



Path of the Monk: Part I

By Konstantin Serebrov

Serebrov Boeken. Paperback. Book Condition: new. BRAND NEW, Path of the Monk: Part I, Konstantin Serebrov, This modern book about the old ascetic practices, explains to a wide circle of readers the spiritual path taken by a monk. It also explains the exercises necessary to advance successfully along the Path. These exercises are called the inner work, and they enable the ascetic to cleanse his mind, soul and body. The book contains quotations from the 3rd edition of Philokalia published in Moscow in 1913 by a Russian cloister founded in the name of Saint Panteleimon on Athos. Philokalia means in Greek 'to love the beautiful' and contains the collections of the works of the holy fathers, the practitioners of inner prayer. Philokalia was translated from Greek into the old Slavonic language by Saint Paisi Velitchkovski and the group of the monks from his cloister.

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