

BYZANTINE GREEK SERIES • VOLUME 5

THE LADDER OF DIVINE ASCENT



JOHN CLIMACUS

# ΚΛΙΜΑΞ

*The Ladder of Divine Ascent*  
*Thirty Steps from Renunciation to Love*

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with a word-for-word interlinear English translation  
preserving the original word order

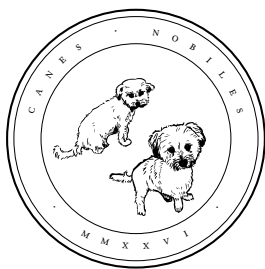


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JOHN CLIMACUS

# ΚΛΙΜΑΞ

*The Ladder of Divine Ascent*







*John addresses the treatise to John of Raithu. Of God's rational creatures some are his friends, some genuine servants, some unprofitable servants, some strangers, and some enemies; he will write for the servants who have compelled him. He defines the Christian, the monk, and withdrawal from the world, and names three motives for leaving it: the coming kingdom, the weight of sins, and the love of God. Those who leave Egypt need a Moses to stand between them and God. Renunciation from fear smolders, from hope of reward turns like a mill, from love burns at once. Circumstantial renunciations bear fruit too, and a married man can live well in the world, but the monk must pick the life that suits him: solitude, stillness with one or two, or a community.*

Τοῦ λόγου, οὗ ἐπωνυμία, Πλάκες πνευματικάι. Λόγος  
of-the treatise of-which title Tablets spiritual treatise  
ἀσκητικὸς τοῦ ἀββᾶ Ἰωάννου τοῦ ἡγουμένου τῶν ἐν τῷ  
ascetic — of-abba John the abbot of-the on the  
Σινᾶ ὄρει μοναχῶν, ὃν καὶ ἐπέστειλε τῷ ἀββᾶ Ἰωάννῃ  
Sinai mountain monks which also he-sent — to-abba John  
τῷ ἡγουμένῳ τῆς Ῥαῖθου, προτραπεῖς παρ' αὐτοῦ συντάξει.  
the abbot — of-Raithu having-been-urged by him to-compose  
Τοῦ ἀγαθοῦ καὶ ὑπεραγάθου καὶ παναγάθου ἡμῶν Θεοῦ, καὶ 1  
of-the good and super-good and all-good our God and  
βασιλέως (καλὸν γὰρ ἐκ Θεοῦ πρὸς τοὺς Θεοῦ θεράποντας  
king good for from God to the of-God servants  
ἄρξασθαι), πάντων τῶν ὑπ' αὐτοῦ κτισθέντων λογικῶν  
to-begin of-all the by him created rational-beings  
αὐτεξουσιότητος ἀξιώματι τιμηθέντων, οἱ μὲν εἰσιν αὐτοῦ  
of-free-will with-dignity honored the indeed are his  
φίλοι, οἱ δὲ γνήσιοι δοῦλοι, οἱ δὲ ἀχρεῖοι, οἱ δὲ πάντῃ  
friends the and genuine servants the and unprofitable the and wholly  
ἀπεξενωμένοι, οἱ δέ, εἰ καὶ ἀσθενεῖς, ὅμως ἀντίδικοι. Καὶ  
estranged the and if even weak nevertheless adversaries and

φίλους μὲν κυρίως ἡμεῖς οἱ ἰδιῶται, ὦ ἱερὰ κεφαλή, περὶ  
*friends indeed properly we the unlearned O holy head about*  
 Θεοῦ ὑπειλήφαμεν, τὰς περὶ αὐτὸν νοεράς τε καὶ ἄσωμάτους  
*God have-supposed the around him intellectual both and bodiless*  
 οὐσίας· γνησίους δὲ δούλους, πάντας τοὺς τὸ θέλημα αὐτοῦ  
*substances genuine and servants all those the will his*  
 ἀόκνως, καὶ ἀπαραλείπτως ποιοῦντας, καὶ ποιήσαντας·  
*unhesitatingly and without-omission doing and having-done*  
 ἀχρείους δὲ δούλους, ὅσοι μὲν τοῦ βαπτίσματος  
*unprofitable and servants as-many-as indeed of-the baptism*  
 ἀξιωθῆναι νομίζουσι, τὰς δὲ πρὸς αὐτὸν συνθήκας  
*to-have-been-deemed-worthy think the but toward him covenants*  
 γνησίως οὐκ ἐφυλάξαντο· ξένους δ' ἀπὸ Θεοῦ, καὶ ἐχθροὺς  
*genuinely not kept strangers and from God and enemies*  
 νοήσωμεν, ὅσοι ἢ ἄπιστοι, ἢ κακόπιστοι τυγχάνουσι.  
*let-us-consider as-many-as either unbelieving or of-bad-faith happen-to-be*  
 2 Πολέμιοι δ' εἰσὶν οἱ μὴ μόνον τὸ τοῦ Κυρίου πρόσταγμα  
*foes and are those not only the of-the Lord command*  
 διακρουσάμενοι, καὶ ἐξ ἑαυτῶν ἀπορρίψαντες, ἀλλὰ καὶ  
*having-thrust-away and from themselves having-cast-off but also*  
 τοὺς τοῦτο κατεργαζομένους ἰσχυρῶς πολεμοῦντες. Ἐπεὶ  
*those this accomplishing mightily warring-against since*  
 οὖν πάντων τῶν προειρημένων ἕκαστος ἰδίον τινα, καὶ  
*then of-all the aforesaid each own a-certain and*  
 πρέποντα λόγον κέκτηνται, ἡμῖν δὲ τοῖς ἀμαθέσιν οὐ  
*fitting discourse possess for-us and the unlearned not*  
 λυσιτελεῖς ἐπὶ τοῦ παρόντος τὰ τοιαῦτα διεξέρχεσθαι, φέρε  
*profitable at the present the such(-things) to-go-through come*  
 δὴ, φέρε ἡμεῖς νῦν πρὸς τοὺς εὐσεβῶς ἡμᾶς τυραννήσαντας,  
*indeed come we now toward those piously us having-tyrannized*  
 καὶ πιστῶς βιασαμένους τοῖς αὐτῶν προστάγμασι, Θεοῦ  
*and faithfully having-constrained by-the their commands of-God*

γνησίους δούλους, τὴν ἐαυτῶν ἀνάξιον χεῖρα δι' ὑπακοῆς  
*genuine servants the our-own unworthy hand through obedience*  
 ἀδιακρίτου ἐκτείναντες, καὶ παρὰ τῆς αὐτῶν γνώσεως  
*unquestioning having-stretched-out and from the their knowledge*  
 τὸν τοῦ λόγου κάλαμον δεξάμενοι, τῇ σκυθρωπῇ καὶ  
*the of-the word pen having-received in-the gloomy and*  
 λαμπρῇ ταπεινοφροσύνῃ βάψαντες, ἐν ταῖς λείαις, καὶ  
*shining humility having-dipped on the smooth and*  
 λευκαῖς αὐτῶν καρδίαις, ὥσπερ ἔν τισι χάρταις, μᾶλλον δὲ  
*white their hearts as on some papers rather and*  
 πλαξὶ πνευματικαῖς τοῦτον ἀναπαύσαντες, τὰ θεϊκὰ λόγια,  
*tablets spiritual it having-rested the divine oracles*  
 μᾶλλον δὲ σπέρματα διαζωγραφοῦντες λέγωμεν ὧδε.

Πάντων τῶν προαιρουμένων ὁ Θεὸς πάντων ἡ ζωή·  
*of-all those choosing — God of-all the life*  
 πάντων ἡ σωτηρία πιστῶν, ἀπίστων· δικαίων, ἀδίκων·  
*of-all the salvation of-believers of-unbelievers of-just of-unjust*  
 εὐσεβῶν, ἀσεβῶν· ἀπαθῶν, ἐμπαθῶν· μοναχῶν, κοσμικῶν·  
*of-pious of-impious of-dispassionate of-passionate of-monks of-worldlings*  
 σοφῶν, ἰδιωτῶν· ὑγιῶν, ἀσθενῶν· νέων, προβεβηκότων.  
*of-wise of-unlearned of-healthy of-sick of-young of-advanced-in-years*  
 Ὡσπερ φωτὸς χύσις, καὶ ἡλίου θέα, καὶ ἀέρων ἐναλλαγὴ,  
*just-as of-light outpouring and of-sun sight and of-air change*  
 καὶ ἀλλοιώσις οὐκ ἔστιν· «Ὁὐ γὰρ προσωποληψία παρὰ  
*and alteration not there-is not for respect-of-persons with*  
 Θεῷ.» Ἄσεβής ἐστιν, φύσις λογική, θνητή, ἐκουσίως τὴν  
*God impious is nature rational mortal willingly the*  
 ζωὴν ἀποφεύγουσα, καὶ τὸν οἰκεῖον Ποιητὴν, τὸν αἰὲ  
*life fleeing and the own Maker the ever*  
 ὄντα, οὐκ ὄντα λογιζομένη. Παράνομός ἐστιν ὁ τὸν  
*existing not existing reckoning lawless is the(-one) the*

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νόμον τὸν ἐκ Θεοῦ μετ' οἰκείας κακονοίας κατέχων, καὶ  
*law the from God with own malice holding and*  
μεθ' αἰρέσεως ἐναντίας πιστεύειν Θεῷ νομίζων. Χριστιανός  
*with heresy contrary to-believe God supposing a-Christian*  
ἐστίν, μίμημα Χριστοῦ κατὰ τὸ δυνατόν ἀνθρώπων,  
*is an-imitation of-Christ according-to the possible for-men*  
λόγοις, καὶ ἔργοις, καὶ ἐννοίᾳ εἰς τὴν ἁγίαν Τριάδα ὀρθῶς,  
*in-words and deeds and thought in the holy Trinity rightly*  
καὶ ἀμέμπτως πιστεύων. Θεοφιλὴς ἐστίν ὁ πάντων  
*and blamelessly believing dear-to-God is the(-one) of-all*  
τῶν φυσικῶν, καὶ ἀναμαρτήτων ἐν μετουσίᾳ ὑπάρχων· καὶ  
*the natural and sinless-things in participation being and*  
τῶν κατὰ δύνάμιν ἀγαθῶν μὴ ἀμελῶν. Ἐγκρατής ἐστίν  
*the according-to power good-things not neglecting continent is*  
ὁ ἐν μέσῳ πειρασμῶν, καὶ παγίδων, καὶ θορύβων  
*the(-one) in the-midst of-temptations and snares and tumults*  
ἀπηλλαγμένου τρόπους πάσῃ δυνάμει μιμεῖσθαι φιλονεικῶν.  
*of-one-delivered ways with-all power to-imitate striving*  
Μοναχός ἐστίν, τάξις καὶ κατάστασις ἀσωμάτων, ἐν  
*a-monk is an-order and state of-bodiless-ones in*  
σώματι ὑλικῷ καὶ ῥυπαρῷ ἐπιτελουμένη. Μοναχός ἐστίν  
*a-body material and soiled accomplished a-monk is*  
ὁ μόνον τῶν τοῦ Θεοῦ ἐχόμενος ὄρων, καὶ λόγων ἐν  
*the(-one) only the — of-God clinging-to bounds and words in*  
παντὶ καιρῷ, καὶ τόπῳ, καὶ πράγματι. Μοναχός ἐστίν·  
*every time and place and matter a-monk is*  
βία φύσεως διηνεκῆς, καὶ φυλακὴ αἰσθήσεων ἀνελλιπής.  
*a-forcing of-nature continual and a-guard of-(the)-senses unfailing*  
Μοναχός ἐστίν ἡγνισμένον σῶμα, καὶ κεκαθαρμένον στόμα,  
*a-monk is a-purified body and cleansed mouth*  
καὶ πεφωτισμένος νοῦς. Μοναχός ἐστίν κατώδυνος ψυχὴ ἐν  
*and enlightened mind a-monk is an-anguished soul in*

διηνεκεί μνήμη θανάτου ἀδολεσχοῦσα, καὶ ὑπνώπτουσα,  
*continual remembrance of-death meditating and sleeping*  
 καὶ γρηγοροῦσα. Ἀναχώρησις κόσμου ἐστὶν ἐκούσιον  
*and waking withdrawal from-(the)-world is a-willing*  
 μῖσος ἐπαινουμένης ὕλης, καὶ ἄρνησις φύσεως δι'  
*hatred of-praised matter and denial of-nature because-of*  
 ἐπιτυχίαν τῶν ὑπὲρ φύσιν. Πάντες οἱ τὰ τοῦ βίου  
*attainment of-the-things above nature all those the-things of-the life*  
 προθύμως καταλιπόντες, πάντως ἢ διὰ τὴν μέλλουσαν  
*eagerly having-left surely either because-of the coming*  
 βασιλείαν· ἢ διὰ πλῆθος ἀμαρτημάτων· ἢ διὰ τὴν  
*kingdom or because-of a-multitude of-sins or because-of the*  
 εἰς Θεὸν ἀγάπην τοῦτο πεποιήκασιν. Εἰ δ' οὐδεὶς τῶν  
*toward God love this have-done if but none of-the*  
 προειρημένων σκοπῶν αὐτοῖς προηγήσατο, ἄλογος ἢ  
*aforesaid aims them led irrational the*  
 τούτων ἀναχώρησις καθέστηκε. Πλὴν τὸ πέρας τοῦ δρόμου  
*their withdrawal is however the end of-the course*  
 ὁποῖον καθέστηκεν, ὁ καλὸς ἡμῶν ἀγωνοθέτης ἐκδέχεται.  
*of-what-sort it-is the good our judge-of-the-contest awaits*  
 Μιμείσθω ὁ τὸ ἑαυτοῦ φορτίον τῶν ἀμαρτημάτων  
*let-him-imitate the(-one) the own burden of-the sins*  
 σκορπίσαι τοῦ κόσμου ἐξεληλυθώς, τοὺς πρὸ τῶν τάφων  
*to-scatter the world having-gone-out-of those before the tombs*  
 καθημένους ἔξω τῆς πόλεως. Καὶ μὴ παύσεται τῶν  
*sitting outside the city and not let-him-cease from-the*  
 θερμῶν, καὶ διαπύρων σταγόνων, καὶ ἀφώνων ὀλοθυγμῶν  
*hot and fiery drops and voiceless wailings*  
 τῆς καρδίας, ἕως οὗ ἴδῃ καὶ αὐτὸς τὸν Ἰησοῦν  
*of-the heart until — he-may-see also himself — Jesus*  
 ἐληλυθότα, καὶ τὸν λίθον τῆς πυρώσεως ἐκ τῆς καρδίας  
*come and the stone of-the burning from the heart*

ἀποκυλίσαντα· καὶ τὸν νοῦν ἡμῶν Λάζαρον τῶν σειρῶν  
*having-rolled-away and the mind our Lazarus from-the bonds*  
 τῶν ἀμαρτημάτων λύσαντα, καὶ τοῖς ὑπουργοῖς ἀγγέλοις,  
*of-the sins having-loosed and to-the ministering angels*  
 Λύσατε αὐτὸν ἐκ τῶν παθῶν, καὶ ἄφετε ὑπάγειν πρὸς  
*loose him from the passions and let to-go-off to*  
 τὴν μακαρίαν ἀπάθειαν, κελεύσαντα. Εἰ δὲ μὴ οὕτως,  
*the blessed dispassion having-ordered if but not thus*  
 οὐδὲν ὠφέλημα. Ὅσοι ἐξ Αἰγύπτου, καὶ τοῦ Φαραὼ  
*no benefit as-many-as out-of Egypt and — from-Pharaoh*  
 ἐξελθεῖν, καὶ φυγεῖν βουλόμεθα, πάντως Μωσέως τινὸς  
*to-go-out and to-flee wish surely of-a-Moses some*  
 καὶ ἡμεῖς μεσίτου πρὸς Θεόν, καὶ μετὰ Θεὸν δεόμεθα,  
*also we mediator toward God and after God need*  
 ὅπως τε ὑπὲρ ἡμῶν μέσος πράξεως, καὶ θεωρίας ἐστὼς  
*so-that and for us between action and contemplation standing*  
 τὰς χεῖρας πρὸς Θεὸν ἐκτεῖνοι, ἵνα οἱ καθοδηγούμενοι  
*the hands to God he-may-stretch-out that those guided*  
 τὴν τε θάλασσαν τῶν ἀμαρτημάτων περάσωσι, καὶ τὸν  
*the both sea of-the sins may-cross and —*  
 Ἄμαληκ τῶν παθῶν τροπώσωνται. Ἦπατήθησαν τοῖνυν  
*Amalek of-the passions may-rout were-deceived therefore*  
 οἱ ἑαυτοὺς ἀποδιδόντες, καὶ μηδενὸς τοῦ προηγουμένου  
*those themselves giving-over and of-no-one the(-one) going-before*  
 χρῆζειν ὑπονοήσαντες. Οἱ μὲν ἐξ Αἰγύπτου ἐξιόντες,  
*to-need having-supposed the(-ones) indeed out-of Egypt going-out*  
 Μωσέα· οἱ δὲ ἐκ Σοδόμων ἐκφυγόντες, ἄγγελον τὸν  
*Moses the(-ones) and from Sodom having-escaped an-angel the*  
 καθηγούντα ἐκέκτηντο. Καὶ οἱ μὲν τοῖς τὰ ψυχικὰ  
*leading bad and the(-ones) indeed to-those the soul's*  
 πάθη ἰωμένους δι' ἐπιμελείας ἰατρῶν ἐοίκασιν, οἷτινές  
*passions healing through care of-physicians are-like who*

εἰσιν οἱ ἐξ Αἰγύπτου ἐκπορευόμενοι. Οἱ δὲ τὴν τοῦ  
*are those out-of Egypt going-forth the(-ones) and the of-the*  
 δυστήνου σώματος ἀκαθαρσίαν ἐπιποθοῦσιν ἐκδύσασθαι.  
*wretched body uncleanness long to-put-off*  
 Διὸ καὶ ἀγγέλου, ἢ γοῦν ἰσαγγέλου, ἵνα οὕτως εἴπω,  
*therefore also of-an-angel or at-least of-one-equal-to-angels that thus I-may-say*  
 τοῦ συμβοηθοῦντος ἐπιδέονται. Καὶ γὰρ τὴν σηπεδόνα  
*the helping they-need and for the rot*  
 τῶν τραυμάτων, τεχνίτου λίαν, καὶ ἱατροῦ ἐπιδεόμεθα.  
*of-the wounds of-a-skilled very and physician we-need*  
 Βίᾳ ἀληθῶς καὶ ἀπαύστων ὀδυνῶν οἱ εἰς οὐρανὸν μετὰ  
*of-force truly and of-unceasing pains those into heaven with*  
 σώματος ἀνελθεῖν ἐπιχειρήσαντες δέονται· καὶ μάλιστα ἐν  
*a-body to-ascend having-attempted need and especially in*  
 προοιμίῳ αὐτοῖς τῆς ἀποταγῆς· ἄχρις οὗ τὸ φιλήδονον  
*beginnings very of-the renunciation until — the pleasure-loving*  
 ἡμῶν ἦθος καὶ ἀνάληγτος καρδιά, εἰς φιλοθεΐαν, καὶ  
*our character and insensible heart into love-of-God and*  
 ἀγνισμόν διὰ πένθους ἐναργοῦς κατασταθῶσι. Μόχθος  
*purity through mourning manifest are-brought toil*  
 γὰρ ὄντως, μόχθος, καὶ πολλὴ καὶ ἀόρατος ἡ πικρία,  
*for truly toil and much and unseen the bitterness*  
 καὶ μάλιστα τοῖς ἀμελῶς διακειμένοις, ἄχρις οὗ τὸν  
*and especially for-those carelessly disposed until — the*  
 φιλομάκελλον κύνα νοῦν, καὶ φιλόβρομον, φιλαγνόν τινα καὶ  
*meat-market-loving dog mind and noise-loving purity-loving one and*  
 φιλεπίσκοπον, δι' ἀπλότητος, καὶ ἀοργησίας βαθείας,  
*watchful through simplicity and freedom-from-anger deep*  
 καὶ ἐπιμελείας ποιήσωμεν. Πλὴν θαρσῶμεν οἱ ἐμπαθεῖς,  
*and diligence we-make however let-us-take-courage the passionate*  
 καὶ ἀδυνάμενοι, πίστει ἀδιστάκτῳ τὴν ἡμετέραν ἀσθένειαν,  
*and powerless with-faith undoubting the our weakness*

