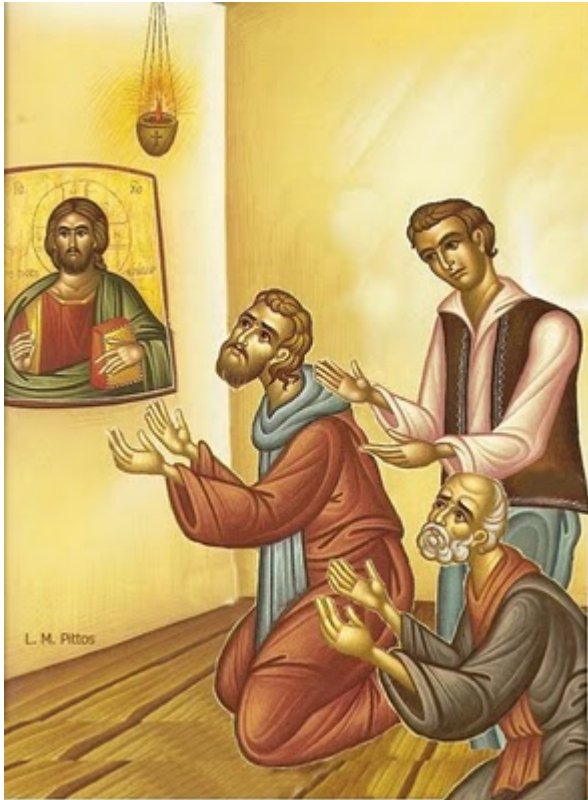


## Acquire Unwandering Prayer of the Heart



*Faithful Praying to Christ*

**By: SS. Callistus & Ignatius Xanthopoulos**

To pray constantly within the heart, and even higher states than that, are attained not simply, as if by chance, not by means of a little labor and time, though even that occurs occasionally by the by the inscrutable providence of God; but it requires a long time, and no little labor, a struggle of body and soul, much and prolonged exertion.

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