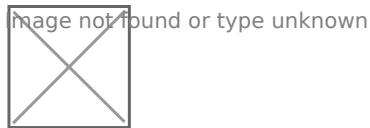


Don't foster sorrows

In English / The Ascetic Experience



Don't foster sorrows in your heart because the joy of the evil one is sorrow and despondency, which beget many things which fill the soul with bitterness.

“Blessed Joseph the Hesychast”

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