καὶ ψυχικὴν ἀδυναμίαν τῇ χειρὶ ἡμῶν, τῇ δεξιᾷ Χριστῷ  
*and soul's powerlessness with-the hand our the right to-Christ*  
 προσφέροντες, καὶ ἐξομολογούμενοι καὶ πάντως τὴν αὐτοῦ  
*bringing and confessing and surely the his*  
 βοήθειαν, καὶ ὑπὲρ τὴν ἑαυτῶν ἀξίαν κομίζομεθα ἐν βυθῷ  
*help even beyond the our-own worth we-receive in (the)-depth*  
 μέντοι ταπεινοφροσύνης ἑαυτοὺς διηνεκῶς καταφέροντες.  
*however of-humility ourselves continually bringing-down*  
 Γινωσκέτωσαν πάντες οἱ ἐν τῷ καλῷ ἀγῶνι τούτῳ τῷ  
*let-know all the(-ones) in the good contest this the*  
 σκληρῷ, καὶ στενῷ, καὶ ἐλαφρῷ προσερχόμενοι, ὡς εἰς πῦρ  
*hard and narrow and light approaching that into fire*  
 προσεληλύθασιν εἰσπηδήσαι, εἴπερ πῦρ αἴνιον ἐν ἑαυτοῖς  
*they-have-come to-leap if-indeed fire immaterial in themselves*  
 ἐνοικῆσαι ἐκδέχονται. Δοκιμαζέτω δὲ ἕκαστος ἑαυτόν, καὶ  
*to-dwell they-expect let-test and each himself and*  
 εἰθ' οὕτως ἐκ τοῦ ἄρτου αὐτῆς τοῦ μετὰ πικριδίων, καὶ  
*then thus from the bread its the with bitter-herbs and*  
 ἐκ τοῦ ποτηρίου αὐτῆς τοῦ μετὰ δακρύων ἐσθιέτω, καὶ  
*from the cup its the with tears let-him-eat and*  
 πινέτω, ἵνα μὴ εἰς κρῖμα ἑαυτῷ στρατεύηται. Εἰ οὐ πᾶς  
*let-him-drink that not to judgment for-himself he-may-serve if not every*  
 ὁ βαπτιζόμενος σέσωσται, τὸ ἐξῆς σιωπήσομαι,  
*the(-one) being-baptized has-been-saved the next I-will-pass-over-in-silence*  
 πάντα ἀπαρνήσονται, πάντα καταφρονήσουσι πάντα  
*all-things will-renounce all-things will-despise all-things*  
 καταγέλᾳσονται πάντα ἐκτινάσσονται οἱ προσερχόμενοι,  
*will-mock all-things will-shake-off the(-ones) approaching*  
 ἵνα καλὸν θεμέλιον καταβάλωνται. Καλὸς τριδομος καὶ  
*that a-good foundation they-may-lay-down good three-coursed and*  
 τρίστυλος θεμέλιος ἀκακία, νηστεία, σωφροσύνη. Πάντες  
*three-pillared foundation innocence fasting temperance all*



οἱ ἐν Χριστῷ νήπιοι διὰ τούτων ἀρχέσθωσαν, τεκμήριον  
*the in Christ infants through these let-begin as-proof*  
 λαμβάνοντες τὰ αἰσθητὰ νήπια. Οὐδὲν γίνεται παρὰ  
*taking the sensible infants nothing happens with*  
 ἐκείνοις δεινόν, οὐδὲν ὕπουλον εὐρεθήσεται ποτε· οὐ  
*them dreadful nothing festering will-be-found ever no*  
 κόρος ἀκόρεστος· οὐ γαστήρ ἀχόρταστος· οὐ σῶμα  
*surfeit insatiable no belly unfilled no body*  
 πυρούμενον. Ἴσως γὰρ κατὰ τὴν αὔξησιν τῆς τροφῆς  
*inflamed perhaps for according-to the growth of-the food*  
 λοιπὸν προκόπτονται· καὶ τὴν πύρωσιν προσλαμβάνονται.  
*thereafter they-advance and the burning take-on*  
 Μισητὸν ἀληθῶς καὶ ἐπικίνδυνον τὸ ἐξ εἰσόδου τῆς  
*hateful truly and dangerous the from the-entry of-the*  
 πάλης χαυνωθῆναι τὸν παλαίοντα, πᾶσι διδόντα τεκμήριον  
*wrestling to-grow-slack the wrestler to-all giving proof*  
 τῆς ἑαυτοῦ σφαγῆς. Ἐστω ἡμῖν πάντως ἐκ τῆς στερῆρας  
*of-the own slaughter let-there-be for-us surely from the firm*  
 ἀρχῆς, καὶ ἐν τῇ μετ' αὐτὴν χαυνώσει ὠφέλεια. Ψυχὴ  
*beginning also in the after it slackening benefit a-soul*  
 γὰρ ἀνδρισμένη, καὶ ὑποχαλάσασα, ὑπὸ τῆς μνήμης  
*for having-played-the-man and having-relaxed by the memory*  
 τῆς ἀρχαίας σπουδῆς, ὥς ὑπὸ κέντρον, πλήσσεται. Διὸ  
*of-the former zeal as by a-goad is-struck therefore*  
 καὶ ἐκ τούτου πολλάκις τινὲς ἑαυτοὺς ἀνεπτέρωσαν.  
*also from this often some themselves gave-wings-to*  
 Ὅποτ' ἂν ἡ ψυχὴ ἑαυτὴν προδοῦσα τὴν θερμὴν ἀπολέσῃ 4  
*whenever — the soul itself having-betrayed the warmth loses*  
 τὴν μακαρίαν καὶ ἐπήρατον, ζητησάτω ἐπιμελῶς ἐκ  
*the blessed and lovely let-it-seek carefully from*  
 ποίας αἰτίας αὐτῆς ἐστέρηται, καὶ κατ' ἐκείνης ὅλον  
*what cause of-it it-has-been-deprived and against that all*

τὸν πόθον, καὶ τὴν σπουδὴν ἀναλαβέτω. Οὐκ ἔστι  
*the longing and the zeal let-it-take-up not it-is-possible*  
 γὰρ δι' ἑτέρας πύλης αὐτὴν ἐπαναστρέψαι, εἰ μὴ  
*for through another gate it to-return if not*  
 δι' ἧς καὶ ἐξελήλυθεν. Ὁ μὲν ἐκ φόβου τὴν  
*through which also it-has-gone-out the(-one) indeed from fear the*  
 ὑποταγὴν ποιησάμενος, ἴσως τῷ καιομένῳ θυμιάματι  
*submission having-made perhaps to-the burning incense*  
 προσέοικεν, ἐν ἀρχαῖς μὲν ἐξ εὐωδίας ἀρξάμενον ὕστερον  
*is-like in beginnings indeed from fragrance beginning later*  
 δὲ εἰς καπνὸν καταλῆξαν· ὁ δὲ ἐκ μισθοῦ, ὀνικὸς  
*but into smoke ending the(-one) and from wages donkey-driven*  
 μύλος καθίσταται, διὰ παντὸς ὡσαύτως κινούμενος·  
*millstone becomes through all(-time) likewise moving*  
 ὁ δὲ ἐξ ἀγάπης θείας τὴν ἀναχώρησιν ποιούμενος,  
*the(-one) and from love divine the withdrawal making*  
 εὐθέως πῦρ ἐν προοιμίῳ κέκτηται· καὶ ἴσως ἐν ὕλῃ  
*at-once fire in (the)-beginnings possesses and perhaps in wood*  
 βληθέν, κατὰ πρόσωπον σφοδροτέραν τὴν πυρὰν ἐξάψειεν.  
*cast in face fiercer the blaze would-kindle*  
 Εἰσὶ τινες οἱ ἐπάνω λίθων πλίνθους οἰκοδομοῦντες· καὶ  
*there-are some who upon stones bricks building and*  
 εἰσὶν ἕτεροι, οἱ ἐπάνω γῆς στύλους ἐδραΐωσαν· καὶ  
*there-are others who upon earth pillars set-up and*  
 εἰσὶν ἄλλοι μικρὸν πεζεύσαντες, καὶ τῶν νεύρων, καὶ  
*there-are others a-little having-walked and the sinews and*  
 ἁρμῶν θαλφθέντες, ὀξυτέρως ἐβάδισαν, ὁ νοῶν  
*joints having-been-warmed more-swiftly walked the(-one) understanding*  
 νοεῖτω λόγον συμβολικόν. Ὡς ὑπὸ Θεοῦ καὶ βασιλέως  
*let-him-understand a-word symbolic as by God and king*  
 κληθέντες προθύμως δράμωμεν, μήπως ὀλιγοχρόνιοι ὄντες  
*called eagerly let-us-run lest short-lived being*

ἐν ἡμέρᾳ θανάτου ἄκαρποι εὑρεθῶμεν, καὶ τῷ λιμῷ  
*in (the)-day of-death fruitless we-be-found and by-the famine*  
 τελευτήσωμεν. Εὐαρεστήσωμεν Κυρίῳ ὡς στρατιῶται  
*die let-us-please (the)-Lord as soldiers*  
 βασιλεῖ. Μετὰ γὰρ στρατείαν τότε τὴν ἀκριβῆ δουλείαν  
*a-king after for enlistment then the exact service*  
 ἀπαιτούμεθα. Φοβηθῶμεν τὸν Κύριον ὡς τὰ θηρία. Εἶδον  
*we-are-required let-us-fear the Lord as the beasts I-saw*  
 γὰρ ἄνδρας συλῆσαι πορευθέντας, καὶ Θεὸν μὲν οὐκ  
*for men to-plunder having-gone and God indeed not*  
 ἐφοβήθησαν, κυνῶν δὲ φωνὴν ἐν τῷ τόπῳ ἀκούσαντες  
*they-feared of-dogs but voice in the place having-heard*  
 εὐθέως ὑπέστρεψαν. Καὶ ὅπερ φόβος Θεοῦ οὐκ ἐποίησε,  
*at-once turned-back and what fear of-God not did*  
 τοῦτο φόβος θηρίων ἵσχυσεν. Ἀγαπήσωμεν τὸν Κύριον,  
*this fear of-beasts achieved let-us-love the Lord*  
 ὡς τοὺς φίλους σεβόμεθα. Εἶδον γὰρ πολλάκις τινὰς  
*as the friends we-revere I-saw for often some*  
 τὸν Θεὸν λυπήσαντας, καὶ οὐδεμίαν μέριμναν περὶ τούτου  
*— God having-grieved and no care about this*  
 ἐσχηκότας· καὶ εἶδον τοὺς αὐτοὺς, τοὺς ἑαυτῶν ἀγαπητοὺς  
*having-bad and I-saw the same the own beloved*  
 ἐν τινι ψιλῷ παραπικράσαντας, καὶ πᾶσαν μηχανήν,  
*in some trifle having-embittered and every device*  
 πᾶσαν ἐπίνοιαν, πᾶσαν θλίψιν, πᾶσαν ἐξομολόγησιν δι'  
*every contrivance every affliction every confession through*  
 ἑαυτῶν, διὰ φίλων, διὰ δώρων ποιήσαντας, ἵνα εἰς τὴν  
*themselves through friends through gifts having-made that to the*  
 ἀρχαίαν ἀγάπην ἐπιστρέψωσιν. Ἐν αὐταῖς ταῖς ἀρχαῖς  
*former love they-might-return in the-very the beginnings*  
 τῆς ἀποταγῆς πάντως μετὰ κόπου, καὶ πικρίας τὰς  
*of-the renunciation surely with toil and bitterness the*

ἀρετὰς κατεργαζόμεθα· προκόψαντες δὲ λοιπόν, ἀλύπως  
*virtues we-accomplish having-advanced but thereafter without-grief*  
 ἐν αὐταῖς, καὶ μικρὸν λυπούμενοι διακείμεθα. Ὅταν δὲ τὸ  
*in them and a-little grieving we-are-disposed when but the*  
 θνητὸν ἡμῶν φρόνημα καταποθῇ, καὶ κυριευθῇ ὑπὸ τῆς  
*mortal our mind is-swallowed-up and mastered by the*  
 προθυμίας, τὸ λοιπὸν μετὰ πάσης χαρᾶς, καὶ σπουδῆς,  
*eagerness for-the rest with all joy and zeal*  
 καὶ πόθου, καὶ φλογὸς θείας αὐτὰς κατεργαζόμεθα.  
*and longing and flame divine them we-accomplish*  
 Καθόσον ἐπαινετοὶ οἱ εὐθέως ἐκ προοιμίων μετὰ πάσης  
*insofar-as praiseworthy those at-once from the-beginnings with all*  
 χαρᾶς, καὶ προθυμίας τὰς ἐντολὰς ἐκτελοῦντες· κατὰ  
*joy and eagerness the commandments fulfilling in*  
 τοσοῦτον ἑλεεινοί, οἱ ἐν τῇ ἀσκήσει χρονίσαντες, καὶ ἔτι  
*so-far pitiable those in the discipline having-grown-old and still*  
 μετὰ κόπου αὐτὰς μετερχόμενοι, κὰν μετέρχονται. Μηδὲ  
*with toil them pursuing if-even they-pursue(-them) nor*  
 τὰς περιστατικὰς ἀποταγὰς βδελυζόμεθα ἢ κατακρίνωμεν.  
*the circumstantial renunciations let-us-abor or condemn*  
 Εἶδον γάρ τινας φεύγοντας, καὶ ἀκουσίως τῷ βασιλεῖ  
*I-saw for some fleeing and unwillingly to-the king*  
 προσερχομένους, καὶ ἀπαντῶντας προσερχομένῳ, καὶ  
*approaching and meeting him-approaching and*  
 τούτῳ λοιπὸν ἀκουσίως ὀψικεύσαντας, καὶ ἐν τῷ παλατίῳ  
*him thereafter unwillingly having-escorted and in the palace*  
 αὐτῷ συνεισελθόντας, καὶ τούτῳ συναριστήσαντας. Εἶδον  
*with-him having-entered and with-him having-dined I-saw*  
 σπóρον ἐν γῇ ἀκουσίως ἐκπεσόντα, καὶ καρπὸν πολύν,  
*seed on earth unwillingly having-fallen and fruit much*  
 καὶ εὐθαλῇ πεποιηκότα· ὥσπερ καὶ ἔμπαλιν. Εἶδον ἐν  
*and flourishing having-produced as also the-reverse I-saw in*

ἰατροίῳ τινὰ κατὰ τινὰ ἑτέραν χρείαν παραγενόμενον, καὶ  
*a-surgery someone for some other need having-come and*  
 ὑπὸ τοῦ ἱατροῦ ἀστειότητι κρατηθέντα, καὶ ἀποστυφθέντα,  
*by the physician with-courtesy having-been-held and having-been-treated*  
 καὶ τὴν ἐπικειμένην τῷ φωτὶ αὐτοῦ ἀχλὺν ἀποβαλόντα·  
*and the lying on-the light his mist having-cast-off*  
 καὶ γέγονε τὰ ἀκούσια τῶν ἔν τισιν ἐκουσίων  
*and have-become the unwilling-things than-the in some willing*  
 βεβαιότερα, καὶ κυριώτερα. Μηδεὶς βάρος καὶ πλήθος  
*firmer and more-sovereign no-one weight and multitude*  
 ἁμαρτιῶν προφασιζόμενος ἀνάξιον ἑαυτὸν τοῦ μοναχικοῦ  
*of-sins pleading unworthy himself of-the monastic*  
 ἐπαγγέλματος ἀποκαλοῦτο· καὶ διὰ ἡδυπάθειαν ἑαυτὸν  
*profession should-call and because-of self-indulgence himself*  
 εὐτελίξειν νομιζέτω, προφασιζόμενος προφάσεις ἐν ἁμαρτίαις  
*to-belittle let-him-think making excuses in sins*  
 Ὅπου γὰρ πολλὴ ἡ σηπεδών, ἐκεῖ καὶ μεγάλης ἰατρείας  
*where for much the rot there also of-great treatment*  
 χρεία, ἵνα τὸν ρύπον ἀπόθῃται. Οἱ γὰρ ὑγιαίνοντες ἐν  
*need that the filth he-may-put-off the for healthy in*  
 ἰατροίῳ οὐ παραγίνονται. Εἰ βασιλέως ἐπιγείου καλέσαντος,  
*a-surgery not come if a-king earthly having-called*  
 καὶ εἰς τὴν κατὰ πρόσωπον αὐτοῦ δουλείαν στρατεῦσαι  
*and into the before face his service to-enlist*  
 θελήσαντος, οὐκ ἀναμένομεν, οὐ προφασιζόμεθα· ἀλλὰ  
*having-wished not we-wait not we-make-excuses but*  
 πάντα καταλείβαντες προθύμως αὐτὸν καταφθάνομεν·  
*all-things having-left eagerly him we-hasten-to*  
 πρόσχωμεν ἑαυτοῖς, μή πως τοῦ Βασιλέως τῶν βασιλέων,  
*let-us-take-beed to-ourselves lest somehow the King of-the kings*  
 καὶ Κυρίου τῶν κυρίων, καὶ Θεοῦ τῶν θεῶν καλοῦντος ἡμᾶς  
*and Lord of-the lords and God of-the gods calling us*

εἰς τὴν οὐράνιον ταύτην τάξιν, ἐξ ὀκνηρίας, καὶ ῥαθυμίας  
 into the heavenly this rank from sloth and indolence  
 παραιτησώμεθα, καὶ ἐν τῷ μεγάλῳ βήματι εὐρεθώμεν  
 we-decline and at the great judgment-seat we-be-found  
 ἀναπολόγητοι· δυνατόν μὲν γὰρ καὶ δεδεμένον τοῖς τοῦ  
 without-defense possible indeed for even bound by-the of-the  
 βίου πράγμασι, καὶ σιδηραῖς φροντίσι βαδίζειν, ἀλλὰ  
 life affairs and iron cares to-walk but  
 δυσχερῶς. Ἐπεὶ καὶ οἱ σιδηρα περικεῖνται ἐν τοῖς ποσὶν  
 with-difficulty since also those irons wearing on the feet  
 πολλάκις βαδίζουν. Ἀλλὰ συνεχῶς προσκόπτουσι, καὶ  
 often walk but constantly they-stumble and  
 τραύματα ἐκ τούτου δέχονται. Ὁ γὰρ ἄγαμος ἐν τῷ  
 wounds from this receive the for unmarried(-man) in the  
 κόσμῳ μόνοις τοῖς πράγμασι δεδεμένος, τῷ ἐν χερσὶ  
 world only by-the affairs bound to-the(-one) on hands  
 τὰ κλοιὰ περικεμένῳ ἔοικε (διὸ καὶ ὅτε βούλεται δραμεῖν  
 the fetters wearing is-like therefore also when he-wishes to-run  
 πρὸς τὸν μονήρη βίον οὐ κωλύεται)· ὁ δὲ γήμας,  
 to the solitary life not he-is-hindered the(-one) but having-married  
 τῷ ἐν χερσὶ καὶ ποσὶ τοὺς δεσμοὺς περικεμένῳ  
 to-the(-one) on hands and feet the bonds wearing  
 5 Ἦκουσά τινων ἐν κόσμῳ ἀμελῶς διακειμένων, εἰρηκότων  
 I-heard some in (the)-world carelessly living having-said  
 πρὸς με· Πῶς δυνάμεθα ὁμοζύγῳ συζῶντες, καὶ δημοσίαις  
 to me how can-we with-a-spouse living and public  
 φροντίσι περικεῖνται τὸν μοναδικὸν βίον μετελθεῖν; Πρὸς  
 cares encompassed the monastic life pursue to  
 οὓς ἀπεκρίθημεν.  
 whom we-answered

Πάντα ὅσα δύνασθε ποιεῖν ἀγαθά, ποιήσατε· μηδένα  
*all-things as-many-as you-can do good do no-one*  
 λοιδορήσητε· μηδένα κλέψητε· μηδενὶ ψεύσησθε· μηδενὸς  
*revile no-one rob to-no-one lie over-no-one*  
 κατεπαρθήτε· μηδένα μισήσητε· τῶν συνάξεων μὴ  
*exalt-yourself no-one hate from-the synaxes not*  
 χωρίζησθε· τοῖς δεομένοις συμπαθήσατε· μηδένα  
*separate-yourself with-the needy sympathize no-one*  
 σκανδαλίσητε· ἀλλοτρίᾳ μερίδι μὴ προσεγγίσητε· καὶ  
*scandalize another's portion not approach and*  
 ἀρκεῖσθε τοῖς ὀψωνίοις τῶν γυναικῶν ὑμῶν. Ἐὰν οὕτως  
*be-content with-the provisions of-the wives your if thus*  
 ποιήσητε, οὐ μακρὰν ἔσεσθε τῆς βασιλείας τῶν οὐρανῶν.  
*you-do not far you-will-be from-the kingdom of-the heavens*  
 Προσδράμωμεν χαρᾷ καὶ φόβῳ τῷ καλῷ ἀγῶνι, μὴ  
*let-us-run-to with-joy and fear to-the good contest not*  
 δειλιῶντες τοὺς ἐχθροὺς ἡμῶν, ἐπειδὴ εἰς πρόσωπον τῆς  
*fearing the enemies our since into face of-the*  
 ψυχῆς ἡμῶν καθορώσιν, εἰ καὶ οὐχ ὀρώνται· κὰν ἴδωσιν  
*soul our they-look if even not they-are-seen and-if they-see*  
 αὐτὸ ἐκ δειλίας ἀλλοτριωθέν, τότε καθ' ἡμῶν πικροτέρως  
*it from cowardice estranged then against us more-bitterly*  
 ὀπλίζονται, νοήσαντες οἱ δόλιοι ὅτι ἐφοβήθημεν.  
*they-arm-themselves having-perceived the treacherous(-ones) that we-were-afraid*  
 Εὐψύχως οὖν πρὸς αὐτοὺς ὀπλισώμεθα· τῷ γὰρ  
*courageously then against them let-us-arm-ourselves with-the(-one) for*  
 μαχομένῳ προθύμως οὐδεὶς μάχεται. Οἰκονομικῶς ὁ  
*fighting eagerly no-one fights by-dispensation the*  
 Κύριος ἐκ τῶν νεοπαγῶν τοὺς πολέμους ἐκούφισεν, ἵνα μὴ  
*Lord from the newly-planted the wars lightened that not*  
 ἐκ προοιμίων εὐθέως εἰς τὸν κόσμον ἐπαναλύσῃ. Διὸ  
*from (the)-beginnings at-once into the world they-return therefore*

χαίρετε ἐν Κυρίῳ πάντοτε, πάντες οἱ δούλοι Θεοῦ· τοῦτο  
 rejoice in (the)-Lord always all the servants of-God this  
 πρῶτον σημεῖον ἐν ἑαυτοῖς τῆς τοῦ Δεσπότου ἀγάπης  
 first sign in yourselves of-the of-the Master love  
 πρὸς ἡμᾶς γνωρίσαντες, καὶ ὡς αὐτὸς ὑμᾶς κέκληκεν.  
 toward us having-recognized and that he-himself you has-called

