ABBA PIMEN SAID, 'I say this about myself: I am thrown into the place where Satan is thrown.'

> The Desert Christian, Benedicta Ward, Macmillan Publishing, p. 190

CERTAIN OF THE FATHERS used to tell a story about a holy man who was indeed a great man, and if people came to ask him a question he would say unto them with wisdom, "Behold, I take upon myself the person of God, and I sit upon the throne of judgment; what now dost thou wish me to do for thee? If thou sayest, 'Have mercy upon me,' God saith unto thee, 'If thou wishest Me to have mercy upon thee, thou also must have mercy upon thy brother, and then I will have mercy upon thee; and if thou wishest Me to forgive thee, thou also must forgive thy brother and then I will forgive thee.' Can any blame rest upon God? God forbid! But the cause resteth with us, and if we wish, we are able to be saved."

> The Paradise of the Holy Fathers, tr. Budge, Vol. II, p. 188, #158

WE EMBITTER THE HEART with the poison of evil thoughts when we are led by forgetfulness to long neglect of inner attention and the Jesus Prayer. But we sweeten it with the sense of blessed delight when in intense desire for God we practise this attention and prayer resolutely, keenly and diligently in the workshop of the mind. Then we are eager to pursue stillness of heart simply for the sweetness and delight it produces in the soul.

St Hesychius the Priest, *Philokalia*, Faber & Faber, Vol I, p. 183

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