

18 Οκτωβρίου 2016

## Be indignant and angry (Saint Theophan the Recluse)

[Ξένες γλώσσες / In English](#)



No

matter how small the passions may seem, get rid of them straight away -

completely and without hesitation – so that there's not a trace left behind. Get rid of them with indignation and wrath. Strange as it may seem, get angry with them, because you'll then get rid of them root and branch. No passion can dominate you or injure you unless you have a liking for it.