoying himself according to his own will, the child returns unwilling to obey even in small things./ …how difficult is it to uproot self-will later on.

59. While training the child not to do his own will, …must also train him to do good./ …first one must order …then guide them to do it themselves./ **THE HEART.** If the mind, will and lower powers are working [according the God], the heart …will be disposed to sound and true feelings …acquire the habit of enjoying what is truly enjoyable …have no sympathy …to that under the guise of pleasure…

61. THE CONSCIENCE [and child-rearing]. …sound concepts …prayer …the good example of the parents …imprint [the conscience] …for good activities./ The will of the parents is to small children the law of conscience and of God./ Let parents give commands …that do not force the children to become transgressors of their (parents') will …if they have already become such, …dispose them to repentance./ What frost is for flowers, so is the transgression of the parents' will for a child…

92. I. TURNING AWAY FROM SIN TO GOD. …it is a decisive change for the better, a breaking of the will, a turning away from sin and turning to God …kindling of the fire of zeal for …God-pleasing things with renunciation of self and everything else./ It is above all characterized by an extreme breaking of the will./ It is something painful, but it saves. Whoever has not experienced such a painful break has not yet begun to live through repentance.

93. Such change is brought about in the …heart by divine grace. This alone can bring a man to bring himself to God in sacrifice./ Free assent must participate in the change.

139. SIN FROM THE DEVIL'S POINT OF VIEW. The devil has done nothing for you, but you willingly work …for him./ When you press into your heart …contrition-producing …feelings …your

enfeebled will, will begin to strain and spring into action./ Renew … the willingness to escape your dangerous condition.

140. HOW TO DRIVE AWAY THE SLEEP OF INDOLENCE. 1) You must choose one or the other: …perish if you remain …[or] repent and turn to the Lord and His commandments./ Energy is always aroused in an enfeebled will when placed between two extremes-perish or change…

141. No one can be master of your inner-life but you. Enter there and break yourself.

154. …placed by grace between sin and virtue …deprives sin of its authority to motivate him, as if against his will. …stands at the crossroads, and he has to make the final choice./ The power of God residing in man gives place to freedom …that [his] will might be disclosed./ From this moment begins the unification of the will with grace.

155. It will continue this way until the man's final mastery of himself …in pleasing God./ *The remainder of this section guides one to the place of firm resolve.*

157. [Feeling Awakening Grace] in differing degrees… All-wise grace allows this …to test a man's free will./ Urge your will to follow this suggestion. For this you must (Consider): 1) God …is calling you to Himself… 2) …only this …grace gives you the power to conquer yourself. 3) Use all effort and force …hold it as long as you can under the influence of grace./ *Keep reading for the remainder. While "will" is not particularly mentioned, the "will" is the determining factor is carrying out these suggestions.*

166. REDIRECTING THE WILL RESULTS IN A NEW INNER ORDER. […turn your heart from sin to its opposite]. This labor is most essential for breaking our will./ We must not stop until the heart has made the changes it needs…

174. Reproach yourself before God the judge …you knew … but you did it anyway …each sin was committed according to your own desire…/ …no one can force you to agree with sin.

223. [Re. Being within]. All the powers of the soul-the mind, the will, the senses-should gather near the heart. This gathering of …the will is vigilance…/ From the first moments of awakening …

descend within to the heart …compel all powers of soul and body to gather- …the vigilance of your will.

240. [Re. Spiritual exercises to confirm a person in goodness]. We have already seen how [grace] heals …we must determine what actions should come …this does not allow for self-willed appointment of these activities.

242. I. …POWERS OF THE SOUL AND THEIR CURATIVE EXERCISES. In the soul there are three powers: the intellect, the will, the heart …as the Holy Fathers say, the intellectual, desiring, and incensive powers. Each is assigned …curative exercises by holy ascetics. …chosen from tested ascetic labors…/ **FOR THE WILL.** 1) Submission to the whole church rule; 2) …to civil order and family duty… 3) …to God will manifested in your fate. 4) obeying your conscience in good deeds. 5) …to the spirit that is zealous to fulfill its vows.

