

HESYCHASM: EMPHASIS ON STILLNESS, INNER SPIRITUALITY AND UNCEASING PRAYER LEADS TO

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...a particular inexplicable state of blessedness, to the vision of a certain heavenly Light which is *not* (emphasis supplied) of this world, uncreated and similar to the Light which surrounded the Saviour on Mt. Tabor.

FILIOQUE CLAUSE

Lay Theologian Alexei S. Khomiakov

The Church does not deny that the Holy Spirit is sent not only by the Father, but also by the Son; the Church does not deny that the Holy Ghost is communicated to all rational creatures not only from the Father but also through the Son; but what she *does reject* is that the Holy Ghost had the principle of His procession in the God-head *itself*, not merely from the Father, but also from the Son (emphases supplied).

OUR LORD AND SAVIOUR JESUS CHRIST ON THE 'FILIOQUE'

*But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, **which proceedeth from the Father** (emphasis supplied), he shall testify of me: (St. John 15:26)*

THE WORLD'S HATRED OF CHRIST

Our Lord and Saviour Jesus Christ

If the world hate you, ye know that it hated me before it hated you. (St. John 15:18)

TEARS

St. Seraphim of Sarov

All saints and monks who have renounced the world, have spent their whole lives in weeping, in the hope of eternal consolation, according to the assurance of the Saviour of the world: *Blessed are they that mourn (weep), for they shall be comforted (Matt. 5:4)*. And thus should we weep for the forgiveness of our sins.

THE CHOSEN FEW

Dr. Alexandre Kalomiros

Those chosen few must be careful. The devil does not always act as devil; most of the time he appears as an angel of light. He preaches a Christianity *just a little bit different from the real one* (emphasis supplied), and with this trap many more are caught in his net than he would have gained by sending forth an entire army of atheists and Diocletians.

WAR AND PEACE

St. Isaiah the Solitary

He who receives no help at war should feel no confidence at peace.

RIGHT WAY TO FOLLOW THE GOSPEL

St. John Cassian

If we want to follow the gospel commandment and the practise of the whole Church *as it was founded initially* upon the apostles, we should not follow our own notions or give wrong meanings to things rightly said. We must discard *faint-hearted, faithless opinion and recover the strictness of the Gospel*. In this way, we shall be able to follow also in the footsteps of the Fathers, adhering to the discipline of the coenobitic life and, truly renouncing *this world* (emphases supplied).

HUMBLE AND QUIET LABOURS WITH PERSISTENT SPIRITUAL DISCIPLINE

Fr. Seraphim Rose

Our times, above all, call for *humble and quiet labours*, with love and sympathy for other strugglers on the path of the Orthodox spiritual life and a deep resolve that does not become discouraged because the atmosphere is unfavorable. We Christians of the *latter* (emphasis supplied) times are still called to work persistently on ourselves, to be obedient to spiritual fathers and authorities, to lead an orderly life with at least a minimum of spiritual discipline and with regular reading of the Orthodox spiritual literature which Blessed Paisius was directly responsible for handing down to our times, to watch over our sins and failings and not judge others. If we do this, even in our terrible times, we may have hope - in God's mercy - of the salvation of our souls.