- 7 Καὶ τοῦτο δὲ ποιῶν ὁ Θεὸς πολλάκις γνωρίζεται· ἰδὼν  
 and this and doing — God often is-known having-seen  
 γὰρ ἀνδρείας ψυχὰς εὐθέως ἐκ προοιμίων ἐν αὐταῖς  
 for brave souls at-once from (the)-beginnings in them  
 τοὺς πολέμους συνεχώρησε, στεφανῶσαι αὐτὰς συντόμως  
 the wars he-permitted to-crown them quickly  
 βουλόμενος. Ἀπέκρυψεν ὁ Κύριος ἀπὸ τῶν ἐν κόσμῳ  
 wishing hid the Lord from those in the-world  
 τὴν τοῦ σταδίου δυσχέριαν, μᾶλλον δὲ εὐχέριαν· εἰ γὰρ  
 the of-the stadium difficulty rather and ease if for  
 ταύτην ἔγνωσαν, οὐκ ἂν ἀπετάσσετο πᾶσα σὰρξ. Δίδου  
 this they-had-known not — would-renounce any flesh give  
 κόπους νεότητός σου προθύμως Χριστῷ, καὶ χαρήσῃ ἐν  
 toils of-youth your eagerly to-Christ and you-will-rejoice in  
 γῆρα ἐπὶ πλούτῳ ἀγαθείας· τὰ ἐν νεότητι συναγόμενα ἐν  
 old-age over wealth of-goodness the-things in youth gathered in  
 τῷ γῆρα τοὺς ἐξατονήσαντας τρέφουσι, καὶ παραμυθοῦνται.  
 the old-age those having-grown-feeble nourish and comfort  
 Κάμωμεν νέοι ζεόντως, δράμωμεν νηφόντως· ὁ γὰρ  
 let-us-toil young fervently let-us-run soberly the for  
 θάνατος ἄδηλος· πονηροὺς ἀληθῶς καὶ χαλεπούς, δολίους,  
 death uncertain wicked truly and cruel treacherous  
 πανούργους μετὰ χεῖρας πῦρ κατέχοντας, καὶ τὸν ναὸν  
 crafty in hands fire holding and the temple  
 τοῦ Θεοῦ ἐμπρῆσαι ἐπιθυμοῦντας διὰ τῆς φλογός  
 — of-God to-burn desiring through the flame



τῆς ἐν αὐτῷ, δυνατούς, καὶ αὐπνους, αὐλούς, ἀοράτους  
*the in it powerful and sleepless immaterial invisible*  
 ἐχθρούς ἔχομεν. Μηδεὶς νέος ὑπάρχων τοὺς ἐχθρούς αὐτοῦ  
*enemies we-have let-no-one young being the enemies his*  
 δαίμονας παραδέξεται λέγοντας· Μὴ σου κατατρίψῃς  
*demons receive saying not your wear-out*  
 τὴν σάρκα, ἵνα μὴ νόσοις καὶ ἀσθενείαις περιπέσῃς·  
*the flesh that not into-diseases and sicknesses you-fall*  
 μόλις γὰρ ἐν τῇ παρούσῃ μάλιστα γενεᾷ εὔρεθήσεται  
*scarcely for in the present especially generation will-be-found*  
 ὁ θανατῶσαι ταύτην προελόμενος· καὶ πολλῶν καὶ  
*the(-one) to-mortify it having-chosen even-if of-many and*  
 ἡδυνόντων βρωμάτων ἑαυτὸν στερήσειεν. Σκοπὸς δὲ τούτῳ  
*delightful foods himself he-should-deprive (the)-aim and for-this*  
 τῷ δαίμονι αὐτὴν ἡμῶν τὴν ἐν τῷ σταδίῳ ἔξοδον χαλῆν,  
*the demon the-very our the in the stadium entry slack*  
 καὶ ῥάθυμον ποιῆσαι· καὶ τὸ τέλος λοιπὸν τὴν ἀρχὴν  
*and indolent to-make and the end thereafter the beginning*  
 ἀρμόδιον. Πρὸ πάντων τοῦτο καὶ ζητήσουσι, καὶ ποιήσουσιν  
*fitting before all-things this both will-seek and will-do*  
 οἱ ἐν Χριστῷ γνησίως δουλεῦσαι βουλόμενοι, ἵνα καὶ  
*those in Christ genuinely to-serve wishing that also*  
 τοὺς τόπους, καὶ τοὺς τρόπους, καὶ τὰ καθίσματα, καὶ  
*the places and the ways and the dwellings and*  
 τὰ ἐπιτηδεύματα διὰ πνευματικῶν Πατέρων, καὶ οἰκείας  
*the practices through spiritual Fathers and own*  
 ἐπιγνώσεως ἀρμόζοντα ἑαυτοῖς ἐπιλέξωνται. Οὐ γὰρ  
*knowledge suited to-themselves they-may-choose not for*  
 πάντων τὰ κοινόβια, διὰ τὸ λιχνῶδες· οὐδὲ πάντων τὰ  
*of-all the communities because-of the greediness nor of-all the*  
 ἡσυχαστήρια, διὰ τὸ θυμῶδες· ἕκαστος δὲ ἐπισκέψεται  
*hermitages because-of the irascibility each but will-consider*

ἐν ποίῳ πεποιώται. Ἐν τρισὶ γενικωτάταις καταστάσεσι  
*in what(-way) he-is-constituted in three most-general states*  
 καθισμάτων ἅπανα ἢ μοναχικὴ πολιτεία περιέχεται ἢ  
*of-dwellings all the monastic way-of-life is-contained either*  
 ἐν ἀθλητικῇ ἀναχωρήσει, καὶ μονίᾳ· ἢ μετὰ ενός, ἢ πολὺν  
*in athletic withdrawal and solitude or with one or at-most*  
 δύο ἡσυχάζειν· ἢ ἐν κοινοβίῳ ὑπομονητικῶς καθεύξεσθαι.  
*two to-be-still or in community patiently to-sit*

«Μὴ ἐκκλίνης, φησὶν ὁ Ἐκκλησιαστής, εἰς τὰ δεξιὰ, ἢ εἰς  
*not turn-aside says — Ecclesiastes to the right or to*  
 τὰ ἀριστερά.» ἀλλ' ὁδῶ βασιλικῇ πορευθῆς· ἢ γὰρ μέση  
*the left but by-the-way royal go the for middle*  
 τῶν προειρημένων πολλοῖς ἀρμόδιος κατέστηκεν. Τῷ μὲν  
*of-the aforesaid for-many suitable is to-the indeed*  
 γὰρ μόνῳ, Οὐαί, φησὶν, ὅτι ἐὰν πέσῃ εἰς ἀκηδίαν, ἢ ὕπνον,  
*for alone(-one) woe he-says that if he-falls into listlessness or sleep*  
 ἢ ῥαθυμίαν, ἢ ἀπόγνωσιν, οὐκ ἔστιν ὁ ἐγείρων αὐτὸν  
*or indolence or despair not there-is the(-one) raising him*  
 ἐν ἀνθρώποις. Ὅπου δέ εἰσιν συνηγμένοι δύο, ἢ τρεῖς  
*among men where and are gathered two or three*  
 εἰς τὸ ἐμὸν ὄνομα, ἐκεῖ εἰμι ἐν μέσῳ αὐτῶν, ὁ Κύριος  
*in the my name there I-am in the-midst of-them the Lord*  
 εἶρηκεν. Τίς ἄρα ἐστὶν ὁ πιστός, καὶ φρόνιμος μοναχός,  
*has-said who then is the faithful and wise monk*  
 ὃς τὴν θερμὴν τὴν ἑαυτοῦ ἐφύλαξεν ἄσβεστον· καὶ μέχρι  
*who the warmth the own kept unquenched and until*  
 τῆς αὐτοῦ ἐξόδου καθ' ἡμέραν πῦρ πυρί, καὶ θερμὴν θερμῇ,  
*the his departure each day fire to-fire and warmth to-warmth*  
 καὶ σπουδὴν σπουδῇ, καὶ πόθον πόθῳ οὐκ ἐπαύσατο;  
*and zeal to-zeal and longing to-longing not ceased(-adding)*

8 Ὁ ἐπιβεβηκὼς μὴ στραφῆς εἰς τὰ ὀπίσω.  
*the(-one) having-set-foot not turn to the-things behind*

Whoever truly loves the Lord and fears his departure cares no longer for money, parents, glory, or friends, and follows Christ naked. Christ's word to the man who would bury his father counts all who live in the world as dead, and his word to the rich young man, whom wealth did not keep from baptism, shows how great the monk's calling is. Virtues planted in the world and watered by vainglory wither in the desert. Grief at losing a thing shows attachment to it. The narrow way is hunger, night vigil, and insult borne without anger, and the crown needs three renunciations: of things and people, of one's own will, and of the vainglory that follows obedience. When the demons stir the memory of parents and brothers, the monk arms himself with prayer and the memory of eternal fire. The harbor can be a place of shipwreck.

Ὁ ἐν ἀληθείᾳ τὸν Κύριον ἀγαπήσας· ὁ ἐν ἀληθείᾳ 1  
the(-one) in truth the Lord having-loved the(-one) in truth  
τῆς μελλούσης βασιλείας ἐπιτυχεῖν ἐπιζητήσας· ὁ ἐν  
the coming kingdom to-attain having-sought the(-one) in  
ἀληθείᾳ πόνον περὶ τῶν ἑαυτοῦ πταισμάτων ἐσχηκώς·  
truth pain for the own failings having-bad  
ὁ ἐν ἀληθείᾳ μνήμην κολάσεως κτησάμενος, καὶ  
the(-one) in truth remembrance of-punishment having-acquired and  
κρίσεως αἰωνίου· ὁ ἐν ἀληθείᾳ φόβον τῆς ἑαυτοῦ ἐξόδου  
of-judgment eternal the(-one) in truth fear of-the own departure  
ἀναλαβὼν οὐκ ἔτι ἀγαπήσει, οὐκ ἔτι φροντίσει,  
having-taken-up not any-longer will-love not any-longer will-think  
ἢ μερμυνήσει, οὐ χρημάτων, οὐ κτημάτων, οὐ γονέων, οὐ  
or will-worry not of-money not of-posessions not of-parents not  
δόξης τοῦ βίου, οὐ φίλου, οὐκ ἀδελφῶν, οὐδενὸς ἐπιγείου  
of-glory of-the life not of-friend not of-brothers of-nothing earthly  
τὸ παράπαν· ἀλλὰ πᾶσαν αὐτοῦ τὴν σχέσιν, πᾶσαν τὴν  
at all but all his the tie all the

περὶ τούτου φροντίδα ἐκτιναξάμενος, καὶ μισήσας· ἐπειδὴ  
*about this thought having-shaken-off and having-bated since*  
 καὶ τὴν ἑαυτοῦ σάρκα· πρὸς τούτων γυμνός, καὶ ἀμέριμνος,  
*also the own flesh before these naked and without-care*  
 καὶ ἀόκνως Χριστῷ ἀκολουθεῖ, πρὸς τὸν οὐρανὸν αἰὲ  
*and unhesitatingly Christ follows to the heaven always*  
 βλέπων, καὶ τὴν ἐκεῖθεν βοήθειαν ἀναδεχόμενος, κατὰ  
*looking and the from-there help receiving according-to*  
 τὸν εἰπόντα ἅγιον· Ἐκολλήθη ἡ ψυχὴ μου ὀπίσω σου, καὶ  
*the having-said holy(-one) clung the soul my after you and*  
 τὸν ἄλλον τὸν αἰμνηστον εἰρηκότα· Ἐγὼ δὲ οὐκ ἐκοπίασα  
*the other the ever-remembered having-said I but not was-weary*  
 κατακολουθῶν σοι, καὶ ἡμέραν, ἢ ἀνάπαισιν ἀνθρώπου οὐκ  
*following you and day or rest of-man not*  
 ἐπεθύμησα, Κύριε. Αἰσχύνῃ μεγίστη ὑπάρχει τὸ πάντα τὰ  
*I-desired Lord shame greatest is the all-things the*  
 προειρημένα καταλιπόντας μετὰ τὴν κλήσιν ἡμῶν, ἣν  
*aforesaid having-left after the calling our with-which*  
 ὁ Κύριος κέκληκεν ἡμᾶς, καὶ οὐκ ἄνθρωπος, τινὸς  
*the Lord has-called us and not a-man of-someone*  
 φροντίζειν μὴ δυναμένου ἡμᾶς εὐεργετῆσαι ἐν τῇ ὥρᾳ τῆς  
*to-think not being-able us to-benefit in the hour of-the*  
 ἀνάγκης ἡμῶν, ἣγουν τῆς ἐξόδου. Τοῦτο γάρ ἐστιν ὅπερ  
*need our that-is of-the departure this for is what*  
 εἶπεν ὁ Κύριος, στραφῆναι εἰς τὰ ὀπίσω, καὶ μὴ  
*said the Lord to-turn to the-things behind and not*  
 εὑρεθῆναι εὐθετον εἰς τὴν βασιλείαν τῶν οὐρανῶν. Ὁ Κύριος  
*to-be-found fit for the kingdom of-the heavens the Lord*  
 ἡμῶν τὸ εὐόλισθον ἡμῶν τῶν εἰσαγωγικῶν γινώσκων, καὶ  
*our the slipperiness of-us the beginners knowing and*  
 ὥς εὐχερῶς ἐν τοῖς κοσμοκοίς συνδιαγόντες, ἢ  
*how easily in-the-company-of the worldlings living or*

συντυγχάνοντες, πάλιν ἐπὶ τὸν κόσμον στρεφόμεθα, φησὶ  
*meeting again toward the world we-turn says*  
 πρὸς τὸν εἰρηκότα αὐτῷ· Ἐπίτρεψόν μοι ἀπελθεῖν θάψαι  
*to the(-one) having-said to-him allow me to-go-away to-bury*  
 τὸν πατέρα μου. Ἄφες τοὺς νεκροὺς θάψαι τοὺς ἑαυτῶν  
*the father my let the dead to-bury the their-own*  
 νεκρούς. Οἱ δαίμονες μετὰ τὴν ἀποταγήν, λοιπὸν τοὺς  
*dead the demons after the renunciation thereafter the*  
 ἐλεήμονας ἡμῶν, καὶ συμπαθεῖς τῶν κοσμικῶν μακαρίζουν  
*merciful to-us and compassionate of-the worldlings to-call-blessed*  
 ὑποτίθενται, καὶ ἑαυτοὺς ἀποστερήσαντας. Σκοπὸς δὲ  
*suggest and ourselves having-deprived (the)-aim and*  
 τοῖς ἐχθροῖς ἡμῶν διὰ νόθου ταπεινώσεως, ἢ πρὸς  
*for-the enemies our through counterfeit humility either to*  
 τὸν κόσμον ἡμᾶς ἐπιστρέψαι, ἢ μένοντας μοναχοὺς πρὸς  
*the world us to-turn-back or remaining monks to*  
 τὴν ἀπόγνωσιν κατακρημνίσαι. Ἔστιν εὐτελίζειν τοὺς  
*the despair to-hurl-down it-is-possible to-belittle those*  
 ἐν κόσμῳ διὰ οὔσης, καὶ ἔστιν αὐτοὺς ἀπόντας  
*in the-world because-of conceit and it-is-possible them absent*  
 ἐξουθενεῖν, διὰ τὸ φυγεῖν τὴν ἀπόγνωσιν, καὶ τὴν  
*to-disdain because-of the to-flee the despair and the*  
 ἐλπίδα προσκτήσασθαι. Ἀκούσωμεν οὖν τοῦ Κυρίου πρὸς  
*hope to-gain let-us-hear then the Lord to*  
 ἐκεῖνον τὸν νεανίσκον, τὸν πάσας σχεδὸν τὰς ἐντολὰς  
*that the young-man the all nearly the commandments*  
 ἐργασάμενον εἰρηκότα· ὅτι Ἐν σοὶ λείπει, τὸ πωλῆσαι  
*having-done having-said that one-thing for-you is-lacking the to-sell*  
 τὰ ὑπάρχοντα, καὶ δοῦναι πτωχοῖς, καὶ ἑαυτὸν πτωχὸν  
*the possessions and to-give to-(the)-poor and yourself poor*  
 καταστήσαι ἐλεημοσύνην δεχόμενον.  
*to-make alms receiving*

- 2 Οἱ προθύμως καὶ ζέως διαδραμεῖν βουλόμενοι, νουνεχῶς  
*we-who eagerly and fervently to-run-through wishing wisely*  
 ἐπισκεψώμεθα πῶς ὁ Κύριος πάντας τοὺς ἐν κόσμῳ  
*let-us-consider how the Lord all those in the-world*  
 διατρίβοντας, καὶ ζῶντας νεκροὺς κατεδίκασεν, εἰπὼν  
*spending-time and living dead condemned having-said*  
 πρὸς τινα· Ἄφες τοὺς νεκροὺς κοσμικοὺς, τοὺς τῷ σώματι  
*to someone let the dead worldly the in-the body*  
 νεκροὺς θάψαι· οὐδὲν ἐκώλυσεν τὸν νεανίσκον ἐκεῖνον  
*dead to-bury nothing hindered the young-man that*  
 ὁ πλοῦτος προσελθεῖν τῷ βαπτίσματι. Ἑμαιοῦθησαν  
*the wealth to-come to-the baptism were-made-foolish*  
 τοῖνυν φάσκοντές τινες, ὅτι τοῦ βαπτίσματος χάριν ὁ  
*therefore saying some that of-the baptism for-the-sake the*  
 Κύριος πωλῆσαι αὐτὸν τὸν πλοῦτον διέταπεν. Ἀρκεῖτω  
*Lord to-sell him the wealth ordered let-suffice*  
 ἡμῖν εἰς μεγίστην πληροφορίαν τῆς μεγίστης δόξης  
*for-us for greatest assurance of-the greatest glory*  
 τοῦ ἡμετέρου ἐπαγγέλματος, ἡ τοιαύτη πληροφορία.  
*of-the our profession the such assurance*  
 Ζητητέον πῶς οἱ ἐν κόσμῳ διάγοντες, καὶ ἀγρυπνίαις,  
*it-must-be-asked how those in the-world living and in-vigils*  
 καὶ νηστείαις, καὶ κόποις, καὶ κακοπαθείαις διατρίβοντες,  
*and fasts and toils and hardships spending-time*  
 ἐν μονήρει βίῳ ὥσπερ ἐν δοκιμαστηρίῳ, καὶ σκάμματι  
*in solitary life as in a-testing-ground and arena*  
 ἐκ τῶν ἀνθρώπων ἀναχωροῦντες, τὴν προτέραν ἀσκησιν  
*from the men withdrawing the former discipline*  
 αὐτῶν τὴν νεοθευμένην, καὶ ἐπίπλαστον οὐκ ἔτι  
*their the counterfeit and feigned not any-longer*  
 μετέρχονται; Ἐώρακα πλείστα, καὶ διάφορα φυτὰ τῶν  
*pursue I-have-seen very-many and various plants of-the*

ἀρετῶν παρ' αὐτῶν ἐν κόσμῳ καταφυτευόμενα· καὶ ὥσπερ  
 virtues by them in (the)-world planted and as  
 ἐξ ὑπονόμου βορβόρου, ὑπὸ τῆς κενοδοξίας ποτιζόμενα,  
 from a-sewer of-filth by the vainglory watered  
 καὶ ὑπὸ φανητιασμοῦ κελευόμενα, καὶ ὑπὸ ἐπαίνων  
 and by showing-off urged-on and by praises  
 κοπιζόμενα· καὶ μέντοι μεταφυτευθέντα ἐν γῇ ἐρήμῳ, καὶ  
 manured and yet transplanted in land desert and  
 ἀβάτῳ κοσμικῶν, καὶ ἀνύδρῳ κενοδοξιακοῦ, καὶ βρωμώδους  
 untrodden by-worldlings and waterless of-vainglorious and foul  
 ὕδατος, εὐθέως ἐπεξηράνθησαν. Οὐ γὰρ πεφύκασι τὰ ἔνυδρα  
 water at-once withered not for are-wont the watered  
 φυτὰ ἐν σκληροῖς καὶ ἀνύδροις γυμναστηρίοις καρποφορεῖν.  
 plants in hard and waterless training-grounds to-bear-fruit  
 Εἴ τις κόσμον ἐμίσησεν, οὗτος λύπην διέφυγεν· εἰ δέ τις  
 if anyone (the)-world hated he grief escaped if but anyone  
 πρὸς τι τῶν ὁρωμένων προσπάθειαν κέκτηται, οὐδέπω  
 to any of-the things-seen attachment possesses not-yet  
 λύπης λελύτρωται. Πῶς γὰρ ἂν καὶ μὴ λυπηθῇσεται ἐπὶ  
 from-grief has-been-redeemed how for — also not will-be-be-grieved at  
 τῇ στερήσει τοῦ ἀγαπωμένου; Ἐν πᾶσι μὲν πολλῆς ἡμῖν  
 the deprivation of-the beloved in all-things indeed of-much for-us  
 χρεία τῆς νήψεως, ἐπιπλείον δὲ τούτῳ προσεκτέον νουνεχῶς  
 need the watchfulness for-more but to-this one-must-attend wisely  
 πρὸ τῶν λοιπῶν. Πολλοὺς τεθεάκαμεν ἐν κόσμῳ, ὑπὸ  
 before the rest many we-have-beheld in (the)-world by  
 μεριμνῶν, καὶ φροντίδων, καὶ ἀδολεσχιῶν, καὶ ἀγρυπνιῶν  
 worries and cares and gossipings and vigils  
 σωματικῶν τὴν τοῦ οἰκείου σώματος μαίνιαν ἐκφυγόντας·  
 bodily the of-the own body madness having-escaped  
 ἐν ἀμεριμνίᾳ δὲ πάσῃ ἐπὶ τὸν μονήρη βίον ἐληλυθότας·  
 in freedom-from-care but all to the solitary life having-come

