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Patriarch of Serbia: Christians don’t need meditation, yoga and other so-called spiritual trends as fullness of the Revelation lies in the Church of Christ



The Patriarch of Serbia, His Holiness Porfirije, this week visited the historic 14th century monastery of Tuman, in eastern Serbia, which he called a place of renaissance for the Serbian people.

His Holiness reminded that Orthodox hermits over the centuries chose the specific monastery as the place to exercise their spiritual devotion, while characteristically adding: “… Christians do not need meditation, yoga and other so-called spiritual trends that have flooded our country and the rest of Europe… because the fullness of the Revelation lies in the Church of Christ; and we know we have this fullness.”










Saint Joseph the Hesychast
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