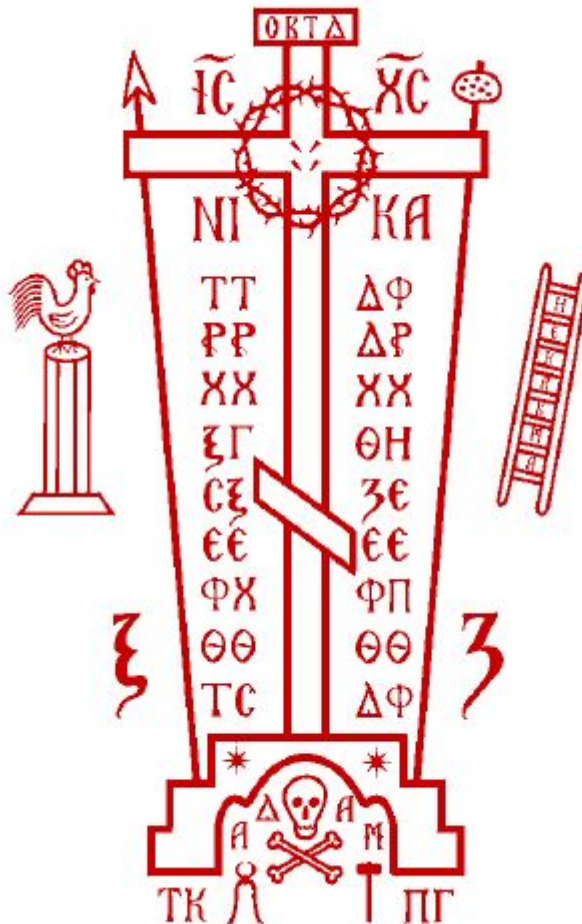


A Brief Explanation of the Symbolism of the Analabos

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The **ἀνάλαβος** (Analab[*v*]os), which is the distinctive garment of a monk or a nun Tonsured into the highest grade of Orthodox monasticism, the Great Schema, is adorned with the instruments of the Passion of Christ. It takes its name from the Greek **αναλαμβάνω** («to take up»), serving as a constant reminder to the one who wears it that he or she must «take up his cross daily» (St. Luke 9:23). The ornately-plaited Crosses that cover the Analabos, the **Polystavrion** (πολυσταύριον, from **πολύς**, «many,» and **σταυρός**, «Cross»)—a name often, though less accurately, also applied to the Analabos—reminds the monastic that he or she is «crucified with Christ» (Galatians 2:20):

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