οἱ τοιοῦτοι ἐλεεινῶς ὑπὸ τῆς τοῦ σώματος κινήσεως  
*the such(-men) pitifully by the of-the body movement*  
 ἐρρύπώθησαν· πρόσχωμεν ἑαυτοῖς μήποτε ἐπὶ τὴν στενὴν  
*were-defiled let-us-take-beed to-ourselves lest to the narrow*  
 καὶ τεθλιμμένην ὁδὸν λέγοντες ὁδεύειν, τὴν πλατεῖαν καὶ  
*and afflicted way saying to-travel the broad and*  
 εὐρύχωρον κατέχοντες ἐπλανήθημεν. Στενὴν ὁδὸν ἐμφανίσει  
*wide holding we-have-strayed a-narrow way will-show*  
 σοι θλίψις κοιλίας, στάσις παννύχιος, μέτρον ὕδατος, ἄρτου  
*you affliction of-(the)-belly standing all-night measure of-water of-bread*  
 ἔνδεια, ἀτιμίας πόμα καθάρσιον· μυκτηρισμοί, καταγέλωτες,  
*want of-dishonor draft cleansing mockeries derisions*  
 ἐμπαισμοί, ἐκκοπή θελημάτων οἰκείων, προσκρούσεων  
*scorns cutting-off of-wills own of-offenses*  
 ὑπομονή, περιφρονήσεως ἀγογγυσία, ὕβρεων βία,  
*endurance of-contempt uncomplaining-bearing of-insults forcing*  
 ἀδικούμενον ὑπομένειν ἰσχυρῶς, καταλαλούμενον μὴ  
*wronged to-endure mightily slandered not*  
 ἀγανακτεῖν, ἐξουδενούμενον μὴ ὀργίζεσθαι, κατακρινόμενον  
*to-be-indignant despised not to-be-angry condemned*  
 ταπεινώσαι. Μακάριοι οἱ τὴν ὁδὸν τῶν προειρημένων  
*to-humble(-oneself) blessed those the way of-the aforesaid*  
 ὁδῶν πορευόμενοι, ὅτι αὐτῶν ἐστὶ ἡ βασιλεία τῶν οὐρανῶν.  
*ways going for theirs is the kingdom of-the heavens*  
 Οὐδεὶς ἐν τῷ οὐρανίῳ νυμφῶνι στεφανηφορῶν ἐλεύσεται,  
*no-one in the heavenly bridal-chamber crowned will-come*  
 μὴ τὴν πρώτην, καὶ δευτέραν, καὶ τρίτην ἀποταγὴν  
*not the first and second and third renunciation*  
 ἀποταξάμενος· λέγω δὴ τὴν πάντων πραγμάτων, καὶ  
*having-renounced I-mean indeed the of-all things and*  
 ἀνθρώπων, καὶ γονέων, καὶ τὴν ἐκκοπτὴν τοῦ ἰδίου  
*men and parents and the cutting-off of-the own*



θελήματος· καὶ τρίτην ἀποταγὴν τῆς κενοδοξίας, τῆς  
 will and third renunciation of-the vainglory the  
 ἐπακολουθούσης τῇ ὑπακοῇ· Ἐξέλθετε ἐκ μέσου αὐτῶν,  
 following to-the obedience come-out from midst of-them  
 καὶ ἀφορίσθητε· καὶ ἀκαθαρσίας κόσμου μὴ ἄπτεσθε,  
 and be-separated and uncleanness of-(the)-world not touch  
 λέγει Κύριος. Τίς γὰρ παρ' ἐκείνοις θαύματα πεποίηκε  
 says (the)-Lord who for among them miracles has-worked  
 πώποτε; τίς νεκροὺς ἤγειρε; τίς δαίμονας ἀπήλασεν;  
 ever who dead raised who demons drove-out  
 Οὐδεὶς. Ταῦτα γὰρ πάντα μοναχῶν τὰ ἔπαθλα, ἃ ὁ  
 no-one these(-things) for all of-monks the prizes which the  
 κόσμος χωρῆσαι οὐ δύναται. Εἰ γὰρ ἡδύνατο, περὶ τί ἡ  
 world to-contain not can if for it-could for what the  
 ἄσκησις, ἡγουν ἡ ἀναχώρησις; Ὅποτεν οἱ δαίμονες μετὰ  
 discipline that-is the withdrawal whenever the demons after  
 τὴν ἀποταγὴν τῇ πρὸς τοὺς γονεῖς ἡμῶν μνήμη,  
 the renunciation with-the toward the parents our remembrance  
 καὶ ἀδελφούς, καὶ καρδίαν ἡμῶν ἐκθερμαίνουσι, τότε  
 and brothers even heart our heat-up then  
 ἡμεῖς τῇ προσευχῇ κατ' αὐτῶν ὀπλισώμεθα, καὶ τῇ  
 we with-the prayer against them let-us-arm-ourselves and with-the  
 τοῦ αἰωνίου πυρὸς μνήμῃ ἑαυτοὺς πυρῶσωμεν, ἵνα  
 of-the eternal fire remembrance ourselves let-us-inflame that  
 τῇ τούτου ὑπομνήσει τὸ ἄκαιρον τῆς καρδίας πῦρ  
 with-the of-this reminder the untimely of-the heart fire  
 κατασβέσωμεν. Εἴ τις ἀπροσπαθῶς πρὸς οἰονοῦν πράγμα  
 we-may-quench if anyone without-attachment toward any-whatever thing  
 διακεῖσθαι νομίζει. Ἐπὶ δὲ τῇ τούτου ἀποστερήσει τὴν  
 to-be-disposed thinks at but the of-this deprivation the  
 καρδίαν λελύπηται, ὁ τοιοῦτος τελείως ἑαυτὸν ἠπάτησεν.  
 heart is-grieved the such(-man) completely himself has-deceived

Ὅσοι νέοι περὶ τοὺς τῶν σωμάτων ἔρωτας, καὶ τὴν  
*as-many-as young for the of-the bodies loves and the*  
 τροφὴν ἐμμανῶς διάκεινται, καὶ τῇ μοναδικῇ πολιτείᾳ  
*food madly are-disposed and to-the monastic way-of-life*  
 προσελθεῖν βούλονται, πάσῃ νήψει καὶ προσευχῇ ἑαυτοὺς  
*to-come wish with-all watchfulness and prayer themselves*  
 γυμνάσωσι, καὶ πείσωσι πάσης τρυφῆς, καὶ πονηρίας  
*let-them-train and let-them-persuade from-all luxury and wickedness*  
 ἀπέχεσθαι· μήπως γένωνται αὐτοῖς τὰ ἔσχατα χείρονα  
*to-abstain lest become for-them the last-things worse*  
 τῶν πρώτων. Ὁ λιμὴν καὶ σωτηρίας, καὶ κινδύνων  
*than-the first the harbor both of-salvation and of-dangers*  
 πρόξενος, καὶ τοῦτο γινώσκουσιν οἱ τὴν νοητὴν θάλασσαν  
*cause and this know those the spiritual sea*  
 πλέοντες. Ἐλεεινὸν δὲ ἰδέσθαι θέαμα, τοὺς ἐν τῷ πελάγει  
*sailing pitiable but to-see sight those in the open-sea*  
 διασωθέντας, ἐν τῷ λιμένι ναυαγῆσαντας.  
*saved in the harbor having-been-shipwrecked*

- 3 Δευτέρα ἀνάβασις· ὁ τρέχων μὴ τὴν σύζυγον, ἀλλὰ  
*second ascent the(-one) running not the wife but*  
 τὸν Ἀὼτ μιμούμενος φεύγει.  
*— Lot imitating let-him-flee*

*Exile is leaving without turning back all that hinders piety at home, a hidden life and an unseen aim; yet it needs discernment, lest it breed vainglory. The demons urge a return home to edify many and to set an example to those who knew our former deeds, and Lot's wife is the warning. Christ himself left his mother and brothers for those who do his Father's will: let compunction be your mother and remembrance of death your spouse. A short treatise on dreams follows: the demons show exiles their kin dying or in trouble, and whoever believes dreams chases his own shadow; they prophesy by conjecture and appear as angels of light, but dreams of judgment and punishment come from angels and may be believed, unless they bring despair.*

Ξενιτεία ἐστὶ κατάλειψις ἀνεπίστροφος πάντων τῶν 1  
 exile is a-leaving without-turning-back of-all the  
 ἐν τῇ πατρίδι, πρὸς τὸν τῆς εὐσεβείας σκοπὸν ἡμῖν  
 in the homeland to the of-the piety aim for-us  
 ἀντιπραττόντων. Ξενιτεία ἐστὶν ἀπαρρησίαστον ἦθος,  
 opposing exile is an-unassuming character  
 ἄγνωστος σοφία, ἀδημοσίευτος σύνεσις, ἀπόκρυφος βίος,  
 unknown wisdom unpublished understanding bidden life  
 ἀθεώρητος σκοπός, ἀφανὴς λογισμός, εὐτελείας ὄρεξις,  
 unseen aim hidden thought of-lowliness desire  
 στενοχωρίας ἐπιθυμία, πόθου θείου ὑπόθεσις, ἔρωτος  
 of-hardship longing of-yearning divine foundation of-love  
 πλῆθος, κενοδοξίας ἄρνησις, σιωπῆς βυθός. Πέφυκε πως  
 abundance of-vainglory denial of-silence depth is-wont somehow  
 καὶ οὗτος ὁ λογισμὸς ἐν προομίῳ τοῖς ἐρασταῖς Κυρίου  
 also this the thought in the-beginnings to-the lovers of-(the)-Lord  
 ἀενάως, καὶ ἐπιτεταμένως διανοχλεῖν, ὡς ἐν θείῳ πυρί·  
 ceaselessly and intensely to-trouble as in divine fire  
 λέγω δὲ ὁ τῶν ἰδίων μακρισμός, σκοπῶ εὐτελείας,  
 I-mean and the of-the own(-people) estrangement with-the-aim of-lowliness

καὶ θλίψεως, προτρεπόμενος τοὺς ἐραστὰς τοῦ τοιούτου  
*and affliction urging the lovers of-the such*  
καλοῦ. Πλὴν καθ' ὅσον μέγας καὶ ἀξιέπαινός ἐστι, κατὰ  
*good however in as-much-as great and praiseworthy it-is by*  
τοσοῦτον πολλὴν καὶ τὴν διάκρισιν κέκτηται. Οὐ γὰρ  
*so-much much also the discernment it-possesses not for*  
πᾶσα ξενιτεία ἄκρως γενομένη καλή· εἰ πᾶς προφήτης  
*every exile extremely done good if every prophet*  
ἄτιμος ἐν τῇ ἰδίᾳ πατρίδι, ὥς φησιν ὁ Κύριος,  
*without-honor in the own homeland as says the Lord*  
σκοπήσωμεν μή πως γένηται ἡμῖν ξενιτεία κενοδοξίας  
*let-us-consider lest somehow become for-us exile of-vainglory*  
ὑπόθεσις. Ξενιτεία γάρ ἐστιν ὁ πάντων χωρισμός, διὰ  
*foundation exile for is the from-all separation because-of*  
τὸ τὸν λογισμὸν ποιῆσαι Θεοῦ ἀχώριστον. Ξενιτεία  
*the the thought to-make from-God inseparable exile*  
ἐστὶν ἀνεμπλήστου πένθους ἐραστής, καὶ ἐργάτης. Ξένος  
*is of-insatiable mourning lover and worker a-stranger*  
ἐστὶν ὁ πάσης ἰδίων καὶ ἀλλοτρίων σχέσεως  
*is the(-one) from-every of-one's-own and of-others' attachment*  
φυγᾶς. Μὴ ἀνάμενε ἐπὶ τὴν μονίαν, ἢ ἐπὶ τὴν ξενιτείαν  
*fugitive not wait-for to the solitude or to the exile*  
ἐπειγόμενος τὰς φιλοκόσμους ψυχὰς· δι' ὅτι ὁ κλέπτῃς  
*hastening the world-loving souls because that the thief*  
ἀνυπονόητος. Πολλοὶ συσσωσαι πειραθέντες ῥαθύμους  
*unsuspected many to-save-along having-tried indolent*  
καὶ ὀκνηρούς, συναπώλονται, τοῦ πυρὸς τῷ χρόνῳ  
*and slothful perished-with-them of-the fire in-the time*  
ἀποσβεσθέντος. Δεξάμενος φλόγα τρέχε. Οὐ γὰρ γινώσκεις,  
*having-been-quenched having-received a-flame run not for you-know*  
τό, πότε σβέννυται, καὶ ἐν σκοτίᾳ σε καταλήψει. Ἄλλους  
*the when it-is-quenched and in darkness you it-will-overtake others*

μὲν σῶσαι οὐ πάντες ἀπαιτούμεθα. Φησὶ γὰρ ὁ θεὸς  
*indeed to-save not all are-required says for the divine*  
 Ἀπόστολος· Ἄρα οὖν ἕκαστος ἡμῶν ἀδελφοί, περὶ ἑαυτοῦ  
*Apostle so then each of-us brothers for himself*  
 λόγον δώσει τῷ Θεῷ. Καὶ πάλιν· Ὁ διδάσκων, φησὶν,  
*account will-give — to-God and again the(-one) teaching he-says*  
 ἕτερον σεαυτὸν οὐ διδάσκεις. Ὡςπερ ἔλεγε· Περὶ ἄλλων  
*another yourself not you-teach as he-said about others*  
 μὲν οὐκ οἶδα, ἑαυτοὺς δὲ πάντες πάντως. Ξενιτεύων  
*indeed not I-know ourselves but all surely in-exile*  
 ἀσφαλίζου τὸν γυρευτήν, καὶ φιλήδονον δαίμονα. Ἡ γὰρ  
*guard-against the roving and pleasure-loving demon the for*  
 ξενιτεία ἀφορμὴν αὐτῷ δίδωσι. Καλὴ ἡ ἀπροσπάθεια,  
*exile occasion to-him gives good the detachment*  
 ταύτης δὲ ξενιτεία μήτηρ· ὁ ξενιτεύσας διὰ τὸν  
*of-this and exile mother the(-one) having-gone-into-exile because-of the*  
 Κύριον, οὐκ ἔτι σχέσεις ἔσχηκεν, ἵνα μὴ φανῇ  
*Lord not any-longer attachments has-had that not he-may-appear*  
 διὰ πάθη πλαζόμενος. Ὁ κόσμος ξενιτεύων,  
*because-of passions wandering the(-one) from-the-world going-into-exile*  
 μηκέτι κόσμου προσψεύσης· πεφύκασι γὰρ τὰ πάθη  
*no-longer (the)-world touch are-wont for the passions*  
 φιλεπίστροφα εἶναι. Ἐξορίζεται ἀκουσίως ἡ Εὐὰ τοῦ  
*prone-to-return to-be is-exiled unwillingly — Eve from-the*  
 παραδείσου, καὶ μοναχὸς ἐκουσίως τῆς ἑαυτοῦ πατρίδος.  
*paradise and a-monk willingly from-the own homeland*  
 Ἡ μὲν γὰρ πάλιν τοῦ ξύλου τῆς παρακοῆς ἐπιθυμεῖν  
*she indeed for again of-the tree of-the disobedience to-desire*  
 ἔμελλεν· ὁ δὲ κίνδυνον ἐκ τῶν κατὰ σάρκα συγγενῶν  
*was-going he but danger from the according-to flesh kinsmen*  
 πάντως ὑφίστατο. Ἀπόφευγε ὡς ἀπὸ μάστιγος, τοὺς τῶν  
*surely underwent flee as from a-scourge the of-the*

πτωμάτων τόπους. Καρποῦ γὰρ μὴ παρόντος οὐ συνεχῶς  
*falls places fruit for not present not constantly*  
 ὀρεγόμεθα. Μηδὲ οὗτος ὁ τρόπος, καὶ δόλος τῶν κλεπτῶν  
*we-crave nor this the way and trick of-the thieves*  
 λανθανέτω σε· ὑποβάλλουσι γὰρ ἡμῖν τῶν κοσμικῶν μὴ  
*let-escape you they-suggest for to-us from-the worldlings not*  
 χωρίζεσθαι, πολὺν τὸν μισθὸν ἡμᾶς λέγοντες κομίζεσθαι,  
*to-be-separated great the reward us saying to-receive*  
 εἴπερ ὁρῶντες τὸ θῆλυ ἑαυτῶν κρατήσωμεν, οἴστισι οὐ  
*if-indeed seeing the female ourselves we-master whom not*  
 πείθεσθαι δεῖ, μᾶλλον δὲ τοῦναντίον ποιεῖν. Ὅταν τῶν  
*to-obey one-must rather but the-opposite to-do when from-the*  
 οἰκείων ἡμῶν ἐπὶ χρόνον, ἢ χρόνους ἀναχωρήσαντες  
*kin our for a-time or times having-withdrawn*  
 μικράν τινα εὐλάβειαν, ἢ κατάνυξιν, ἢ ἐγκράτειαν ἑαυτοῖς  
*little some reverence or compunction or continence for-ourselves*  
 περιποιησώμεθα· τότε λοιπὸν οἱ λογισμοὶ τῆς ματαιότητος  
*we-have-gained then thereafter the thoughts of-the vanity*  
 ἐπιστάντες πορεύεσθαι ἡμῖν πάλιν ἐπὶ τὴν οἰκείαν πατρίδα  
*coming-on to-go us again to the own homeland*  
 ἐπιτρέπουσιν εἰς οἰκοδομὴν πολλῶν, φησὶν, καὶ τύπον,  
*urge for edification of-many he-says and example*  
 καὶ ὠφέλειαν τῶν τὰς πράξεις ἡμῶν τὰς ἀθεμίτους  
*and benefit of-those the deeds our the lawless*  
 σκοπούντων. Εἰ δὲ καὶ λόγου, καὶ φήλης γνώσεως  
*observing if but also in-speech and mere knowledge*  
 εὐποροῦντες τυγχάνομεν, τότε λοιπὸν ὡς σωτῆρας ψυχῶν,  
*abounding we-happen-to-be then thereafter as saviors of-souls*  
 καὶ διδασκάλους ἡμᾶς ἐν αὐτῷ κόσμῳ ὑποβάλλουσιν, ἵνα  
*and teachers us in the-very world they-suggest that*  
 τὰ ἐν τῷ λιμένι συναχθέντα καλῶς, ἐν τῷ πελάγει  
*the-things in the harbor gathered well in the open-sea*

κακῶς σκορπίσωσι. Μὴ τὴν γυναῖκα, ἀλλ' αὐτὸν τὸν  
*badly they-may-scatter not the wife but himself —*  
 Λὼτ μιμείσθαι σπουδάσωμεν· ψυχὴ γὰρ στραφεῖσα ὅθεν  
*Lot to-imitate let-us-be-eager a-soul for having-turned whence*  
 ἐξῆλθεν, ὡς τὸ ἅλας μωρανθήσεται, καὶ ἀκίνητος λοιπὸν  
*it-came-out as the salt will-lose-its-savor and motionless thereafter*  
 μένει. Φεῦγε Αἴγυπτον ἀμεταστρεπτί. Αἱ γὰρ στραφεῖσαι  
*remains flee Egypt without-turning-back the for having-turned*  
 καρδίαι ἐκεῖ τὴν γῆν τῆς ἀπαθείας Ἱερουσαλὴμ οὐκ  
*hearts there the land of-the dispassion Jerusalem not*  
 ἐθεάσαντο. Ὅστιν ἐν προοιμίῳ διὰ τὸ νηπιῶδες  
*beheld it-is-possible in (the)-beginnings because-of the childishness*  
 ἀπολιπόντας τὰ οἰκεῖα, καὶ τελείως καθαρθέντας, πρὸς  
*having-left the own(-things) and perfectly having-been-cleansed to*  
 αὐτὰ συμφερόντως ἐπιστραφῆναι, ἵσως σκοπῶ τοῦ  
*them profitably to-return perhaps with-(the)-aim of-the*  
 μετὰ τὸ σωθῆναι σώσαί τινας. Καίπερ ἐκ Θεοῦ Μωσῆς  
*after the to-be-saved to-save some although from God Moses*  
 ἐκεῖνος ὁ θεόπτης, πρὸς σωτηρίαν τοῦ ὁμοφύλου γένους  
*that the God-seer for salvation of-the same-tribed race*  
 ἀποσταλείς, πολλοὺς ἐν Αἰγύπτῳ τοὺς κινδύνους, ἤγουν ἐν  
*sent many in Egypt the dangers that-is in*  
 τῷ κόσμῳ τοὺς σκοτασμοὺς ἔσχηκε. Καλὸν λυπῆσαι γονεῖς,  
*the world the darkneses had good to-grieve parents*  
 καὶ μὴ Κύριον· ὁ μὲν γὰρ καὶ ἔπλασε, καὶ ἔσωσεν· οἱ  
*and not (the)-Lord he indeed for both formed and saved they*  
 δὲ πολλάκις οὓς ἠγάπησαν, ἀπόλεσαν, καὶ τῇ κολάσει  
*but often whom they-loved destroyed and to-the punishment*  
 παρέδωκαν· ξένος ἐκεῖνός ἐστι· ὁ ὡς ἀλλόγλωσσος  
*delivered a-stranger that-one is the(-one) as of-another-tongue*  
 ἐν ἑτερογλώσσοις ἐν γνώσει καθήμενος. Οὐ μισοῦντες  
*among foreign-tongued in knowledge sitting not bating*