247. There are three powers: the intellect, the will, and the senses. Corresponding exercises are given to them.

250. EXERCISES FOR DEVELOPING THE WILL… Developing the will means impressing upon it good dispositions or virtues …the virtues constitute its nature…/ Such disposition of the will is the safest and most stable./ …activity is aimed at its chief infirmity …self-will, unsubmissiveness…/ This infirmity is healed by submission to the will of God with denial of your own and of any other.

251. …know how to arrange this …you will not experience a dearth of means for developing the will.

259. [Re. Rules for practicing the Jesus Prayer]. …to become strong in this, assign a time …morning and evening. …the beginning of habitual practice./ …force yourself minute by minute to say it, no matter what.../ *Continue reading for more guidelines.*

281. The …basis for all inner victories is first victory over ourselves-in the breaking of our will and dedicating ourselves to God, with inimical denial of everything sinful./ When consciousness and free will switch to the side of good and come to love it, they vanquish …all evil... ***See also "Flesh," "Habit," "Passions," "Self-forcing," "Self-opposition" and "Spiritual Warfare."***

841. Willfulness

283. [Re: Attacks of sin]. 1) In the body: The source of passions is pleasing the flesh …love of pleasure, sloth, …willfulness in everything, …idle talk, craving the pleasant…/ *Theophan does an excellent job in addressing this subject in the context of childrearing, be sure to read this next entry.* ***See also "Will," above and "Willingness below," with its references.***

842. Willingness

283. *The spirit is healed and made whole at conversion, but the body and soul remain unwilling to cooperate with it, and attack the spirit, which is the center of consciousness and free will. …these are the arrow the enemy shoots…* ***See also "Will," above, with its references.***

843. Wisdom

21. Beside the desire, one must also have strength and knowledge to act; one must have active wisdom.

844. Within (being)

222. I. BEING WITHIN. …the law for being within: hold your consciousness in your heart and forcefully gather there all the powers of the soul and body.

222-223. Being within is the locking of the consciousness in the heart, and the forceful gathering of the powers of the soul and body is the essential means …of podvig.

223. All the powers of the soul-the mind, the will, and the senses-should gather near the consciousness in the heart./ The gathering of the mind …is attention, …of the will is vigilance, …of the senses is soberness./ ...are the three inner activities by which self-gathering and being within are accomplished./ *The following pages contain guidelines for accomplishing this podvig.*

224. …being within, in its true form, is the condition for man's true lordship over himself, …of true freedom and intelligence …of true spiritual life.

225. The gathered one is strong… One who is scattered is always weak, and falls or does nothing at all.

262. Whoever pleases the flesh even in small things cannot be within himself, for he is within whatever it is that pleases his flesh. He …is cold, his soul is weighted and burdened down …incapable of viewing the spiritual world./ This is all contrasted with the opposite attributes of persecuted flesh. ***See "Being (Within)" and "Gathering (Self)."***

845. Word of God

119. [Re. Actions of grace]. **3. THE WORD OF GOD REPLACES ALL METHODS SHOWN.** All these means [of grace] are in themselves incomplete. *They awaken but do not give the specifics.* An additional method must be applied …preaching the Word./ …the Word of God in its various forms supplements all the methods [of awakening grace], clarifying …and indicating their ultimate goal./ Without this Word the methods …do not accomplish all they are supposed to do.

120. Catechistic teaching must be heard unceasingly …true believers will become more established through it. …the fallen have an immediate and true guidebook./ The Word of God …not only enhances all the methods shown; it can also replace them. It arouses more fully and distinctly./ …its affinity with the spirit …it passes inwardly, to the division of soul and spirit. …it enlivens and inseminates it so acts of the spiritual life will bear fruition… it strikes the hearing and occupies the soul./ …invisible energy concealed inside …touches the soul …after the Word has safely passed the rough barriers of the body and soul, becomes aroused …exerting effort, it bursts the bonds that hold it./

120-123. *St Theophan then offers historical examples of this in the lives of saints and others as well as how the Word should be communicated in simplicity of its truth.*

122. By virtue of its comprehensive …suitability for awakening …the Word of God goes throughout the world, …reaches our ears in various forms./ It is heard unceasingly in churches at every divine service, and outside …in every religious ceremony. It is heard in the sermons of the Holy Fathers …in every enlightening book, …in wholesome discussions …in edifying sayings…/ The Word of God has …shown …its triumphant power over the human heart.

