# Open the window (Saint Porphyrios of Kavsokalyvia)
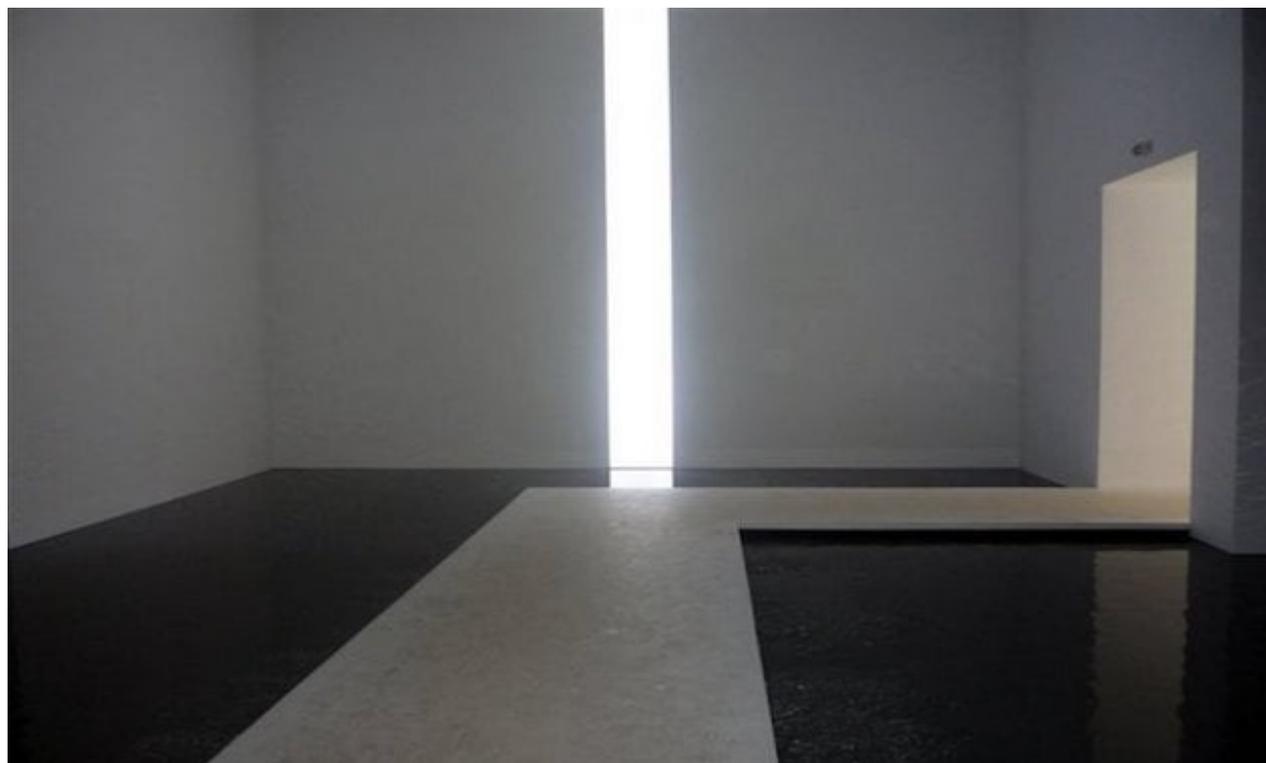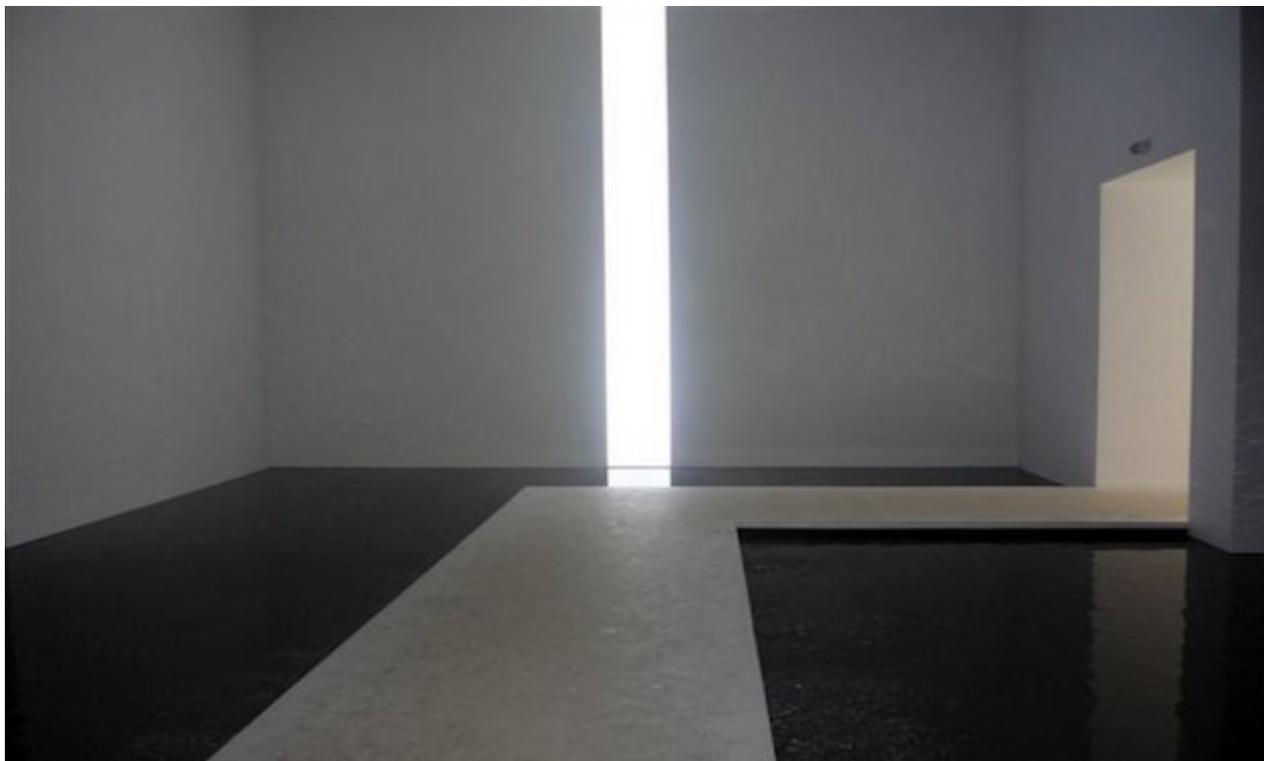
You're in a dark room and waving your arms trying to get rid of the darkness. But

darkness isn't dispelled like that. Open a window to let some light in and only then will the darkness flee. It's light that expels darkness. So let's study Scripture, the lives of the Saints, and the Fathers. That's the light that will get rid of the dark.