ἡμεῖς τοὺς οἰκείους ἑαυτῶν, ἢ τοὺς τόπους ἀναχωροῦμεν,  
*we the kin our-own or the places we-withdraw*  
 μὴ γένοιτο! ἀλλὰ τὴν ἐξ αὐτῶν ἡμῖν προσγινομένην  
*not may-it-be but the from them to-us accruing*  
 βλάβην ἐκφεύγοντες. Ὡς ἐν πᾶσι, καὶ ἐν τούτοις γίνεται  
*harm fleeing as in all-things also in these becomes*  
 ἡμῖν Χριστὸς τοῖς ἀγαθοῖς διδάσκαλος. Φαίνεται γὰρ καὶ  
*to-us Christ in-the good-things teacher he-appears for also*  
 αὐτὸς τοὺς γονεῖς κατὰ σάρκα πολλάκις καταλιπών· καὶ  
*himself the parents according-to flesh often having-left and*  
 παρά τινων ἀκούων· Ἡ μήτηρ σου, καὶ οἱ ἀδελφοί σου  
*from some hearing the mother your and the brothers your*  
 ζητοῦσί σε· θᾶπτον ὁ καλὸς ἡμῶν Κύριος, καὶ διδάσκαλος  
*seek you quickly the good our Lord and teacher*  
 ἀπαθὲς μῖσος ὑπέδειξεν εἰπών· Μήτηρ μου, καὶ ἀδελφοί  
*dispassionate hatred showed having-said mother my and brothers*  
 μου εἰσιν οἱ ποιῶντες τὸ θέλημα τοῦ Πατρὸς μου  
*my are those doing the will of-the Father my*  
 τοῦ ἐν τοῖς οὐρανοῖς. Ἔστω σου πατήρ ὁ πρὸς  
*the in the heavens let-be your father the(-one) toward*  
 τὸ φορτίον τῶν ἁμαρτημάτων συγκοπιάσαι δυνάμενος,  
*the burden of-the sins to-toil-with(-you) able*  
 καὶ βουλόμενος, μήτηρ δέ, ἡ κατάνυξις, ἡ ἀποπλῦναι  
*and willing mother and the compunction the to-wash-off*  
 σε τοῦ ρύπου ἰσχύουσα· ἀδελφὸς δέ, ὁ πρὸς τὸν  
*you from-the filth strong brother and the(-one) toward the*  
 δρόμον τὸν ἄνω συμπονῶν καὶ συναμυλλώμενος· κτῆσαι  
*course the above toiling-with and contending-with acquire*  
 σύμβιον ἀναπόσπαστον μνήμην θανάτου· τέκνα δέ σου  
*as-spouse inseparable remembrance of-death children and your*  
 φιλητὰ ἔστωσαν στεναγμοὶ καρδίας. Δοῦλον κτῆσαι σὸν  
*beloved let-be groanings of-heart a-slave acquire your*



σῶμα. Φίλους δὲ τὰς ἁγίας δυνάμεις, αἵτινες ἐν καιρῷ  
*body friends and the holy powers which in time*  
 ἐξόδου ὠφελῆσαί σε δύνανται, ἐὰν φίλοι σου γίνωνται·  
*of-departure to-help you can if friends your they-become*  
 «Αὕτη ἡ γενεὰ ζητούντων τὸν Κύριον,» πόθος Θεοῦ  
*this the generation of-those-seeking the Lord longing of-God*  
 ἀπέσβεσεν πόθον γονέων. Ὁ δὲ λέγων ἀμφότερα ἔχειν,  
*quenched longing of-parents the(-one) but saying both to-have*  
 πεπλάνηκεν ἑαυτὸν ἀκούων τοῦ λέγοντος· Οὐδεὶς δύναται  
*has-deceived himself hearing the(-one) saying no-one can*  
 δυοὶ κυρίois δουλεύειν, καὶ τὰ ἑξῆς. Οὐκ ἦλθον, φησὶν ὁ  
*two masters serve and the rest not I-came says the*  
 Κύριος, εἰρήνην βαλεῖν ἐπὶ τῆς γῆς (γονέων πρὸς υἱούς  
*Lord peace to-bring on the earth of-parents toward sons*  
 καὶ ἀδελφούς δουλεῦσαί μοι προαιρουμένους), ἀλλὰ μάχην  
*and brothers to-serve me choosing but battle*  
 καὶ μάχαιραν, διχάσαι φιλοθέους ἐκ φιλοκόσμων· ὑλικούς  
*and sword to-divide God-lovers from world-lovers material*  
 ἐξ αὐλῶν, φιλοδόξους ἐκ ταπεινοφρόνων. Εὐφραίνεται  
*from immaterial glory-lovers from humble-minded rejoices*  
 γὰρ Κύριος ἐπ' ἀμφιβολία καὶ χωρισμῷ, διὰ τὴν πρὸς  
*for (the)-Lord at division and separation because-of the toward*  
 αὐτὸν ἀγάπην γινομένην. Ὅρα ὅρα, μή πως ὑδάτων τὰ  
*him love happening see see lest somehow of-waters the*  
 πάντα σοι πεπληρωμένα, φανῇ διὰ τὴν προσπάθειαν  
*all-things to-you filled appear because-of the attachment*  
 τῶν οἰκείων σοι ἀγαπητῶν, καὶ τῷ κατακλυσμῷ  
*of-the own your beloved and in-the flood*  
 φιλονεικίας συναπέλθης. Μὴ οἰκτειρήσης γονέων ἢ φίλων  
*of-contention you-go-down-with not pity of-parents or friends*  
 δάκρυα· εἰ δὲ μή, αἰωνίως μέλλεις δακρύειν. Ὅποτεν σε  
*tears if but not eternally you-are-going to-weep whenever you*

περικυκλώσωσιν ὥσπερ μέλισσαι, μᾶλλον δὲ σφήκες, θρήνον  
*surround like bees rather but wasps a-lament*  
 οἱ ἴδιοι ποιούμενοι ἐπὶ σοί, συντόμως πρὸς τὸν θάνατον,  
*the own making over you briefly toward the death*  
 καὶ τὰς πράξεις τὸ τῆς ψυχῆς ὄμμα ἀμεταστρέπτως  
*and the deeds the of-the soul eye without-turning*  
 ἀτένισον, ἵνα πόνον πόνῳ δυνηθῇς ἀποπέμψασθαι.  
*gaze that pain with-pain you-may-be-able to-drive-away*  
 Ὑπισχνοῦνται δολίως ἡμῖν οἱ ἡμῶν, καὶ οὐχ ἡμῶν,  
*promise deceitfully to-us those ours and not ours*  
 πάντα τὰ φίλα διαπράττεσθαι, σκοπὸς δὲ τούτοις τῷ  
*all the friendly-things to-accomplish the-aim but for-them the*  
 ἀρίστῳ ἡμῶν ἐμποδίσαι δρόμῳ, εἰτ' οὕτως λοιπὸν πρὸς  
*best our to-hinder course then thus thereafter toward*  
 τὸν οἰκεῖον σκοπὸν ἡμᾶς ἐπισπάσασθαι. Ἡ τῶν τόπων  
*the own aim us to-draw-away the of-the places*  
 ἡμῶν ἀναχώρησις ἔστω, εἰς τὰ ἀπαρακλητικώτερα, καὶ  
*our withdrawal let-be to the less-consoling and*  
 ἀκενοδοξότερα, καὶ ταπεινότερα μέρη· εἰ δὲ μή, μετὰ  
*less-vainglorious and lowlier parts if but not with*  
 πάθους πετόμεθα. Ἀπόκρυπτε εὐγένειαν, καὶ εὐδοξίαν μὴ  
*passion we-fly hide noble-birth and good-repute not*  
 ἀναπόμπευε, μὴ πως εὐρεθῇς ἕτερος μὲν ἐν τῷ σώματι,  
*parade lest somehow you-be-found another indeed in the body*  
 ἕτερος δὲ ἐν τοῖς πράγμασι διακείμενος. Οὐδεὶς τοσοῦτον  
*another but in the deeds disposed no-one so-much*  
 τῇ ξενιτείᾳ ἐκδίδωκεν ἑαυτόν, ὡς ὁ μέγας ἐκεῖνος ὁ  
*to-the exile has-given-over himself as the great that the(-one)*  
 ἀκηκοώς· Ἐξελθε ἐκ τῆς γῆς σου, καὶ ἐκ τῆς συγγενείας  
*having-heard go-out from the land your and from the kindred*  
 σου, καὶ ἐξ οἴκου τοῦ πατρός σου· καίπερ ἐν ἀλλογλώσσῳ  
*your and from house of-the father your although in foreign-tongued*

καὶ βαρβαρώδει γῇ προσκαλούμενος. Ἦστιν ὅταν κατὰ  
*and barbarous land being-called there-is when according-to*  
 τὸν μέγαν τοῦτον τινὰ ξενιτεύσαντα, ἐπὶ πλείον ὁ  
*the great this someone having-gone-into-exile for more the*  
 Κύριος ἐδόξασεν. Πλὴν εἰ καὶ δόξα θεόδοτος καλὸν  
*Lord glorified however if even glory God-given good*  
 αὐτὴν διὰ θυρεοῦ ταπεινώσεως ἀποστρέφεισθαι. Ὅπηνίκα  
*it through a-shield of-humility to-turn-away when*  
 οἱ δαίμονες ὥς ἐπὶ μεγάλῳ κατορθώματι τῇ ξενιτείᾳ  
*the demons as for a-great achievement for-the exile*  
 ἐπαινοῦσιν ἡμᾶς, ἢ καὶ οἱ ἄνθρωποι, τότε ἡμεῖς τοῦ  
*praise us or also the men then we of-the(-one)*  
 δι' ἡμᾶς ἐκ τοῦ οὐρανοῦ, εἰς τὴν γῆν ξενιτεύσαντος  
*because-of us from the heaven to the earth having-gone-into-exile*  
 ἀναλαμβάνωμεν ἔννοιαν, καὶ εὐρήσομεν ἑαυτοὺς εἰς αἰῶνα  
*let-us-take-up thought and we-will-find ourselves for age*  
 αἰῶνος ἀναπληροῦν μὴ ἰσχύοντας. Χαλεπὴ ἡ πρὸς τινα  
*of-age to-repay not able grievous the toward some*  
 τῶν οἰκείων, ἢ καὶ ξένων προσπάθεια, ἡ δυναμένη  
*of-the kin or also strangers attachment the able*  
 κατὰ μικρὸν ἐπὶ τὸν κόσμον ἡμᾶς ἐπισπάσασθαι, καὶ  
*by little to the world us to-draw-away and*  
 τὸ πῦρ ἡμῶν τῆς κατανύξεως τελείως ἀποψυχρῶσαι. Ὡς  
*the fire our of-the compunction completely to-cool as*  
 ἀμύχανον ἐνὶ μὲν ὀφθαλμῷ εἰς τὸν οὐρανόν, ἐνὶ  
*impossible with-one indeed eye to the heaven with-one*  
 δὲ εἰς τὴν γῆν νεύειν, οὕτως ἀδύνατον τὸν μὴ τελείως  
*but to the earth to-look thus impossible the(-one) not completely*  
 πάντων τῶν οἰκείων καὶ ἀνοικείων τῷ λογισμῷ καὶ τῷ  
*from-all the kin and non-kin in-the thought and in-the*  
 σώματι ξενιτεύσαντα μὴ κινδυνεῦσαι κατὰ ψυχὴν. Κόπῳ  
*body having-gone-into-exile not to-be-endangered in soul with-toil*

πολλῶ καὶ μόχθῳ κατορθοῦται ἐν ἡμῖν ἡθος χρηστὸν  
 much and labor is-achieved in us a-character good  
 καὶ εὐκατάστατον, καὶ τῶ πολλῶ μόχθῳ κατορθούμενον  
 and well-settled and the with-much labor achieved  
 δυνατὸν ἐν μιᾷ ῥοπῇ ἀπολέσθαι· «Φθείρουσι γὰρ ἡθῆ  
 possible in one turn to-be-lost corrupt for characters  
 χρηστὰ ὁμιλίας κακαί,» καὶ κοσμικαί, καὶ ἄκοσμοι.  
 good company bad and worldly and unseemly  
 Ὁ τοῖς κατὰ τὸν κόσμον μετὰ τὴν ἀποταγὴν  
 the(-one) with-those according-to the world after the renunciation  
 συναναστρεφόμενος, ἢ πλησίον τυγχάνων πάντως, ἢ ἐν  
 keeping-company or near being surely either in  
 τοῖς αὐτῶν περιπεσεῖται βρόχοις, ἢ τὴν καρδίαν ἐν τῇ περὶ  
 the their will-fall-into nooses or the heart in the about  
 τούτων ἐννοία μολυνεῖ, ἢ μὴ μολυνόμενος τοὺς μολυνομένους  
 them thought will-defile or not being-defiled the being-defiled  
 κατακρίνων, καὶ αὐτὸς σὺν αὐτοῖς μολυνθήσεται.  
 condemning also himself with them will-be-defiled

2 Περὶ ἐνυπνίων ἀκολουθούντων εἰσαγωγικοῖς.  
 on dreams following beginners

3 Ὅτι μὲν τῆς ἡμετέρας γνώσεως ὁ νοῦς ἀτελὴς ὅλος,  
 that indeed of-the our knowledge the mind imperfect wholly  
 καὶ πάσης ἀγνοίας ἀνάπλεως, καὶ κρύπτειν ἀδύνατον.  
 and of-all ignorance full and to-hide impossible  
 Λάρυγξ μὲν γὰρ βρώματα διακρίνει· ἀκοὴ δὲ νοήματα  
 (the)-throat indeed for foods distinguishes (the)-hearing and thoughts  
 διαγινώσκει· ἀσθένειαν μὲν γὰρ ὀμμάτων ἐδήλωσεν ἥλιος·  
 discerns weakness indeed for of-eyes showed (the)-sun  
 ἀγνωσίαν δὲ ψυχῆς ἐδήλωσε ῥήματα. Πλὴν ὁ τῆς  
 ignorance and of-soul showed words however the of-the  
 ἀγάπης νόμος καὶ πρὸς τὰ ὑπὲρ δύναμιν ἐκβιαστής.  
 love law also toward the-things beyond power a-compeller

Οὐκ οὖν οἶμαι· οὐδὲ γὰρ ὀρίζομαι· ἀκόλουθον μετὰ  
*not then I-think not-even for I-define-it consequent after*  
 τοὺς τῆς ξενιτείας λόγους· μᾶλλον δὲ ἐν αὐτοῖς, μικρὰ  
*the of-the exile discourses rather but in them a-little*  
 περὶ τῶν ὀνείρων ἐντάξαι, ὅσον μηδὲ τούτου τοῦ δόλου  
*about the dreams to-insert so-that not-even of-this the trick*  
 τῶν δολίων ἀμνήτους ὑπάρχειν ἡμᾶς. Ἐνύπνιον ἐστὶ  
*of-the treacherous(-ones) uninitiated to-be us a-dream is*  
 νοδὸς κίνησις ἐν ἀκινήσιᾳ σώματος. Φαντασία ἐστὶν  
*of-mind movement in motionlessness of-body fantasy is*  
 ἀπάτη ὀφθαλμῶν ἐν κοιμωμένῃ διανοίᾳ· φαντασία ἐστὶν  
*deception of-eyes in sleeping mind fantasy is*  
 ἔκστασις νοδὸς ἐγρηγορότος σώματος· φαντασία ἐστὶν  
*ecstasy of-mind of-waking body fantasy is*  
 ἀνυπόστατος θεωρία. Ἡ αἰτία δι' ἣν μετὰ τὴν  
*unsubstantial vision the cause because-of which after the*  
 προλαβοῦσαν τάξιν περὶ ὀνείρων λέγειν ἡβουλήθημεν,  
*preceding order about dreams to-speak we-wished*  
 πρόδηλος· ὅταν καταλείψαντες διὰ τὸν Κύριον τοὺς  
*evident when having-left because-of the Lord the*  
 ἑαυτῶν οἶκους, καὶ οἰκέους, ξενιτεῖα διὰ ἀγάπην  
*our-own houses and kin to-exile because-of love*  
 Θεοῦ ἑαυτοὺς πωλήσωμεν, τότε λοιπὸν οἱ δαίμονες δι'  
*of-God ourselves we-sell then thereafter the demons through*  
 ἐνυπνίων θορυβεῖν δοκιμάσουσιν ἡμᾶς, τοὺς οἰκέους ἑαυτῶν  
*dreams to-disturb will-try us the kin our-own*  
 ἡμῖν ὑποδεικνύντες· ἢ κοπτομένους, ἢ θνήσκοντας,  
*to-us showing either being-beaten or dying*  
 ἢ ὑπὲρ ἡμῶν κατεχομένους, καὶ σινομένους. Ὁ  
*or for us held-captive and afflicted the(-one)*  
 τοίνυν ὀνείροις πιστεύων ὁμοίός ἐστι τῷ τὴν σκιὰν  
*therefore in-dreams believing like is to-the(-one) the shadow*

ἑαυτοῦ κατατρέχοντι, καὶ ταύτην κατέχειν δοκιμάζοντι.

his-own running-after and it to-catch trying

Δαίμονες κενοδοξίας καθ' ὕπνου προφηῇται, τὰ

demons of-vainglory in sleep prophets the-things

μέλλοντα ὡς πανοῦργοι τεκμαιρόμενοι, καὶ ταῦτα ἡμῖν

coming as crafty(-ones) conjecturing and these(-things) to-us

προεαγγελιζόμενοι· τῶν ὁραμάτων πεπληρωμένων ἡμεῖς

foretelling the visions having-been-fulfilled we

ἐθαμβήθημεν, καὶ ὡς πλησίον τοῦ προγνωστικοῦ λοιπὸν

were-amazed and as near to-the of-foreknowledge thereafter

ὑπάρχοντες χαρίσματος, τὸν λογισμὸν ἀνυψώσωμεν. Ἐν

being gift the thought we-exalt among

τοῖς πειθομένοις τῷ δαίμονι πολλάκις προφήτης ἐγένετο·

those obeying the demon often prophet he-became

ἐν τοῖς δὲ ἐξουθενούσιν αὐτόν, αἰεὶ ἐψεύσατο. Πνεῦμα

among those but despising him always he-lied spirit

ὁ τὰ ἐντὸς τοῦ αἵρος τούτου ἐώρακεν, καὶ νοήσας

being the-things within of-the air this he-has-seen and having-perceived

αὐτόν θνήσκοντα, δι' ἐνυπνίου ἐν τοῖς κουφοτέροις

him dying through a-dream among the lighter(-ones)

προεφήτευσεν· οὐδὲν τῶν μελλόντων ἐκ προγνώσεως

he-propheesied nothing of-the-things coming from foreknowledge

οἶδασιν· ἐπεὶ οἱ φαρμακοὶ ἡμῖν καὶ τὸν θάνατον προλέγειν

they-know since the sorcerers to-us also the death to-foretell

ἐδύναντο. Εἰς ἄγγελον φωτὸς καὶ μαρτύρων εἶδος πολλάκις

could into an-angel of-light and of-martyrs form often

μετασχηματίζονται, καὶ ἡμᾶς προσερχομένους αὐτοῖς καθ'

they-transform-themselves and us approaching them in

ὕπνου ὑπέδειξαν· δυνπισθέντας δὲ χαρᾷ, καὶ οὐήσει

sleep they-showed having-awoken and with-joy and conceit

κατεβάπτισαν. Τοῦτο δὴ σοι ἔσται τὸ σημεῖον πλάνης·

they-drenched this indeed to-you will-be the sign of-deception

κολάσεις καὶ κρίσεις, καὶ χωρισμούς ὑποδεικνύουσιν ἄγγελοι·  
*punishments and judgments and separations show angels*

διυπνισθέντας ἐντρόμους, καὶ σκυθρωπούς ἀπεργάζονται.  
*having-woken trembling and gloomy they-make*

Ὅποταν ἐν τοῖς ὕπνοις τοῖς δαίμοσι πείθεσθαι ἀρξώμεθα,  
*whenever in the sleep to-the demons to-obey we-begin*

τότε λοιπὸν καὶ ἐγρηγορότας ἐμπαίζουσιν.  
*then thereafter also awake they-mock*

Ὁ ἐνυπνίους πεισθεὶς εἰς ἅπαν ἀδόκιμος. Ὁ  
*the(-one) in-dreams having-believed in all untested the(-one)*

δὲ πᾶσιν ἀπιστῶν, φιλόσοφος οὗτος· πᾶσί σοι τοῖς  
*but in-all disbelieving philosopher this all you those*

κόλασιν, καὶ κρίσιν εὐαγγελιζομένοις πίστευε μόνοις· εἰ  
*punishments and judgment announcing believe alone if*

δὲ ἀπόγνωσίς σοι διενοχλεῖ, καὶ ταῦτα ἐκ δαιμόνων.  
*but despair you troubles also these(-things) from demons*

Ὁ τρίτος Τριάδος ἰσάριθμος δρόμος· ὁ ἐπιβεβηκὼς  
*the third of-(the)-Trinity equal-in-number course the(-one) having-set-foot*

μὴ περιβλέψῃ δεξιὰ, ἢ ἀριστερά.  
*not let-him-look-around right or left*

4

5

*The step turns to the athletes of Christ: obedience is the grave of the will, a carefree danger and a sleeping journey. A novice should test his guide before entering, and afterward never judge him. John recounts what he saw in a community where he stayed: a robber who, on the shepherd's order, confessed every sin before three hundred and thirty brethren and was forgiven; the brethren's constant watch over their speech; the cook who kept the fire of the kitchen before him as a reminder of the fire to come; and Isidore, a former magistrate, who spent seven years at the gate asking prayers as an epileptic, begged to be left there when the shepherd would have made him a brother, and died ten days later, having told John how his bitterness at the gate became a sense of unworthiness.*

