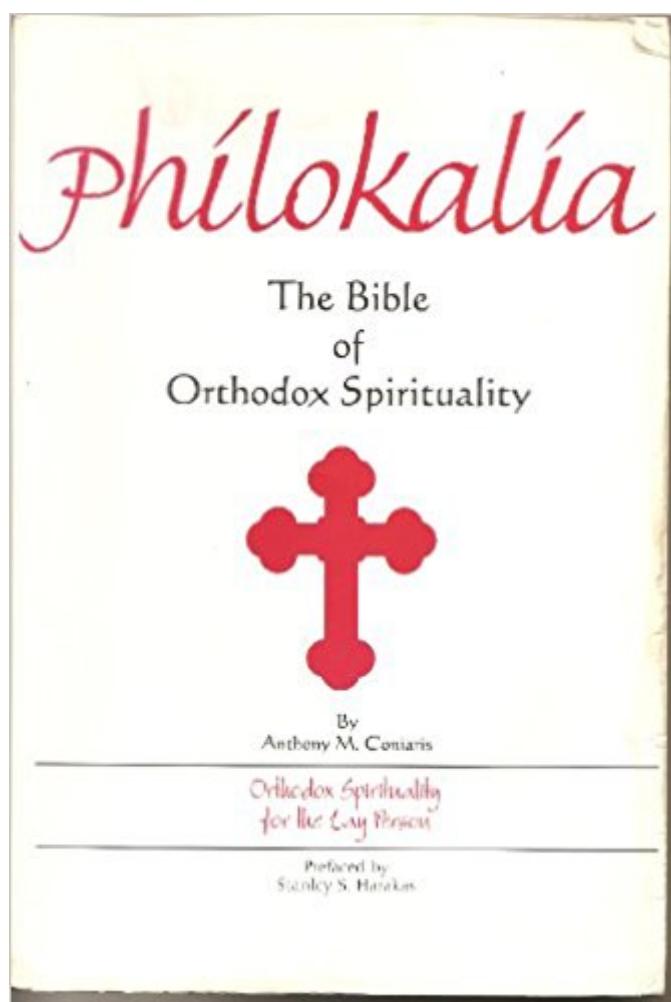


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# Philokalia: The Bible Of Orthodox Spirituality



## **Synopsis**

Brings the Orthodox spirituality of the Philokalia out of the monastery into everyday living. Addresses the relevance today of the subjects covered by the Fathers of the Philokalia, i.e. Vigilance (nepsis), Ascesis, Overcoming the Passions, etc. It is not a book for theologians but for the average Orthodox lay person. Fr. Harakas writes, "Those who read this book will come to a deepening of their spiritual life. Their heart will be touched, moved, and warmed." 6" x 9". 300 pages. 2nd printing.

## **Book Information**

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## **Customer Reviews**

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Prior to my purchase I was expecting yet another too serious spiritual book, however, I found this to be a beautiful book that renewed my spiritual life. It has a simple way to follow an admonition to prayer without ceasing. This is a marvelous book to renew self spirit and seriously getting closer to God!

This book serves as a synopsis of "Philokalia" - it is a wonderful introduction to the great themes of Orthodox spirituality. It marries together contemporary and ancient writers around the main chapters - making the writings incredibly accessible. A very sensitive, beautiful and motivating read.

An excellent guide to Orthodoxy and the bible.

The Philokalia is a wellspring of spiritual truth and guidance. This book is a worthy guide to its themes and its aim - a deeper spiritual life in step with God. With numerous quotes from the ancients mingled with careful reflection, the truths and methods that have sustained the faithful are explained and nurtured. Richness is too limited a word for what is found in this book.

Coniaris has successfully collected the basic teachings from the Philokalia and presented them in layman's terms. This will most likely be another of his books that I read again.

This book is an overview of the Philokalia for laymen. For full effect, one needs to read this book, and then read the Philokalia with the guidance of their priest or spiritual father.

The Philokalia is truly love of the beautiful in its spiritual essence and explanations of the word of God.

A must read for those of us of the Eastern Orthodox tradition.

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