

Hesychia - «Watchful, Inner Stillness in Prayer»

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A Vatopaidi monk (Mount Athos). Photograph: VatopaidiFriend.

The monks of the Holy Mountain teach us that through ascetic practices we are able to perfect quietude of body and mind and to arrive at a vision of the Uncreated Light of the Godhead. The use of our prayer rope together with the Jesus prayer «Lord Jesus Christ, Son of God, have mercy on me a sinner» is a means to achieve peace and sorrowful joy within the Christian Life. ([περισσότερα...](#))