- 1 Πρὸς τοὺς πύκτας ἡμῖν λοιπόν, καὶ τοῦ Χριστοῦ ἀθλητὰς  
 to the boxers for-us thereafter and — of-Christ athletes  
 περιῶν ὁ λόγος εὐθέτως κατήντησεν. Παντὸς μὲν γὰρ  
 proceeding the discourse fittingly has-arrived of-every indeed for  
 καρποῦ προηγείται ἄνθος· πάσης δὲ ὑπακοῆς ξενιτεία, ἢ  
 fruit goes-before a-flower of-all and obedience exile either  
 σώματος, ἢ θελήματος. Ἐν ταῖς δυοῖ γὰρ ταύταις ἀρεταῖς,  
 of-body or of-will in the two for these virtues  
 ὥσπερ ἐν χρυσαῖς πτέρυξι πρὸς τὸν οὐρανὸν ἀόκνως  
 as on golden wings to the heaven unhesitatingly  
 ἀνέρχεται ἢ ὁσία. Καὶ ἴσως περὶ αὐτῆς πνευματοδόχος  
 ascends the holy(-soul) and perhaps about it spirit-bearing  
 τις ἐμελώδησε. Τίς δώσει μοι πτέρυγας ὥσει περιστερᾶς,  
 someone sang who will-give me wings as-of a-dove  
 καὶ πετασθήσομαι διὰ πρακτικῆς, καὶ καταπαύσω διὰ  
 and I-will-fly through (the)-practical-life and I-will-rest through  
 θεωρίας καὶ ταπεινώσεως; Μηδ' αὐτὸ τὸ σχῆμα, εἰ  
 contemplation and humility not-even the-very the garb if  
 δοκεῖ, τῶν ἀνδρείων τούτων πολεμιστῶν παραδράμωμεν  
 it-seems-good of-the brave these warriors let-us-pass-over



τῷ λόγῳ κατὰδῆλον ποιήσασθαι, πῶς τε τὸν θυρεὸν  
*in-the discourse clear to-make how both the shield*  
 κατέχουσι τῆς πρὸς τὸν Θεὸν καὶ πρὸς τὸν γυμναστὴν  
*they-hold of-the toward — God and toward the trainer*  
 πίστεως, ἐν αὐτῷ ὡς εἰπεῖν πάντα ἀπιστίας ἢ μεταβάσεως  
*faith in it so-to speak every of-unbelief or of-change*  
 λογισμὸν ἀπωθούμενοι, τὴν τε μάχαιραν τοῦ πνεύματος  
*thought thrusting-away the and sword of-the spirit*  
 ἀνατείνοντες διηνεκῶς, καὶ πᾶν ἑαυτῶν θέλημα πλησιάζον  
*brandishing continually and every their-own will approaching*  
 αὐτοῖς ἀποκτείνοντες, θώρακάς τε σιδηροῦς πραότητος,  
*them killing breastplates and iron of-meekness*  
 καὶ ὑπομονῆς ἡμφιεσμένοι, πᾶσαν ὕβριν καὶ κέντησιν, καὶ  
*and patience clothed-in every insult and sting and*  
 βολίδα ἑαυτῶν δι' αὐτῶν ἀποκρουόμενοι ἔχουσί τε καὶ  
*dart from-themselves through them repelling they-have and also*  
 περικεφάλαιον σωτηρίου τὴν τοῦ προεστώτος δι' εὐχῆς  
*helmet of-salvation the of-the superior through prayer*  
 σκέπη. Ἰστανται δὲ σύμποδες οὐδ' ὅλως, ἀλλὰ τὸ μὲν  
*protection they-stand and with-feet-together not at-all but the-one indeed*  
 εἰς διακονίαν προτείνοντες, τὴν δὲ ἐπὶ προσευχὴν ἀκίνητον  
*in service stretching-out the-other and at prayer unmoved*  
 ἔχοντες. Ὑπακοή ἐστὶν ἄρνησις ψυχῆς οἰκείας παντελῆς  
*holding obedience is denial of-soul own complete*  
 διὰ σώματος ἐπιδεικνυμένη ἐνεργῶς. Ἡ τάχα τὸ ἔμπαλιν,  
*through (the)-body displayed actively or perhaps the reverse*  
 ὑπακοή ἐστὶν νέκρωσις μελῶν ἐν ζώσῃ διανοίᾳ. Ὑπακοή  
*obedience is mortification of-limbs in a-living mind obedience*  
 ἐστὶν ἀνεξέταστος κίνησις, ἐκούσιος θάνατος, ἀπερίεργος  
*is unquestioning movement willing death uncurious*  
 ζωή, ἀμέριμος κίνδυνος, ἀμελέτητος Θεοῦ ἀπολογία·  
*life carefree danger unpremeditated of-God defense*

ἀφοβία θανάτου, ἀκίνδυνος πλοῦς, ὑπνοῦσα ὁδοιπορία.

*fearlessness of-death safe voyage sleeping journey*

Ὑπακοή ἐστὶ μνήμα θελήσεως, καὶ ἔγερσις ταπεινώσεως·

*obedience is a-tomb of-will and a-rising of-humility*

οὐκ ἀντερεῖ, ἢ διακρίνει νεκρὸς ἐν ἀγαθοῖς, ἢ τὸ

*not he-will-contradict or discern a-dead-man in good-things or the*

δοκεῖν πονηροῖς. Ὁ γὰρ θανατώσας αὐτοῦ εὐσεβῶς

*seeming evil-things the(-one) for having-put-to-death his piously*

τὴν ψυχὴν, ὑπὲρ πάντων ἀπολογήσεται. Ὑπακοή ἐστὶν

*the soul for all-things will-answer obedience is*

ἀπόθεσις διακρίσεως ἐν πλούτῳ διακρίσεως, ἀρχὴ μὲν

*a-laying-aside of-discernment in wealth of-discernment (the)-beginning indeed*

νεκρώσεως, καὶ ψυχῆς θελήματος, καὶ μέλους σώματος

*of-mortification both of-(the)-soul's will and of-limb of-body*

πόνος· μεσότης δέ ποτε μὲν πόνος, ποτὲ δὲ ἀπονία·

*pain the-middle and sometimes indeed pain sometimes and painlessness*

τέλος δὲ ἀναισθησία λοιπὸν πᾶσα, καὶ ἀκίνησις πόνου·

*(the)-end and insensibility thereafter all and motionlessness of-pain*

τότε πονῶν ὁράται, καὶ ἀλγυνόμενος ὁ ζῶν νεκρὸς οὗτος

*then toiling is-seen and suffering the living dead-man this*

ὁ μακαρίτης, ὅταν ἑαυτὸν ὄψεται τὸ οἰκεῖον ποιῶντα

*the blessed(-one) when himself he-sees the own doing*

θέλημα, δεδουκότα τὴν βασταγὴν τοῦ ἑαυτοῦ κρίματος.

*will fearing the burden of-the own judgment*

2 Ὅσοι πρὸς τὸ στάδιον τῆς νοερᾶς ὁμολογίας ἐπεχειρήσατε

*you-who toward the stadium of-the spiritual confession have-undertaken*

ἀποδύσασθαι· ὅσοι τὸν τοῦ Χριστοῦ ζυγὸν ἐπὶ τὸν οἰκεῖον

*to-strip you-who the — of-Christ yoke upon the own*

αὐχένα ἄραι βούλεσθε· ὅσοι ἐκ τούτου τὸ ἑαυτῶν φορτίον

*neck to-lift wish you-who from this the your-own burden*

ἐπὶ τὸν τοῦ ἑτέρου τράχηλον ἐπιθεῖναι σπουδάζετε· ὅσοι

*upon the of-the other neck to-lay are-eager you-who*

τὰς ἑαυτῶν ὠνὰς γράψαι ἐκουσίως σπεύδετε, καὶ ἀντ'  
*the your-own bills-of-sale to-write willingly hasten and in-return-for*  
 ἐκείνων ἐλευθερίαν γραφῆναι ὑμῖν βούλεσθε· ὅσοι χερσὶν  
*those freedom to-be-written for-you wish you-who by-hands*  
 ἐτέρων ἀνυψούμενοι νηχόμενοι τὸ μέγα τοῦτο περαιούσθε  
*of-others lifted-up swimming the great this cross*  
 πέλαγος, γνῶτε ὡς σύντομόν τινα, καὶ τραχείαν ὁδὸν  
*sea know that a-short some and rough road*  
 βαδίζειν ἐπεχειρήσατε, μίαν πλάνην καὶ μόνην ἐν αὐτῇ  
*to-walk you-have-undertaken one error and only in it*  
 κεκτημένοι, αὕτη δὲ καλεῖται ἰδιορυθμία· ὁ γὰρ ταύτην  
*having this and is-called self-will the(-one) for this*  
 εἰς ἅπαν ἀπαρνησάμενος, ἐν οἷς δοκεῖ εἶναι καλοῖς, καὶ  
*in all having-denied in what seem to-be good and*  
 πνευματικοῖς, καὶ θεαρέστοις πρὸ τοῦ βαδίζειν ἔφθασεν.  
*spiritual and God-pleasing before the to-walk has-arrived*  
 Ὑπακοὴ γάρ ἐστιν ἀπιστία ἑαυτῷ ἐν τοῖς καλοῖς ἅπασιν  
*obedience for is distrust of-oneself in the good-things all*  
 μέχρι τέλους ζωῆς. Μέλλοντες ἐν Κυρίῳ τὸν ἑαυτῶν  
*until (the)-end of-life being-about in (the)-Lord the our-own*  
 αὐχένα κλίνειν, σκοπῶ μὲν καὶ λόγῳ ταπεινοφροσύνης,  
*neck to-bend with-aim indeed and reason of-humility*  
 καὶ κυρίως τὴν ἡμῶν σωτηρίαν ἐτέρῳ, ἐν Κυρίῳ πιστεύειν·  
*and properly the our salvation to-another in (the)-Lord to-entrust*  
 πρὸ μὲν τῆς εἰσόδου, εἶπερ τις πονηρία, καὶ φρόνησις  
*before indeed the entry if-indeed any cunning and prudence*  
 παρ' ἡμῖν τυγχάνει, τὸν κυβερνήτην ἀνακρίνωμεν, καὶ  
*with us happens-to-be the helmsman let-us-question and*  
 ἐξετάσωμεν, καί, ἵν' οὕτως εἴπω, πειράσωμεν, ἵνα μὴ  
*examine and that thus I-may-say let-us-test that not*  
 τῷ ναύτῃ ὡς κυβερνήτῃ, καὶ τῷ νοσοῦντι ὡς ἱατρῷ,  
*to-the sailor as to-a-helmsman and to-the sick as to-a-physician*

καὶ τῷ ἐμπαθεῖ ὡς ἀπαθεῖ, καὶ τῷ πελάγει ὡς  
*and to-the passionate as to-a-dispassionate and to-the open-sea as*  
 λιμένι περιπεσόντες, ἔτοιμον ἑαυτῆς εὐρήσωμεν ναυάγιον.  
*to-a-harbor falling-in ready for-itself we-find shipwreck*  
 Μετὰ δὲ τὴν ἐν τῷ σταδίῳ λοιπὸν τῆς εὐσεβείας, καὶ  
*after but the in the stadium thereafter of-the piety and*  
 ὑποταγῆς εἴσοδον, μηκέτι τὸν καλὸν ἡμῶν ἀγωνοθέτην  
*submission entry no-longer the good our judge-of-the-contest*  
 ἔν τινι τὸ σύνολον ἀνακρίνωμεν, κἄν τινα ἐν αὐτῷ ὡς  
*in anything at all let-us-question even-if some in him as*  
 ἐν ἀνθρώπῳ ἴσως ἔτι βραχέα πλημμελήματα θεασώμεθα.  
*in a-man perhaps still small faults we-behold*  
 Εἰ δὲ μή, οὐδὲν ἐκ τῆς ὑποταγῆς οἱ ἀνακρίνοντες  
*if but not nothing from the submission we-the(-ones) questioning*  
 ὠφελούμεθα. Ἀνάγκη πᾶσα τοὺς βουλομένους ἐν τοῖς  
*are-benefited necessity all those wishing in the*  
 ἐπιστατοῦσι πίστιν ἀδίστακτον διὰ παντὸς κατέχειν, τὰ  
*superiors faith undoubting through all(-time) to-hold the*  
 τούτων κατορθώματα ἐν τῇ αὐτῶν καρδίᾳ ἀνεξάλειπτα,  
*their achievements in the their heart indelible*  
 καὶ ἀείμνηστα φυλάττειν, ἵνα ὅτε οἱ δαίμονες ἡμῖν  
*and ever-remembered to-guard that when the demons in-us*  
 ἀπιστίαν πρὸς αὐτοὺς σπείρωσιν, ἐκ τῶν ἐν ἡμῖν  
*distrust toward them sow from the-things in us*  
 μνημονευομένων ἀποφμώσωμεν. Καθόσον γὰρ ἡ πίστις  
*remembered we-may-muzzle-them in-so-far-as for the faith*  
 θάλλει ἐν τῇ καρδίᾳ, κατὰ τοσοῦτον καὶ τὸ σῶμα σπεύδει  
*flourishes in the heart by so-much also the body hastens*  
 ἐν τῇ διακονίᾳ. Ἐπὶ δὲ εἰς ἀπιστίαν προσκόψῃ, ἔπεσε·  
*in the service when but on distrust it-stumbles it-has-fallen*  
 Πάντως γὰρ ὁ οὐκ ἐκ πίστεως, ἁμαρτία ἐστίν. Ἐπὶ  
*surely for what not from faith sin is when*

σε ὁ λογισμὸς ἀνακρίναι, ἢ κατακρίναι τὸν προηγούμενον  
*you the thought to-question or to-condemn the superior*  
 ὑποβάλλη, ὡς ἀπὸ πορνείας ἀποπήδησον· μὴδ' ὅλως τῷ  
*suggests as from fornication leap-away not-even at-all to-the*  
 ὄφει τούτῳ παράσχῃς ἄδειαν· μὴ τόπον, μὴ εἴσοδον, μὴ  
*serpent this give license not place not entry not*  
 ἀρχήν. Φθέγγου δὲ πρὸς τὸν δράκοντα· ὦ ἀπατεῶν· οὐκ  
*beginning say but to the dragon O deceiver not*  
 ἐγὼ τοῦ ἄρχοντος, ἀλλ' αὐτὸς τὸ ἐμὸν κρίμα ἀνεδέξατο·  
*I of-the ruler but he-himself the my judgment has-taken-on*  
 οὐκ ἐγὼ ἐκείνου, ἀλλ' αὐτὸς ἐμοῦ κριτῆς καθέστηκεν.  
*not I of-him but he-himself of-me judge is*  
 Ὅπλον μὲν οἱ Πατέρες τὴν ψαλμωδίαν, τὴν δὲ προσευχήν  
*a-weapon indeed the Fathers the psalmody the and prayer*  
 τεῖχος, λουτήρα δὲ τὸ ἄμωμον δάκρυον εἶναι ὀρίζονται· τὴν  
*a-wall a-laver and the blameless tear to-be they-define the*  
 δὲ μακαρίαν ὑπακοὴν ὁμολογίαν ἔκριναν, ἧς χωρὶς οὐδεὶς  
*and blessed obedience confession they-judged which without no-one*  
 τῶν ἐμπαθῶν ὄψεται τὸν Κύριον· ὁ ὑποτακτικὸς αὐτὸς τὴν  
*of-the passionate will-see the Lord the obedient-one himself the*  
 ψῆφον καθ' ἑαυτοῦ ἐκφέρει εἰ μὲν διὰ Κύριον τελείως  
*verdict against himself brings-forth if indeed because-of (the)-Lord perfectly*  
 ὑπακούσει, εἰ καὶ μὴ δόξει τελείως, τὸ ἑαυτοῦ κρῖμα  
*he-will-obey if even not he-will-seem perfectly the own judgment*  
 ἐξεδύσατο. Εἰ δὲ τὸ ἑαυτοῦ ἔν τισιν ἐκπληροῖ θέλημα,  
*he-has-put-off if but the own in some-things he-fulfills will*  
 ἢ καὶ δόξει ὑπακούειν, αὐτὸς τὸ φορτίον ἐπιφέρεται·  
*or even he-will-seem to-obey he-himself the burden bears*  
 εἰ μὲντοι αὐτὸν ἐλέγχων ὁ προσεσὼς οὐκ ἐπαύσατο, εὖ  
*if however him rebuking the superior not ceased well*  
 ἂν ἔχοι· εἰ δὲ σεσιώπηκε, τί λέγειν οὐκ ἔχω. Οἱ ἐν  
*— it-would-be if but he-has-kept-silent what to-say not I-have those in*

ἀπλότῃτι ὑποτασσόμενοι ἐν Κυρίῳ καλὸν δρόμον περαιούσι,  
*simplicity submitting in (the)-Lord a-good course complete*  
 μὴ κεκινηκότες ἑαυτοῖς δι' ἀκριβολογίαν τὴν τῶν  
*not having-stirred-up against-themselves because-of hair-splitting the of-the*  
 δαιμόνων πανουργίαν. Πρὸ πάντων ἔξομολογησώμεθα τῷ  
*demons villainy before all-things let-us-confess to-the*  
 καλῷ ἡμῶν δικαστῇ καὶ μόνῳ, εἰ δὲ κελεύει καὶ πᾶσι·  
*good our judge and alone if but he-orders also to-all*  
 μώλωπες γὰρ θριαμβευόμενοι, οὐ προκόψουσιν ἐπὶ τὸ  
*wounds for being-displayed not will-advance to the*  
 χεῖρον, ἀλλ' ἰαθήσονται. Φοβερὸν που παραγενόμενος ἐν  
*worse but will-be-healed fearful somewhere having-come in*  
 κοινοβίῳ καλοῦ κριτοῦ, καὶ ποιμένος ἑώρακα κριτήριον.  
*a-community of-a-good judge and shepherd I-have-seen judgment*  
 3 Τετύχηκε γάρ μου ἐκεῖσε ὑπάρχοντος, τινὰ ἐκ ληστρικῆς  
*it-happened for me there being someone from a-robber's*  
 τάξεως τῇ μοναδικῇ προσελθεῖν πολιτείᾳ, ὃν ὁ ἄριστος  
*rank to-the monastic to-come way-of-life whom the best*  
 ἐκεῖνος ποιμὴν, καὶ ἰατρὸς ἐκέλευσεν ἐπὶ ἡμέρας ἑπτὰ  
*that shepherd and physician ordered for days seven*  
 ἀναπαύσεως ἀπάσης ἀπολαῦσαι πρὸς θεωρίαν καὶ μόνην  
*rest of-all to-enjoy for observation and only*  
 τῆς ἐν τόπῳ καταστάσεως. Μετὰ οὖν τὴν ἑβδόμην  
*of-the in place state after then the seventh*  
 προσκαλεσάμενος αὐτὸν κατ' ἰδίαν ὁ ποιμὴν ἠρώτα, εἰ  
*having-summoned him in private the shepherd asked if*  
 ἄρεστον αὐτῷ τὴν συνοίκησιν μετ' αὐτῶν ποιήσασθαι ὥς  
*pleasing to-him the dwelling-together with them to-make as*  
 δὲ συνθέμενον αὐτὸν μετὰ πάσης εἰλικρινείας ἐθεάσατο,  
*and agreeing him with all sincerity be-beheld*  
 πάλιν ἠρώτα τί αὐτῷ ἄτοπον ἐν τῷ κόσμῳ πέπρακται.  
*again he-asked what by-him amiss in the world had-been-done*

Ὡς δὲ οἶδεν αὐτὸν σὺν τῷ λόγῳ πάντων προθύμως  
*as and he-knew him with the word of-all-things eagerly*  
 ἐξομολογησάμενον· πάλιν πρὸς αὐτὸν πειράζων ἔλεγε·  
*having-confessed again to him testing he-said*  
 Βούλομαί σε, φησίν, ἐπὶ πάσης τῆς ἀδελφότητος ταῦτα  
*I-wish you he-says before all the brotherhood these(-things)*  
 θριαμβεῦσαι. Ὁ δὲ ὄντως τὴν ἑαυτοῦ ἁμαρτίαν μισήσας  
*to-display he but truly the own sin having-hated*  
 ἐκεῖνος, καὶ αἰσχύνης ἀπάσης καταφρονήσας ἀδιστακτως  
*that-man and shame all having-despised without-hesitation*  
 ὑπέσχετο· καὶ εἰ βούλει, φησί, κατὰ μέσον Ἀλεξάνδρου  
*promised and if you-wish he-says in the-middle of-Alexandria*  
 τῆς πόλεως. Ἐῖτα συναθροίζει ὁ ποιμὴν ἐν τῷ Κυριακῷ  
*the city then gathers the shepherd in the Lord's-house*  
 πάντα τὰ πρόβατα τὸν ἀριθμὸν τριακόσια τριάκοντα, καὶ  
*all the sheep the number three-hundred thirty and*  
 τῆς θείας συνάξεως τελουμένης· ἦν γὰρ Κυριακὴ τῶν  
*of-the divine synaxis being-celebrated it-was for Lord's-day of-the*  
 ἡμερῶν, μετὰ τὴν συμπλήρωσιν τοῦ Εὐαγγελίου εἰσφέρει  
*days after the completion of-the Gospel he-brings-in*  
 λοιπὸν τὸν ἄμεμπτον κατάδικον ἐκεῖνον ὑπὸ τινων ἀδελφῶν  
*thereafter the blameless convict that by some brothers*  
 συρόμενον καὶ μετρίως τυπτόμενον, τὰς χεῖρας δι' ὀπισθεν  
*dragged and moderately beaten the hands from behind*  
 δεδεμένον, καὶ σάκκον τρίχων ἡμφιεσμένον, καὶ σποδὸν  
*bound and sackcloth of-hair clothed-in and ashes*  
 ἐπὶ τῆς κεφαλῆς, ὥς καὶ ἐξ αὐτῆς τῆς θεωρίας ἅπαντας  
*on the head so-that also from the-very the sight all*  
 καταπλαγέντας εὐθέως τῷ κλαυθμῷ ἀλαλάξαι· οὐ γὰρ  
*having-been-struck at-once with-the weeping to-cry-out not for*  
 ἔγνω τις τὸ γινόμενον. Ἐῖτα ὡς πλησίον τῶν τῆς  
*knew anyone the thing-happening then as near the of-the*