122-123. …only take care that the paths by which the Word of God is disseminated are maintained without interruption …that true preaching does not cease, …divine worship is fulfilled according to rite …iconography is uplifting …singing sober, simple and reverent…

144. [Re. Well-known Means of Grace]. 1) God's grace has chosen the churches …and rubrics for His activity. …patiently, attentively, and reverently listen to the services… 2) Grace has worked through the Word of God. You too should take it and read it. …a section will strike you as one did the Blessed Augustine…

145. 3) …discussions with pious people. …Perhaps a living word, warmed with love, will penetrate into your heart…

237. Spiritual feeling/ awakening from some portion of the Word of God.

240. Means of healing and restoration prescribed by God in the holy Scriptures.

247. Exercises for developing the powers of the soul and the spirit of Christian life… reading the Word of God. ***Also See "Bible."***

846. Work (Career)

265. By the world is meant everything passionate, vain, or sinful... leaving the world does not mean running away from family or society.../ Citizenship and family life are blessed by God ...we should not run away from them or have contempt for them ...belonging to their essential good order./ Running away from the world means establishing ...in the true family and citizenship.

266. Leaving the world is ...cleaning up your entire external life, removing everything passionate and replacing it with something pure. ...in and outside the home ...establish rules and order in every part of the home, at work, with acquaintances…

847. World and worldliness

81. Why The Grace Of Baptism Is Not Preserved. 5) … entering youth without determination to live in a Christian way. … not restraining attractions of youth in proper order …giving oneself over to thirst for impressions, …amusements, light reading, …

fantasies, indiscriminate contact with others, especially the opposite sex…/ …giving oneself to the world by …fashionable ideas, rules and customs, that …smother grace.

97. Care and Trouble About Many Things. There is an entire world of people continually doing things, questioning, and amusing …placed everyone under these laws. …coming into contact with others of this sphere …elevating inquisitiveness, self-interest, and self-pleasure to the …thousandth degree, placing all happiness and joy …in this frenzy./ …in living communion with this world, the sinner is caught up in its thousandfold net, entangled in it that it becomes invisible to him./ Such a heavy burden lie on every worldly person …no strength to stir in anything that is not worldly.

111. Spiritual bonds …are interconnected …compose of: 1) self-indulgence, 2) the world, the devil. *When grace awakens,* its destructive action are against these.

114. 2) The second bonds …are from the world …lie closer to the surface…/ The World …its concepts, principles and rules …lays a heavy, authoritarian hand on …each of its offspring./ The world is not a person, but it's spirit …stands firm …influences us and holds us…/ …its power is psychological and imaginative, not real or physical. …dispel [its] imaginative power …abstaining …becomes more likely…/ …the divine economy reiterates the emptiness of worldly life by allowing us to perceive it more keenly./ …the mind, obscured by worldly ways, becomes sober through contemplation of divine creation or by entering the Church.

115. …the tearing away from the world of vanity …sometimes …in a strong rupture …sometimes it is gradual. …finally, nature and the Church completely wrench the human spirit from the bonds of the world. …they dispel …and oust the charms of the world of vanity with its many illusions.

115-116. The second way of exertion from worldly bonds …is in presented to someone in a way completely contrary to which he is accustomed …martyrdom …the presence of a moral power unlike our own…

116. A sudden understanding of this contrary presentation … strikes the mind and dispels …the fascination of this world's life …

the conversion of the robber Maurice… conversions by example of life./ The third way is by disgracing it in front of its children…

117. Fourthly, the world prods it away of its own accord, because it does not satisfy…

163. A man lives as usual on the earth …he forgets about the future life. …knows only earthly happiness …all goals combine into one - how to live well here./ …self-pity, sensuality man-pleasing, and earthliness …are the characteristic features of the sin-loving heart; …are the deeply-rooted inspirers of sin…

254. The soul becomes deadened by the spirit of the world, and possessed by sin that lives in the world./ The entire structure of our Church services …and the grace concealed in them, have an invincible power to drive away the spirit of the world../ …freeing the soul from the world, it allows it to breath freely …to taste the sweetness of spiritual freedom.

