21 Σεπτεμβρίου 2009

Three Giants

Ξένες γλώσσες / In English

In Writings from the Philokalia: on Prayer of the Heart, a story is recounted of Abba Mark in which he instructed his spiritual son, Nicholas, on how to overcome the passions. There are “three giants” in the heart, according to Abba Mark, which must be conquered:

1. forgetfulness
2. laziness
3. ignorance

On first glance, they appear somewhat wooden, obvious.. After just a few minutes of deeper reflection, it became apparent to me that they are the pattern of any life which feels itself to be coming up short. (περισσότερα…)