ἐκκλησίας πυλῶν ἔφθασε, προσφωνεῖ αὐτῷ ἡ ἱερὰ ἐκείνη  
*church gates he-arrived calls to-him the holy that*  
 τοῦ φιλανθρώπου κεφαλὴ μεγάλη τῇ φωνῇ· Στῆθι, ἀνάξιος  
*of-the benevolent(-one) head with-great the voice stop unworthy*  
 γὰρ ὑπάρχεις τῆς ἐνταῦθα εἰσόδου. Ἐκπλαγεῖς οὖν ἐπὶ τῇ  
*for you-are of-the here entry astonished then at the*  
 τοῦ ποιμένος ἐξ ἱερατείου ἐναχθείση πρὸς αὐτὸν φωνῇ·  
*of-the shepherd from the-sanctuary brought toward him voice*  
 ἐνόμιζε γάρ, ὡς ἔσχατον ἡμᾶς ὄρκους ἐπληροφόρει, οὐκ  
*he-thought for as at-last us with-oaths he-assured not*  
 ἀνθρώπου, ἀλλὰ βροντῆς ἀκηκοέναι· πίπτει μὲν εὐθέως  
*of-a-man but of-thunder to-have-heard he-falls indeed at-once*  
 ἐπὶ πρόσωπον ἔντρομος γενόμενος, καὶ ὅλος τῷ φόβῳ  
*on face trembling having-become and wholly with-the fear*  
 κλονηθεῖς. Χαμαὶ τοῖνυν ὑπάρχων, καὶ τὸ ἔδαφος τοῖς  
*shaken on-the-ground therefore being and the floor with-the*  
 δάκρυσι βρέχων, ἐπιτρέπεται πάλιν παρὰ τοῦ θαυμασίου  
*tears wetting he-is-allowed again by the wonderful*  
 ἱατροῦ τοῦ τὴν σωτηρίαν αὐτοῦ ἐν ᾗπασι πραγματευομένου,  
*physician the the salvation his in all-things working-out*  
 καὶ τύπον σωτηρίας καὶ ἐνεργοῦς ταπεινώσεως πᾶσι  
*and a-pattern of-salvation and of-active humility to-all*  
 παρέχοντος, εἰπεῖν πάντα τὰ πεπραγμένα αὐτῷ κατ'  
*providing to-tell all the-things done by-him in*  
 εἶδος ἐπὶ πάντων. Ὁ δὲ μετὰ φρίκης ἐξομολογεῖ τὰ  
*detail before all he but with shuddering confesses the*  
 ἅπαντα καθ' ἑν πᾶσαν ἀκοὴν ξενίζονται· οὐ μόνον τὰ  
*all-things one-by one every bearing are-astonished not only the*  
 σωματικὰ κατὰ φύσιν, καὶ παρὰ φύσιν, ἐν λογικοῖς  
*bodily-things according-to nature and against nature among rational*  
 τε ζώοις, καὶ ἀλόγοις· ἀλλὰ γε καὶ ἄχρι φαρμακειῶν,  
*both creatures and irrational but at-least also as-far-as sorceries*



καὶ φόνων, καὶ ἐτέρων, ὧν οὐ θέμις ἀκοῦσαι, ἢ γραφῇ  
*and murders and other-things which not right to-bear or to-writing*  
 παραδοῦναι. Ἐξομολογησάμενον τοίνυν ἐπιτρέπει εὐθέως  
*to-commit having-confessed therefore he-permits at-once*  
 ἀποκαρθῆναι, καὶ τοῖς ἀδελφοῖς συγκαταριθμηθῆναι. Ἐγὼ  
*to-be-tensured and to-the brothers to-be-numbered-with I*  
 δὲ τὴν τοῦ ὁσίου ἐκείνου θαυμάσας σοφίαν, ἡρώτων ἰδίᾳ,  
*but the of-the holy that having-admired wisdom asked privately*  
 τίνος χάριν τὸ τοιοῦτον ξένον σχῆμα πεποίηκεν. Ὁ δὲ  
*of-what for-the-sake the such strange form he-had-made he but*  
 ὄντως ἰατρός· Δύο τούτων χάριν, φησὶν· πρῶτον μὲν  
*truly physician two of-these for-the-sake he-says first indeed*  
 ἕν' αὐτὸν ἐξομολογησάμενον διὰ τῆς παρούσης αἰσχύνης,  
*that him having-confessed through the present shame*  
 τῆς μελλούσης ἀπαλλάξω, ὅπερ καὶ γέγονεν. Οὐ γὰρ  
*from-the future I-may-free which also happened not for*  
 ἀνέστη τοῦ ἐδάφους, ὦ ἀδελφέ Ἰωάννης, ἄχρις οὗ τῆς  
*he-rose from-the floor O brother John until — of-the*  
 πάντων ἀφέσεως τετύχηκε· καὶ μὴ ἀπίστει· τις γὰρ  
*of-all forgiveness he-obtained and not disbelieve someone for*  
 μοι τῶν ἐκείσε τυγχανόντων τεθάρρῃκεν ἀδελφὸς λέγων·  
*me of-those there being has-confided brother saying*  
 ὅτι, φησὶν, ἐθεώρουν τινὰ φοβερόν κατέχοντα χάρτην  
*that he-says I-beheld someone dreadful holding a-paper*  
 γεγραμμένον, καὶ κάλαμον· καὶ ἅμα, φησί, τὴν ἀμαρτίαν  
*written and a-reed and as-soon he-says the sin*  
 ὁ κείμενος ἔλεγε, ταύτην ἐκείνος τῷ καλάμῳ  
*the-(one) lying said it that-one with-the reed*  
 ἐχάραττεν, καὶ εἰκότως· Εἶπα γὰρ, φησὶν· Ἐξαγορεύσω  
*struck-out and rightly I-said for he-says I-will-declare*  
 κατ' ἐμοῦ τὴν ἀνομίαν μου τῷ Κυρίῳ· καὶ σὺ ἀφήκας  
*against me the lawlessness my to-the Lord and you forgave*

τὴν ἀσέβειαν τῆς καρδίας μου. Δεύτερον δέ, ἐπειδὴ τινὰς  
*the impiety of-the heart my second and since some*  
 κέκτημαι ἀνεξαγόρευτα πταίσματα ἔχοντας, καὶ διὰ  
*I-have unconfessed failings having and because-of*  
 τοῦτο λοιπὸν ἐκείνους εἰς ἐξομολόγησιν προτρεπόμενος,  
*this thereafter those to confession urging*  
 ἧς χωρὶς οὐδεὶς ἀφέσεως τεύξεται· καὶ ἕτερα μὲν  
*which without no-one forgiveness will-obtain and other-things indeed*  
 οὖν πολλὰ ἀξιοθαύμαστα, καὶ ἀξιωμαζόμενα παρὰ τῷ  
*then many wonderful and memorable with the*  
 ἀειμνήστῳ ἐκείνῳ ἐώρακα ποιμένι, καὶ ποίμνῃ, ὧν  
*ever-remembered that I-have-seen shepherd and flock of-which*  
 τὰ πλεῖστα ὑμῖν κατάδηλα ποιῆσαι πειράσομαι· ἔμεινα  
*the most to-you clear to-make I-will-try I-remained*  
 γὰρ παρ' αὐτῷ χρόνον οὐκ ὀλίγον τὴν αὐτῶν ἀνιχνεύων  
*for with him time not little the their tracing*  
 πολιτείαν, καὶ ἐπὶ ταύτῃ μεγάλως ἐξιστάμενος, πῶς τε  
*way-of-life and at it greatly being-amazed how and*  
 οἱ ἐπίγειοι ἐκεῖνοι τοὺς οὐρανίους ἐμιμοῦντο.

*the earthly(-ones) those the heavenly(-ones) imitated*

- 4 Ἦν μὲν οὖν ἀγάπη παρ' αὐτοῖς δεσμός ἀλύτος· καὶ  
*there-was indeed then love among them a-bond unbreakable and*  
 τὸ δὴ θαυμαστότερον, πάσης παρῤῥησίας καὶ ἀργολογίας  
*the indeed more-wonderful from-all license and idle-talk*  
 ἀπηλλαγμένη. Ὑποσκουν δὲ πρὸ πάντων τοῦτο, τὸ μὴ πληῖσαι  
*freed they-practiced and before all-things this the not to-wound*  
 ἀδελφοῦ τὴν συνεδῆσιν ἐν τινι. Εἰ δέ που ἐφάνη τις  
*of-a-brother the conscience in anything if but anywhere appeared anyone*  
 μισάλληλος, τοῦτον ὁ ποιμὴν ἐν τῷ ἀφοριστικῷ μοναστηρίῳ  
*bating-bis-fellows him the shepherd in the separating monastery*  
 ὡς κατάκριτον ἐξώριζεν. Ποτὲ δέ τινος τῶν ἀδελφῶν, πρὸς  
*as condemned banished once and some of-the brothers to*

αὐτὸν τὸν πλησίον λοιδορήσαντος, παραυτίκα διωχθῆναι  
 him the neighbor having-reviled at-once to-be-driven-out  
 αὐτὸν ὁ πανόσιος προσέταξε, λέγων μὴ συγχωρεῖν εἶναι  
 him the all-holy(-one) ordered saying not to-allow to-be  
 ἐν τῇ μονῇ ὁρατόν, καὶ ἀόρατον διάβολον. Εἶδον ἐγὼ  
 in the monastery visible and invisible devil I-saw I  
 παρὰ τοῖς ὁσίοις ἐκείνοις ὀνησιφόρα, καὶ ἀξιόγαστα ὄντως  
 among the holy those profitable and admirable truly  
 πράγματα· ἀδελφότητά τε κατὰ Κύριον συγγεγεννημένην,  
 things a-brotherhood both according-to (the)-Lord gathered  
 καὶ συνδεδεμένην, θαυμαστὴν κεκτημένην, καὶ τὴν ἐργασίαν,  
 and bound-together wonderful possessing both the work  
 καὶ τὴν θεωρίαν. Οὕτως γὰρ ἑαυτοὺς τοῖς θείοις ἐξέτριβον,  
 and the contemplation thus for themselves in-the divine they-exercised  
 καὶ ἐγύμναζον κατορθώμασιν, ὥς μὴ δεῖσθαι σχεδὸν τῆς  
 and trained achievements so-that not to-need nearly the  
 τοῦ προεστηκότος ὑπομνήσεως· ἀλλ' ἰδιαιτέρως ἀλλήλους  
 of-the superior reminder but of-their-own-accord one-another  
 πρὸς τὴν θείαν διωπνίζειν ἐργήγορσιν. Ἦν γὰρ αὐτοῖς  
 to the divine to-rouse wakefulness there-were for for-them  
 ὠρισμένα τε, καὶ μεμελετημένα, καὶ πεπαγιωμένα ὁσιά  
 fixed both and practiced and established holy  
 τινα, καὶ θεῖα γυμνάσματα. Εἰ ἔδοξε γὰρ τινα αὐτῶν ποτε  
 some and divine exercises if it-seemed for some of-them ever  
 τοῦ προεστῶτος μὴ παρόντος λοιδορίας, ἢ κατακρίσεως,  
 the superior not being-present of-reviling or of-condemnation  
 ἢ ὅλως ἀργολογίας ἄρξασθαι, νεύματι αὐτὸν ἀγνώστως  
 or at-all of-idle-talk to-begin by-a-nod him unnoticed  
 ἀδελφός τις ἕτερος ὑπομμνήσκων λεληθότως κατέπαυεν.  
 brother some other reminding secretly stopped  
 Εἰ δὲ καὶ οὐκ ᾔσθητο ἴσως, βαλὼν λοιπὸν μεάνοιαν  
 if but also not he-perceived perhaps having-made thereafter penitence

ὁ ὑπομνήσας ἀνεχώρει. Ἦν δὲ αὐτοῖς ἀληκτος  
*the(-one) having-reminded withdrew there-was and among-them unceasing*  
 (εἰ δέοιτο φθέγξασθαι) καὶ ἄπανστος συλλαλία, ἡ τοῦ  
*if it-were-needed to-speak and unending conversation the of-the*  
 θανάτου ἀνάμνησις, καὶ κρίσεως αἰωνίου ἔννοια.  
*death remembrance and of-judgment eternal thought*

- 5 Οὐ σιωπήσω ὑμῖν φράσαι τοῦ ὀψοποιοῦ τῶν αὐτόθι τὸ  
*not I-will-keep-silent to-you to-tell of-the cook of-those there the*  
 παραδοξότατον κατόρθωμα. Ὅρων γὰρ αὐτὸν ἀένναον ἐν τῇ  
*most-marvelous achievement seeing for him ceaseless in the*  
 διακονίᾳ κεκτημένον τὴν σύννοιαν, καὶ τὸ δάκρυον, ἰκέτεον  
*service having the recollection and the tear I-begged*  
 ἐπαγγεῖλαί μοι, πόθεν τῆς τοιαύτης χάριτος ἡξιώθη.  
*to-announce to-me whence of-the such grace he-was-deemed-worthy*  
 Ὁ δὲ βιασθεὶς παρ' ἐμοῦ ἀπεκρίνατο· Οὐδέποτε, φησίν,  
*he but compelled by me answered never he-says*  
 ἀνθρώποις με δουλεύειν ἐννεόηκα, ἀλλὰ τῷ Θεῷ· καὶ τῆς  
*to-men me to-serve I-have-thought but — to-God and of-the*  
 ἡσυχίας πάσης ἀνάξιον ἑαυτὸν καταδικάσας, αὐτὴν τὴν  
*stillness all unworthy myself having-condemned the-very the*  
 τοῦ πυρὸς θέας ὑπόμνησιν τῆς μελλούσης φλογὸς διὰ  
*of-the fire sight reminder of-the coming flame through*  
 παντὸς κέκτημαι. Ἄλλου παραδόξου αὐτῶν ἀκουσώμεθα  
*all(-time) I-possess another marvelous of-them let-us-hear*  
 κατορθώματος. Καὶ γὰρ οὐδὲ ἐπ' αὐτῆς τῆς τραπέζης,  
*achievement and for not-even at the-very the table*  
 τῆς νοερᾶς ἐργασίας ἐπαύοντο. Σεσημειωμένων δὲ ἦθει  
*from-the spiritual work they-ceased by-a-signed and custom*  
 τινὶ ἀγνώστῳ, καὶ νεύματι τῆς κατὰ ψυχὴν ἑαυτοὺς  
*some unknown and nod of-the in soul themselves*  
 προσευχῆς ὑπεμύνησκον οἱ μακάριοι· οὐκ ἐν τῇ τραπέζῃ  
*prayer reminded the blessed(-ones) not at the table*

δὲ τοῦτο ποιοῦντες μόνον ἐφαίνοντο, ἀλλὰ καὶ κατὰ πᾶσαν  
*and this doing only they-appeared but also at every*  
 ἑαυτῶν ἀπάντησίν τε καὶ σύνοδον. Εἴ ποτε δὲ παράπτωμά  
*their meeting both and gathering if ever and a-fault*  
 τις αὐτῶν πεποίηκε, πλείστας ἱκεσίας παρὰ τῶν ἀδελφῶν  
*anyone of-them had-made very-many entreaties from the brothers*  
 ἔδέχετο αὐτοῖς περὶ τούτου πρὸς τὸν ποιμένα καταλιπεῖν  
*he-received for-them about this to the shepherd to-leave*  
 τὴν φροντίδα, καὶ ἀπολογίαν, καὶ ἐπίπληξιν· ὅθεν ὁ μέγας  
*the care and defense and rebuke whence the great(-one)*  
 τὴν τῶν μαθητῶν ἐπιγνούς ἐργασίαν, κουφοτέρας λοιπὸν  
*the of-the disciples having-recognized work lighter thereafter*  
 καὶ τὰς ἐπιτιμῆσεις παρείχεν, ὡς γινώσκων ἀνεύθυνον  
*also the penances provided as knowing not-accountable*  
 ὑπάρχειν τὸν ἐπιτιμώμενον· οὐ μέντοι καὶ ἐπέζητει  
*to-be the(-one) being-rebuked not however also he-searched-out*  
 τὸν κυρίως ἐπιπεσόντα τῷ πταίσματι. Ποῦ ποτε παρ'  
*the(-one) properly having-fallen-into the failing where ever among*  
 ἐκείνοις ἐπεπολίτευτο ἀργολογίας, ἢ εὐτραπείας ὑπόμνησις;  
*them had-its-citizenship of-idle-talk or jesting a-reminder*  
 Καὶ εἴ πού τις τῶν ἐν αὐτοῖς ἀμφιβολίας πρὸς τὸν  
*and if anywhere anyone of-those among them of-dispute with the*  
 πλησίον ἤρξατο, παριῶν ἕτερος, καὶ μετάνοιαν πεποιηκώς  
*neighbor began passing-by another and penitence having-made*  
 τὴν ὀργὴν διεσκέδαζεν. Εἰ δὲ μνησικακοῦντας ἦσθετο,  
*the anger scattered if but bearing-grudges he-perceived*  
 τῷ τὰ δεύτερα τοῦ προεστῶτος διέποντι τὴν ὀρμὴν  
*to-the(-one) the second-place of-the superior administering the impulse*  
 ἀπήγγειλε, καὶ πρὸ τῆς ἡλίου δύσεως διαλλάττεσθαι  
*he-reported and before the of-the-sun setting to-be-reconciled*  
 αὐτοὺς ἑαυτοῖς παρεσκεύαζεν. Εἰ δὲ σκληρυνόμενοι  
*them with-one-another he-made-ready if but hardening*

ἐσκληρύνοντο, ἢ μὴ μεταλαμβάνειν τροφῆς ἄχρι τῆς  
*they-were-hardened either not to-partake of-food until the*  
 διαλλαγῆς ἐπετιμῶντο· ἢ τῆς μονῆς ἐξεβάλλοντο.  
*reconciliation they-were-sentenced or from-the monastery they-were-cast-out*  
 Ἦν δὲ ἡ ἀξιέπαινος καὶ αὕτη ἀκρίβεια παρ' αὐτοῖς  
*there-was and the praiseworthy also this strictness among them*  
 οὐ μάτην ἐπιτελουμένη· ἀλλὰ γε τὸν καρπὸν πολὺν  
*not in-vain accomplished but at-least the fruit much*  
 ποιούσα καὶ δηλοῦσα. Πολλοὶ γὰρ παρ' αὐτοῖς τοῖς ὁσίοις  
*making and showing many for among them the holy(-ones)*  
 ἀνεδείχθησαν πρακτικοί τε καὶ διορατικοί, διακριτικοί  
*were-shown practical both and discerning-seers discerning*  
 τε καὶ ταπεινόφρονες. Καὶ ἦν ἰδεῖν φοβερὸν ἐπ'  
*both and humble and it-was-possible to-see fearful among*  
 ἐκείνοις, καὶ ἀγγελοπρεπεῖς θέαμα· πολὺς αἰδεσίμους, καὶ  
*them and angelic sight gray-heads venerable and*  
 ἱεροπρεπεῖς δίκην νηπίων τῇ ὑπακοῇ ἐπιτρέχοντας, καὶ  
*sacred like children to-the obedience running and*  
 καύχημα μέγιστον κεκτημένους τὴν ἐαυτῶν ταπείνωσιν.  
*boast greatest having the their-own humility*  
 Ἐώρακα ἐκεῖσε ἄνδρας περὶ τὰ πεντήκοντα ἔτη ἐν  
*I-have-seen there men about the fifty years in*  
 τῇ ὑπακοῇ ἔχοντας, οὓς ἰκέτευον μαθεῖν, τίνα ἐκ  
*the obedience having whom I-begged to-learn what from*  
 τοῦ τοσούτου κόπου παραμυθίαν προσελάβοντο· ὧν  
*the so-great toil consolation they-had-gained of-whom*  
 οἱ μὲν εἰς ἄβυσσον ταπεινοφροσύνης κατηντηκέναι  
*the(-ones) indeed to an-abyss of-humility to-have-arrived*  
 λοιπὸν ἑαυτοὺς ἔφασκον, δι' ἧς πάντα πόλεμον εἰς  
*thereafter themselves said through which every war for*  
 αἰῶνα διακρούονται· ἕτεροι δὲ τελείαν ἀναισθησίαν, καὶ  
*ever they-repel others and perfect insensibility and*

