

## Thoughts and how to confront them (2)



*Hiermonk Benedict of Holy Mount*

*Athos*

### [Continuation from \(1\)](#)

### **3. The journey towards the world of sin.**

Externally, the act of sin may appear to be a simple fact, such as a car accident or some other incident. However, in order to commit this act, much other successive instrumentation must have taken place. For example, in order for a murder to take place, there must have, beforehand, occurred thousands of reflections and plans in the human mind. The human mind, in order to come to the point of committing the act of murder, had first become an entire base of demonic thoughts. This is what happens with the commitment of any act of sin. And it all started because of one simple thought...

Let us proceed, however, to see what happens, after the assault of one simple thought.

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