264. …the ordering of the external life according to the spirit of the new life can be called "leaving the world," or casting out the spirit of the world from …our lives.

265. *He takes the spirit of the faithful out of the world* (Jn. 15:19)./ …conversion itself consists in turning …away from the vanity of the world and opening …the spiritual one./ Whoever seeks the Lord must remove himself from the world./ By "world" is meant everything passionate, vain or sinful that enters into …life and becomes …[a] rule./ Leaving the world does not mean leaving … society, but abandoning morals, customs, rules, habits and demands that are antithetical to the Spirit of Christ…/ Running away from the world means establishing yourself in the true family and citizenship. Everything else should be foreign to us, not our business./ The vain, passion-soaked world inevitably transmitted to our souls and arouses or infuses passions. …as one who walks near soot turns black …the one who participates in worldly things becomes embued with passions hateful to God.

266. …leaving the world is …cleaning up your entire external life, removing the passionate …and replacing it with something pure …that aids spiritual life.

267. The thought that you can live like a Christian while holding on to the world and worldliness is an empty, deluded

thought.

285. SUBTLE TEMPTING THOUGHTS AIDED BY THE WORLD AND DEMONS. …such feeling either cuts off or cuts short the flow of our spiritual life and places us in extreme danger.

285-286. …outside help is extremely necessary./ Sometimes the person …is not aware of these tempting movements …are subtle thought processes. …such as comfort of the body, or opinion and criticism. …in deed are often hidden.

286. There is a certain arousal that particularly belongs to the world. …consists in its charming appearance and progress, power to awe ..in everything obstacles caustic remarks …contempt …torment of iniquitous deeds …followed by oppression, persecution …all manner of sorrows. ***See also "Passions," and "Spiritual Warfare."***

848. World (Spirit of)

264ff. 286, 288 ff. ***See the same page references above in "World & Worldliness."***

849. Worship

122-123. …the paths by which the Word of God is disseminated are maintained without interruption …divine worship is fulfilled according to rite and in an edifying manner, iconography is uplifting, …the singing is sober, simple and reverent.

313. …the mind will see God more and more clearly …this vision is given for the most part during prayerful standing in God's presence./ Concurrently with a vision of God is manifested and perfected a reverent worship of God in spirit, when the spirit falls down before Him …with awareness that God has accepted him… ***See also "Church (Services)," "Churchly," "Communion," "Liturgy," "Prayer," "Standing" and "Yearning."***

850. Wounds

265-266. [RE. In the World]. …when the penitent comes back to the world he falls again …innocently depraved. The mind is … darkened; …becomes forgetful, weak, captive and plundered. … once the heart has been wounded there follows passion and action

and the man has fallen. ***See also entries related to "Flesh," "Passions," and "Spiritual Warfare."***

851. Wrath

233. [Re: Thoughts that lead to feelings that lead to resolve]. Then you flouted self-pity-rise up now to a readiness for the heaviest cross, and continue your self-directed wrath.

284. [Re: Passions in the powers of the soul]. C) In the desirous part-passions that shatter peace …of heart or various pleasantness and unpleasantness: wrath, envy, hatred, anger, revenge, judgment, contempt, vainglory, ambition, pride…/ Whoever has cut off pleasure by self-directed wrath, covetousness…, and pride …has conquered egotism.

307. [The final crucifixion of the outer man]. ...a time of great trial… In the mind is darkness, in the heart is inconsolable torment; above is the expectation of wrath, below is ready hell. ***See "Anger," "God (Wrath of)," "Hell," "Punishment" and "Self-Correction," "Self-Opposition and Self-Forcing," and "Torment."***

Y

852.Yearning (for God)

313. [Re. Ascent To God]. Yearning for God is the goal. …at first it is only in intention, sought for. It should be made real, alive, like a natural pull that is sweet and uncontrollable./ Only this kind of pull …show[s] we are in our place, …God accepts us, that we are going to Him.

