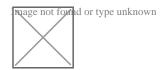
It's not food

In English / The Ascetic Experience



It's not food or favourable living conditions that ensure our health. It's a holy life, the life of Christ. I know ascetics who fasted very strictly and never had anything wrong with them. Nobody risks getting ill from fasting. Nobody's ever done so.

«Saint Porphyrios of Kavsokalyvia»

Read more "Words of Life" at www.pemptousia.com