

How to have a peaceful and serene mind



Having a peaceful and serene mind depends entirely on you. It does not depend on temptations or your fellow struggler's behavior. You yourself will be responsible for your salvation; whether you will be saved or not depends entirely on you. When you long for your salvation and struggle hard, then the outcome will be according to your wish.

Taking in account this, we should love everyone: the people which are coming in our life as blessings and the others which are coming in our life as lessons.

Based on Saint Ephraim of Katounakia

In this photo a monk is reading the hours before the Liturgy. The chapel of Holy Belt, Vatopedi monastery.

— Source: asceticexperience.com