313-314. …*as Iron is drawn to a magnet* …it is only apparent that God is touching us when there is a living attraction-when the spirit disdains all and reaches for God …is exalted in God.

314. …at first …this gazing upon God is only mental. …the person is not capable of tasting [God] because he is impure./ … according to the degree of purity …he begins to sense a sweetness

in a God-pleasing life./ The soul begins to turn away from everything …and draws toward God./ The seed of this pull is planted in the zealous spirit by divine grace./ …the sign of its birth: …now the person is happy to be there alone with God, away from all others, without …attention to what goes on outside of him./ …this may come and go, but should be made a permanent state./ God is in us when the spirit is truly in God …not mental communion, but a living, silent, estranged-from-everything , immersion in God.

314-315. …the yearning for God, or joining with God, begin to ripen …through divine grace within anyone who seeks God sincerely, fervently and in good conscience. ***See entries related to "Ascend (to God)," "Communion," "Hesychia," and "Union."***

853. Yoke of Christ

67. It is no honor …to be a blind confessor; he must be a conscious confessor …all this he does when he consciously places upon himself the good yoke of Christ.

140. *This section basically describes the changing from the yoke of sin to the freedom of the yoke of Christ.*/ Gather thoughts that …awaken energy. Tell your soul: …3) What a blessing! You will throw off that yoke and fetters and emerge into the freedom of the sons of God. ***See "Dedication," "Renunciation" and "Zeal."***

854. Youth (Turbulent Period of)

68. 3. THE TURBULENT PERIOD OF YOUTH. This is the time when the life of the body and spirit is boiling at full steam./ The very disorderliness and impulsiveness of the movements of this age are dangerous./ Now begins a youth's first movements of his own, …the awakening of his powers and …fascination./ …they crowd out everything that has been placed in the mind and heart of a boy. Only his present feelings seem to be true …only they …have significance.

68-69. If he has obligated himself to living as a Christian, the new impulses become secondary…because these have …been tasted and chosen by the heart, …and given a vow.

69. [*The youth who has not this foundation*], the arbitrariness of youthful ideas throws a shadow of doubt on everything, …the

arousal of passions cause a mighty disturbance in him. His whole soul is filled with tempting thoughts and movements – the young man is on fire./ …the voice for [the love of the good and pure] will not come if it has not already been sown previously in him./ Advice is a precious gift to a youth (that has love of truth planted) …if not, it is useless./ A youth lives in his own world …the demands of so-called nature are in active arousal. Each speaks and seeks satisfaction.

70. The state in which we emerge out of the years of youth depends a great deal upon the state in which we enter them.

71. 4. TWO TENDENCIES CHARACTERISTIC OF YOUTH. …two tendencies …from them the impulses of youth are powerfully inflamed …acquire great power …and danger./ These are: 1) a thirst for impressions, and 2) an inclination to enter into contact with other./ **THE THIRST FOR IMPRESSIONS.** …gives a variety to the activities of a youth./ He wishes to see everything, to be everywhere. He wishes to be under an uninterrupted stream of impressions, always new and therefore various./ His element is enjoying himself.

72. A youth often becomes bored with reality because it somehow binds him …and closes him too much with defined limits. Fantasy very active …does not tarry with its satisfactions./ He thirsts for what is new and different. **72-73.** After a long period in day-dreams, light reading and enjoyments …[the youth] realizes that everything in his soul has become distorted. …has been covered by a kind of veil of forgetfulness …these deceptive things have left their impression …ones inclinations have changed …new ones now take first place.

73. After returning from …distraction[s] …the soul becomes bored …because it finds itself robbed.

73. …young man, do you desire to preserve the purity and innocence of childhood, or the vow of Christian life without reproach? With as much strength …as you have, refrain from amusements, … disorderly reading of tempting books, and …day-dreams. (*From the forgoing we might add television shows, movies, and video/computer games and social networks (Myspace and Facebook)*. [It is] good to subject oneself in this regard …even the

most strict discipline …during the whole time of one's youth …under the guidance of others.

