

Anger blinds the soul's eyes



No matter what provokes it, anger blinds the soul's eyes, preventing it from seeing the Sun of righteousness.

Leaves, whether of gold or led, placed over the eyes obstruct the sight equally, for the value of the gold does not affect the blindness it produces. Similarly, anger, whether reasonable or unreasonable, obstructs our spiritual vision.

Our incentive power can be used in a way that is according to nature only when turned against our own impassioned or self-indulgent thoughts. This is what the Prophet teaches us when he says: 'Be angry, and do not sin' (Ps. 4:4) – that is, be angry with your own passions and with your malicious thoughts, and do not sin by carrying out their suggestions. What follows clearly confirms this interpretation: 'As you lie in bed, repent of what you say in your heart' (Ps. 4:4) – that is, when malicious thoughts enter your heart, expel them with anger, and then turn to compunction and repentance as if your soul were resting in a bed of stillness.

Based on Saint John Cassian

— Source: asceticexperience.com