

The life-belt of the soul (Elder Amfilokhios Makris)

[Ξένες γλώσσες / In English](#)

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You gain everything through the prayer 'Lord Jesus Christ, have mercy upon me'. People are cleansed, burnished and sanctified through this prayer. The prayer is the life-belt of the soul and the body. It's the basis of perfection. You'll become lighter and will fly because of the prayer. There's no other way of salvation, purification and sanctification than the prayer of the heart. It's filled Paradise with holy people.