74. AN INCLINATION FOR OTHERS. …a time of lively feelings …feels the need to share them …/ …can be dangerous. To the one whom you entrust your feels you give a certain authority over yourself. How careful one must be in the choice of a close friend!/ …it is good not to conclude friendship until the friend has been tested./ …it is better to have as one's first friend one's father.

74-75. …one who has resolved to live in a Christian way, the first friend given by God is one's spiritual father …ponder what he says, and learn. …under his guidance, God will send some other friend …if necessary.

75. 5. THE PINNACLE DANGER OF YOUTH. …contact with other sex. **76.** A youth should flee this kind of wounding more than any other, …it is a sickness …the more dangerous …the patient wants to be sick all the way to madness.

77. HOW TO GUARD AGAINST TH E TEMPTATIONS OF YOUTH. *Theophan discusses several steps for practically dealing with these "feelings" of being "in love" on the next few pages.* ***See also "Family (Home)," "Parenting," and "Virginity" in the context of youth and its fruits. Also the appendix, St. John Chrysostom's texts on the Education of Children.***

Z

<u>855. Zeal</u>

27. I. CHRISTIAN LIFE BEGINS WITH THE ARDOR OF ZEAL. Christian life is zeal and the strength to remain in communion with God by means of active fulfillment of His holy will…

27-28. The testimony of this life that is visible or can be felt in us is the ardor of active zeal to please God alone in a Christian manner, with …self-sacrifice …of everything…opposed to this.

28. When this ardor of zeal begins, Christian life has its beginning./ The person in whom this ardor is constantly active is

living in a Christian way./ *St. Theophan proceeds to explain this zeal in several key texts: Lk. 12:49 as fire; Mk. 9:49. As salt; I Thess. 5:19, Rom. 12:2. Fervent in spirit; Phil. 3:13-14. Pressing forward; I Cor. 9:24. Running a race.*

29. Only true zeal both wishes to do good in all fullness and purity, and persecutes sin in its smallest parts./ It seeks good as its daily bread and fights sin as with a mortal enemy.

30. 2. THE FIRE OF ZEAL. …if any other motive besides [zeal for pleasing God] will make a bad deed out of a good deed./ A true zealot does not do only what is according to the law, but also what is advised and every good suggestion …imprinted on the soul. …also is an acquirer …entirely concerned with the one true thing…/ …by the help of God's grace …find [help] in heart-felt zeal./ A soldier, merchant …sustain themselves …by enthusiasm and love for their work.

31. Without [zeal] we will be serving God in a state of sluggishness, boredom and lack of interest./ Zealous pleasing of God is the path to God …full of consolations and gives wings to the spirit./ …a true witness of Christian life is the fire of active zeal for pleasing God./ …zeal is produced by the action of grace …[and] not without the participation of our free will.

32. …grace descends (through the Mysteries), and uniting with our freedom, produces a mighty zeal.

92. …it is a decisive change for the better, a breaking of the will …a kindling of the fire of zeal for exclusively God-pleasing things with renunciation of self and everything else.

95. [RE. The Sinner's Condition]. …a deep slumber … absence in the strictest sense of inspired, selfless zeal for pleasing God …aversion for everything sinful.

105. [Re: Actions of Grace in Arousing Sinners]. Judge yourself by the characteristics of …grace…

105-106. *"Zeal" is not used on this page, however it is described as part of the paradigm of salvation or the spiritual world.*

126. …the newly awakened one will do everything zealously, quickly and ardently…/ [Re:. Previously awakened sinners who have not responded with the whole heart-a new experience of

awakening]. …it seems God has abandoned him …to know the value of grace …to test his zeal …develop desire and resolve.

187. [Re: Receiving and bearing Christ within through Communion]. …zealously guard Him there and hold Him within yourself. …you will be able to do anything as the Lord strengthens you.

