

Hesychia - “Watchful, Inner Stillness in Prayer”

[Ξένες γλώσσες / In English](#)



A Vatopaidi monk (Mount Athos). Photograph: VatopaidiFriend.

The monks of the Holy Mountain teach us that through ascetic practices we are able to perfect quietude of body and mind and to arrive at a vision of the Uncreated Light of the Godhead. The use of our prayer rope together with the Jesus prayer “Lord Jesus Christ, Son of God, have mercy on me a sinner” is a means to achieve peace and sorrowful joy within the Christian Life. ([περισσότερα...](#))