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How can I be free of it? (Saint John the Sinaite)

[Ξένες γλώσσες / In English](#)

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‘I don’t know with what method and in what way I’ll ever bind this friend of mine (i.e. the body) and bring it to judgement. Because before I bind it, it’s loose again and before I can judge it, I’m reconciled to it. Before I punish it, I feel sorry and relent. How can I defeat it, when, by nature, I love it? How can I be free of it, when I’m joined to it eternally? How can I condemn it, when it’ll be raised with me? (*Ladder* 15, 83).