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The intellect must leave (Elder Efraim Vatopaidinos)

[Ξένες γλώσσες / In English](#)

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Christ was transfigured on Mount Tabor. As the Holy Fathers point out, in this way He was telling us that those who wish to experience the mysteries of divine Grace, have to leave behind the cares of the world. The intellect must leave and separate itself from the things of this world and should bend itself to the things above. The Lord shows us how we can become by Grace what He Himself is in His essence.