191. [Re: Man's final goal – a living communion with God.]. …direct all his attention and labors …is a …living unity with God…/ The searching, zealous spirit will only be at peace when he attains God, tastes Him and is filled.

209. The zealous are eager for ascetical works of self-forcing and self-opposition with the aim of self-correction, …raising themselves to …purity, so they might more speedily come to God.

269-270. …zeal [is] unstable, fervor powerless, the will weak, and life empty without renewal through the divine Mysteries of Confession and Communion.

270. Christian life manifested by zeal is grace-filled life.

293. Nothing can more effectively kindle zeal for conquering sin than this thought of zeal (The Cross and Sign of it), …rapid flood of living waters …renders unnoticeable the …flying stones of temptation.

314. [Re: Living attraction and union with God]. …not happen at first. The zealot is completely turned in on himself, though it is for God …this gazing upon God is only mental. …he serves God untastingly. …according to his …purity …of heart he begins to sense the sweetness in a God-pleasing life./ …the soul begins to turn away from everything …but God. ***See also entries related to "Asceticism," "Communion," "Fervor," "Grace,""Preserving Zeal," as well as other entries for "Zeal" below, "Self-correction," Self-opposition," and "Self-forcing."***

<u>856. Zeal (Preserving)</u>

221. Chapter Four, Preserving The Spirit of Zeal For God. …fulfillment of all the commandments, all the time, then the spirit of zeal is our only saving power./ Wherever [zeal] is present there is diligence, care, fervor, readiness, alacrity to do works pleasing to God./ Where [zeal] is absent …no life of the spirit …there may be

good works, but ...only good in form, but not in power and spirit./ … is the same fire our Lord came to kindle… (Lk. 12:49)./ The Holy Fathers call it by different names- …fervor, diligence, warmth of spirit, burning, or simply zeal./ …by the great importance …of zeal, the first job of the Christian …should be the preservation of this zeal …as the source of power for …a God-pleasing life. **221-222.** To preserve it he needs …particular exercises…

222. Zeal should be preserved the same way it was born, … inner change of heart and …grace…/ Our spirit's inner, invisible ascent to zeal began with a grace-filled awakening and ended with a resolute vow to walk unwaveringly in God's will./ Whoever wishes to preserve an undying zeal should a) go within, b) view the new world and c) stand in …feelings and thoughts by which he ascends as on a ladder to the footstool of the Lord's throne. …should be the ceaseless activity of the Christian…

223. *Instructions for self-gathering and being within: Attention, Vigilance and soberness.*

224. It is clear that self-gathering within is the most effective means of preserving zeal… [After seeing the spiritual world.] …he ascends to resolve and zeal …is the second means of preserving and fueling that zeal./ *Instructions for standing in* this invisible, yet real world.

232. 3. REMAINING IN THE FEELINGS THAT LEAD TO RESOLVE. *St. Theophan reviews all the major turning points of spiritual development./* …out of faith in the Lord and in His aid, made a vow to zealously work for Him all the days of your life, even to the most merciless self-torture.

235. How these feelings (of resolve) facilitate the burning of the spirit of zeal is obvious. …one of them is warming …one is part of the whole./ The spirit of zeal is simple and regular, but all-encompassing. The primary feeling is the fear of God…

239. …for the sake of his zeal and fervency in dedicating [himself] to God, grace will descend upon [him] …penetrate and illuminating power upon him more and more…

260-261. …we must remember that …the fruits of these labors come from the spirit of zeal and quest.

857. Zeal (Self Induced)

105. …must determine whether he is acting through [grace-filled] arousal or self-made enthusiasm./ The self-made life, no matter how beautiful it is in appearance …is not Christian life … never will be Christian.

858. Zealous

209. ***See "Zeal" above.*** **221.** ***See "Zeal (Preserving)" above.***
219. If you are zealous, be zealous for what is great.

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[1] (Esther Williams, translator, Robin Adams, commentary, "*The Heart of Salvation-The Life and Teaching of Theophan the Recluse,"* Praxis Institute Press, Newbury MA., pg. 4.

[2] The normative age for one to become a priest is age 30.