ἀπόνοιαν ἐν λουδορίαις, καὶ ὕβρεσι λοιπὸν ἔχειν ἔλεγον.  
*indifference in revilings and insults thereafter to-have said*  
 Ἔώρακα ἑτέρους τῶν ἀειμνήστων ἐκείνων σὺν τῇ πολιᾷ  
*I-have-seen others of-the ever-remembered those with the gray-hair*  
 τῇ ἀγγελοειδεῖ εἰς βαθυτάτην ἀκακίαν, καὶ ἀπλότητα  
*the angel-like into deepest innocence and simplicity*  
 σεσοφισμένην, καὶ ἐκουσιόγνωμον, καὶ θεοκατόρθωτον  
*made-wise and freely-chosen and God-achieved*  
 ἐληλακότας. Ὡσπερ γὰρ ὁ πονηρὸς δύο ἐστίν, ἄλλο τὸ  
*having-driven just-as for the wicked(-man) two is other the*  
 φαινόμενον, καὶ ἄλλο τὸ κρυπτόμενον· οὕτως ὁ ἀπλοῦς,  
*appearing and other the hidden thus the simple(-man)*  
 οὐ διπλοῦς, ἀλλ' ἓν τί ἐστίν· οὐκ ἄλογός τις ὢν,  
*not double but one something is not irrational some being*  
 καὶ ἄσοφος κατὰ τοὺς ἐν κόσμῳ γηραιούς, οὓς καὶ  
*and unwise like those in the-world old(-men) whom also*  
 λεληρηκότας φιλοῦσι καλεῖν· ἀλλ' ἔξωθεν μὲν, ἡπίους ὅλους,  
*having-doted they-love to-call but outwardly indeed gentle wholly*  
 προσηνεῖς, φαιδρούς, ἄπλαστον ἔχοντας, καὶ ἀνεπιτήδευτον,  
*kindly cheerful unfeigned having and unaffected*  
 καὶ ἀνόθευτον, καὶ τὸν λόγον, καὶ τὸ ἦθος, πρᾶγμα οὐκ  
*and uncounterfeit both the word and the character a-thing not*  
 ἐν πολλοῖς εὕρισκόμενον· ἔσωθεν δὲ τῇ ψυχῇ τὸν Θεὸν  
*in many found inwardly but in-the soul — God*  
 αὐτόν, καὶ τὸν προεστῶτα ὡς ἀκέραια νήπια ἀναπνέοντας·  
*himself and the superior like innocent infants breathing*  
 καὶ ἱταμόν, καὶ στερέμνιον τὸ τοῦ νοὸς ὄμμα πρὸς τοὺς  
*and bold and hard the of-the mind eye toward the*  
 δαίμονας, καὶ τὰ πάθη κεκτημένους. Ἐπιλέψει με, ὦ  
*demons and the passions having will-fail me O*  
 ἱερὰ κορυφή, καὶ θεοφιλὴς συνάθροισις, ὁ τῆς ζωῆς μου  
*holy summit and God-loving gathering the of-the life my*

χρόνος, τὴν ἐκείνων τῶν μακαρίων διηγούμενον ἀρετήν,  
*time the of-those the blessed(-ones) narrating virtue*  
 καὶ οὐρανομίμητον βίωσιν· ἀλλ' ὅμως ἄμεινον ἐκ τῶν  
*and heaven-imitating way-of-living but nevertheless better from the*  
 ἐκείνοις πεπονημένων ιδρώτων τὸν ἡμέτερον ἐγκαλλωπίσαι  
*by-them labored sweats the our to-adorn*  
 πως ἡμᾶς λόγον, καὶ εἰς ζῆλον θεοφιλῇ διεγείραι· ἢ  
*somehow us discourse and to zeal God-loving to-rouse than*  
 ἐξ οἰκείων παραινέσεων. Χωρὶς γὰρ πάσης ἀντιλογίας  
*from our-own exhortations without for all dispute*  
 τὸ ἔλαττον ὑπὸ τοῦ κρείττονος κατακοσμεῖται. Ἐκεῖνο  
*the lesser by the greater is-adorned that*  
 δὲ ἐρωτῶ, μηδὲν ἡμᾶς πεπλανημένον γράφειν ὑπονοῆσαι·  
*but I-ask nothing us false to-write to-suspect*  
 ἔθος γὰρ τῇ ἀπιστίᾳ τὴν ὠφέλειαν λυμαίνεσθαι. Πάλιν  
*custom for for-the unbelief the benefit to-spoil again*  
 δὲ τῶν προειρημένων ἐχώμεθα.  
*but to-the aforesaid let-us-bold*

- 6 Τὺς ἀνὴρ Ἰσίδωρος τοῦνομα ἐξ ἀρχοντικῆς ἀξίας  
*a-certain man Isidore by-name of magisterial rank*  
 Ἀλεξάνδρου τῆς πόλεως ἐν τῷ εἰρημένῳ κοινοβίῳ, πρὸ  
*of-Alexandria the city in the said community before*  
 τούτων τῶν χρόνων ἀπετάξατο, ὃν καὶ γὰρ ἐκεῖσε ἔτι  
*these the years renounced whom I-too there still*  
 κατέλαβον. Τοῦτον δεξάμενος ὁ πανόσιος ἐκεῖνος ποιμὴν  
*found him having-received the all-boly that shepherd*  
 κακεντρεχῇ πάνυ, καὶ ὠμόν, δεινόν τε, καὶ ἀγέρωχον  
*malicious very and cruel dreadful both and arrogant*  
 θεασάμενος, σοφίζεται ὁ πάνσοφος δαιμόνων πανουργίαν  
*having-beheld outwits the all-wise(-one) of-demons villainy*  
 δι' ἀνθρωπίνης ἐπινοίας, καὶ φησι πρὸς τὸν Ἰσίδωρον·  
*through human contrivance and says to — Isidore*



Εἰ ἄρα τὸν τοῦ Χριστοῦ ζυγὸν ἄραι προήρησας, ὑπακοήν  
*if then the — of-Christ yoke to-take-up you-have-chosen obedience*  
 σε ἀσκέειν πρὸ πάντων βούλομαι. Ὁ δέ φησιν· Ὡς σιδηρος  
*you to-practice before all-things I-wish he and says as iron*  
 χαλκεῖ, οὕτως, ἀγιώτατε, ὑποτάσσεσθαι ἑαυτὸν δέδωκα.  
*to-(the)-smith thus most-holy(-one) to-be-submitted myself I-have-given*  
 Ὁ δὲ μέγας καὶ ἐπ' αὐτῷ τῷ παραδείγματι θεραπευθεῖς,  
*the but great(-one) also by the-very the example healed*  
 δίδωσιν εὐθέως τὸ γυμνάσιον τῷ σιδηρῷ Ἰσιδώρῳ καὶ  
*gives at-once the exercise to-the iron Isidore and*  
 φησιν· Βούλομαί σε, ὦ ἀδελφέ, τῇ φύσει, ἐν τῷ πυλῶνι  
*says I-wish you O brother by-the nature in the gateway*  
 τῆς μονῆς παρίστασθαι· καὶ πάσῃ ψυχῇ εἰσιούσῃ τε,  
*of-the monastery to-stand and to-every soul entering both*  
 καὶ ἐξιούσῃ ποιεῖν γονυκλισίαν λέγοντα· Εἰς αὐτὸν ὑπὲρ ἐμοῦ,  
*and going-out to-make genuflection saying pray for me*  
 πάτερ, ὅτι ἐπιληπτικός εἰμι. Ὑπήκουσε δὲ οὗτος, ὡς  
*father for epileptic I-am obeyed and he as*  
 ἄγγελος Κυρίου. Ἑπταετίαν δὲ αὐτοῦ ἐκεῖσε πεποιηκότος,  
*an-angel to-(the)-Lord seven-years and he there having-spent*  
 καὶ εἰς βαθυτάτην ταπείνωσιν, καὶ κατάνυξιν ἐληλακότος,  
*and into deepest humility and compunction having-driven*  
 ἡβουλήθη ὁ αἰοίδιμος μετὰ τὴν νομικὴν ἑπταετίαν,  
*wished the celebrated(-one) after the legal seven-years*  
 καὶ τὴν τοῦ ἀνδρὸς ἀνείκαστον ὑπομονήν, τοῦτον, ὡς  
*and the of-the man incomparable endurance him as*  
 ὑπεράξιον, τοῖς ἀδελφοῖς συναριθμῆσαι, καὶ χειροτονίας  
*more-than-worthy to-the brothers to-number-with and of-ordination*  
 ἀξιῶσαι. Ὁ δὲ πλείστας καὶ δι' ἑτέρων, καὶ δι' ἐμοῦ  
*to-deem-worthy he but very-many both through others and through me*  
 τοῦ ἀσθενοῦς ἱκεσίας πεποίηκε τῷ ποιμένι, ἐκεῖσε αὐτὸν  
*the weak entreaties made to-the shepherd there him*

ὡσαύτως διάγοντα τελειῶσαι τὸν δρόμον, αἰνιζάμενος, καὶ  
*likewise living to-finish the course having-binted also*  
 ἀμυδρῶς πως τῷ λόγῳ τὸ τέλος, καὶ τὴν αὐτοῦ κλήσιν  
*dimly somehow in-the word the end and the his call*  
 πλησιάζουσιν, ὅπερ καὶ γέγονεν. Ἐάσαντος γὰρ αὐτὸν  
*approaching which also happened having-let for him*  
 ἐν τῇ αὐτῇ τάξει τοῦ διδασκάλου, μετὰ δεκάτην ἡμέραν  
*in the same rank the teacher after tenth day*  
 πρὸς Κύριον δι' ἀδοξίας ἐνδόξως ἐξεδήμησε, τῇ ἐβδομῇ  
*to (the)-Lord through ingloriously gloriously he-departed on-the seventh*  
 ἡμέρᾳ τῆς αὐτοῦ κοιμήσεως, καὶ τὸν θυρωρὸν τῆς μονῆς  
*day of-the his falling-asleep also the doorkeeper of-the monastery*  
 πρὸς Κύριον προσλαβόμενος. Ἦν γὰρ αὐτῷ εἰρηκῶς ὁ  
*to (the)-Lord having-taken-along he-had for to-him said the*  
 μακάριος, ὅτιπερ, Ἐὰν τύχω παρῤῥησίας πρὸς Κύριον,  
*blessed(-one) that if I-obtain boldness before (the)-Lord*  
 ἀχώριστός μου γενήσῃ καὶ ἐκὶ διὰ τάχος. Ὅπερ καὶ  
*inseparable from-me you-will-be there-too through quickness which also*  
 γέγονεν, εἰς μεγίστην πληροφορίαν τῆς ἀκαταισχύντου  
*happened for greatest assurance of-the unashamed*  
 αὐτοῦ ὑπακοῆς, καὶ ταπεινώσεως θεομιμήτου. Ἠρώτησα  
*his obedience and humility God-imitating I-asked*  
 ἔτι περιόντα τὸν μέγαν τοῦτον Ἰσίδωρον, ποίαν ἐργασίαν  
*still living the great this Isidore what work*  
 αὐτοῦ ὁ νοῦς ἐν τῷ πυλῶνι διάγοντος ἐκέκτητο. Καὶ  
*his the mind in the gateway living had and*  
 οὐκ ἔκρυπεν ὠφελῆσαί με θέλων ὁ αἰμύνητος. Ἐν  
*not he-bid to-benefit me wishing the ever-remembered(-one) in*  
 ἀρχαῖς μὲν γὰρ τοῦτο, φησὶν, ἐλογιζόμην, ὅτιπερ ὑπὲρ  
*beginnings indeed for this he-says I-reckoned that for*  
 τῶν ἁμαρτιῶν μου ἐπράθην. Ὅθεν καὶ μετὰ πικρίας  
*the sins my I-was-sold whence also with bitterness*

πάσης, καὶ βίας, καὶ αἵματος τὴν μετάνοιαν ἔβαλλον.

*all and violence and blood the penitence I-made*

Ἐνιαυτοῦ δὲ πληρωθέντος ἀλύπως λοιπὸν διεκείμην τὴν

*a-year and having-been-completed without-grief thereafter I-was-disposed the*

καρδίαν, μισθὸν παρ' αὐτοῦ Θεοῦ ὑπομονῆς προσδεχόμενος.

*heart reward from the-very God of-endurance expecting*

Περαιωθέντος δὲ ἑτέρου ἐνὸς χρόνου, ἀνάξιον ἑαυτὸν

*having-passed and another one year unworthy myself*

λοιπὸν ἐλογιζόμεν ὁν αἰσθήσει καρδίας, καὶ τῆς ἐν

*thereafter I-reckoned with perception of-heart both of-the in*

τῇ μονῇ διατριβῆς, καὶ τῆς τῶν Πατέρων θέας, καὶ

*the monastery stay and of-the of-the Fathers sight and*

συντυχίας, καὶ τῆς τῶν μυστηρίων μεταλήψεως, καὶ

*meeting and of-the of-the mysteries partaking and*

τῆς ἐν προσώπῳ τινὸς θεωρίας. Κάτω δὲ νεύων τῷ

*of-the in face anyone's beholding downward and bending with-the*

ὄμματι, καὶ κατωτέρῳ φρονήματι τοὺς εἰσιόντας καὶ

*eye and with-lower mind those entering and*

ἐξιόντας εἰλικρινῶς λοιπὸν ὑπὲρ εὐχῆς ἰκέτευον.

*going-out sincerely thereafter for prayer I-begged*

*At table the shepherd leaves the priest Laurence, eighty years old, standing unfed for an hour or two; Laurence says he stood as before God's altar. The shepherd expels a blameless steward to crown him. Abbacyrus bears being driven from the table for fifteen years and dies thanking his fathers; the deacon Macedonius asks to stay among the beginners for a failing he did not commit; a cellarer who confessed a grave fall is struck lightly and sent back to work. Myrrh flows from Menas' feet after his death. The old men tell John they would rather wrestle with men than demons, and another urges on him the whole life of obedience. Brothers who talked at prayer stand a week before the church, some carry tablets of their thoughts, and the fallen are sent to the Prison, a house a mile off.*

- 7 Ἐν τῇ τραπέζῃ ποτὲ συγκαθημένῳ μοι τῷ μεγάλῳ  
 at the table once sitting-with me to-the great  
 ἐπιστάτῃ, πρὸς τὸ ἐμὸν οὖς κεκλικῶς τὸ ἅγιον αὐτοῦ  
 superior to the my ear having-inclined the holy his  
 στόμα φησί. Βούλει σοι δείξω ἐν πολὺ βαθυτάτῃ  
 mouth says do-you-wish to-you I-show in gray-hair deepest  
 θεϊκὸν φρόνημα; Ἐμοῦ δὲ ἰκετεύσαντος, ὁ δίκαιος ἐκ  
 godly mind I and having-begged the just(-one) from  
 τῆς δευτέρας τραπέζης Λαυρέντιον τοῦνομα περὶ τὰ  
 the second table Laurence by-name about the  
 τεσσαράκοντα ὀκτὼ ἔτη ἐν τῇ μονῇ ἔχοντα, καὶ δεύτερον  
 forty eight years in the monastery having and second  
 τοῦ ἱερατείου πρεσβύτερον ὑπάρχοντα. Ἐλθόντα οὖν, καὶ  
 of-the sanctuary priest being having-come then and  
 βαλόντα τῷ ἡγουμένῳ γονυκλισίαν, εὐλογεῖται μὲν παρ'  
 having-made to-the abbot genuflection he-is-blessed indeed by  
 αὐτοῦ· ἀναστάντι δὲ οὐδὲν τὸ σύνολον εἴρηκεν· ἀλλ' εἶασεν  
 him having-risen but nothing at all he-said but let  
 αὐτὸν πρὸ τῆς τραπέζης ἐστῶτα, καὶ μὴ ἐσθίοντα· ἦν δὲ  
 him before the table standing and not eating it-was and

τοῦ ἀρίστου ἢ εἴσοδος· ὥστε ποιῆσαι περὶ ὥραν μεγάλην,  
*of-the meal the beginning so-that to-make about an-hour long*  
 ἢ καὶ δύο ἱστάμενον· ὥς ἐμὲ λοιπὸν αἰδεῖσθαι καὶ εἰς  
*or even two standing so-that me thereafter to-be-ashamed even into*  
 πρόσωπον τοῦ ἐργάτου ἀτενίσαι. Ἦν γὰρ ὀλοπόλιος,  
*face of-the worker to-look he-was for all-gray*  
 ὀγδοηκοστὸν ἄγων χρόνον. Ἀναποκρίτου τε ἄχρι τῆς  
*eightieth passing year unanswered and until the*  
 πληρώσεως τῆς ἐστιάσεως μέιναντος· ἀναστάντων ἡμῶν  
*completion of-the feast having-remained having-risen we*  
 πέμπεται ὑπὸ τοῦ ὁσίου εἰπεῖν τῷ προμνημονευθέντι  
*he-is-sent by the holy(-one) to-say to-the aforementioned*  
 μεγάλῳ Ἰσιδώρῳ τὴν τοῦ τριακοστοῦ ἐννάτου ψαλμοῦ  
*great Isidore the of-the thirtieth ninth psalm*  
 ἀρχήν. Οὐ παρείδον δὲ ἐγὼ ὡς πονηρότατος τὸν γέροντα  
*beginning not I-neglected and I as most-wicked the old-man*  
 πειρᾶσαι· ἐρωτήσαντος δέ μου αὐτὸν τί ἄρα παριστάμενος  
*to-test having-asked and I him what then standing-by*  
 τῇ τραπέζῃ ἐλογίζετο· Τοῦ Χριστοῦ, ἔφη, τὴν εἰκόνα τῷ  
*the table he-thought — of-Christ he-said the image on-the*  
 ποιμένι περιθέμενος, οὐδ' ὅλως ποτὲ ἐξ αὐτοῦ ἐπιτάσσεσθαι  
*shepherd having-placed not at-all ever from him to-be-commanded*  
 λελόγισμαι, ἀλλ' ἐκ Θεοῦ. Ὅθεν, πάτερ Ἰωάννη, οὐχ  
*I-have-reckoned but from God whence father John not*  
 ὡς ἐνώπιον τραπέζης ἀνθρώπων, ἀλλ' ὡς ἐνώπιον  
*as before a-table of-men but as before*  
 θυσιαστηρίου Θεοῦ, καὶ Θεῷ ἱστάμην προσευχόμενος· οὐδ'  
*an-altar of-God and to-God I-stood praying not*  
 ὅλως ἔννοιάν τινα πρὸς τὸν ποιμένα πονηρὰν λογισάμενος,  
*at-all thought any toward the shepherd evil having-reckoned*  
 ἐκ τῆς πρὸς αὐτόν μου πίστεως καὶ ἀγάπης. Εἶρηκε γάρ  
*from the toward him my faith and love said for*

τις, ὅτι Ἡ ἀγάπη οὐ λογίζεται τὸ κακόν. Πλὴν καὶ ἐκεῖνο  
*someone that the love not reckons the evil however and-that*  
 γίνωσκε, Πάτερ· ὅτι ἐπὶ τις εἰς ἀπλότητα καὶ ἐκουσίαν  
*know Father that when someone to simplicity and willing*  
 ἀκακίαν ἐκδῶ, οὐκ ἔτι ἐκεῖ ὁ πονηρὸς χώραν ἢ  
*innocence gives-himself not any-longer there the wicked(-one) room or*  
 ὥραν ἀναλαμβάνει. Κύριος ὁ δίκαιος, οἷος καὶ ἦν ὁ τῶν  
*hour takes-up (the)-Lord the just such-as also was the of-the*  
 λογικῶν θρεμμάτων σωτὴρ διὰ τοῦ Θεοῦ ἐκεῖνος, τοιοῦτον  
*rational flocks savior through — God that-one such-a-one*  
 αὐτῷ καὶ οἰκονομοῦντα τὰ τὴν μονὴν ἄλλον πέπομφε·  
*to-him also administering the-things the monastery another sent*  
 ἦν γὰρ σώφρων εἰ καὶ τις ἄλλος, πρᾶος, ὡς πάντῃ  
*he-was for temperate if even anyone other meek as very*  
 ὀλίγοι. Τούτῳ πρὸς τὴν τῶν λοιπῶν ὠφέλειαν ἐπηνέχθη  
*few against-this for the of-the others benefit was-borne*  
 ὁ γέρων ὁ μέγας εἰκὴ ἐπὶ τοῦ Κυριακοῦ διωχθῆναι αὐτὸν  
*the old-man the great in-vain in the Lord's-house to-be-driven-out him*  
 κελεύσας ἀκαίρως. Ἐγὼ δὲ ἐγνωκὼς ἄμεμπτον αὐτὸν  
*having-ordered unseasonably I but knowing blameless him*  
 εἶναι ἐφ' ᾧ ἐγκλήματι πρὸς αὐτὸν ἔλεγεν ὁ ποιμὴν,  
*to-be on which charge to him spoke the shepherd*  
 κατ' ἰδίαν ὑπὲρ τοῦ οἰκονόμου ἀπολογίαν ἐποιοῦμην πρὸς  
*in private for the steward defense made to*  
 τὸν μέγαν. Ὁ δὲ σοφὸς φησι· Καί γε (καὶ γὰρ) ἔγνωκα,  
*the great(-one) the but wise(-one) says and at-least I-too know*  
 πάτερ, ἀλλ' ὥσπερ οὐ δίκαιον, ἀλλ' ἐλεεινὸν ἐκλιμῶπτοντος  
*father but just-as not just but pitiable of-a-starving*  
 νηπίου τὸν ἄρτον ἐκ στόματος ἀφαρπάσαι· οὕτως καὶ  
*child the bread from mouth to-snatch thus also*  
 ἑαυτὸν, καὶ τὸν ἐργάτην ὁ ψυχῶν προεστηκώς, μὴ  
*himself and the worker the(-one) of-souls presiding not*

βλάπτει προξενῶν αὐτῷ στεφάνους, ὅσους καὶ γινώσκει  
*harms providing to-him crowns as-many-as also he-knows*  
 αὐτὸν ὑπομένειν, κατὰ πᾶσαν ὥραν· εἴτε δι' ὕβρεων,  
*him to-endure at every hour whether through insults*  
 εἴτε δι' ἀτιμιῶν, δι' ἐξουδενώσεως, δι' ἐμπαιγμῶν·  
*or through dishonors through contempt through mockeries*  
 τρία γὰρ μέγιστα ἀδικεῖται· πρῶτον μὲν στερούμενος  
*three for greatest-things he-is-wronged first indeed being-deprived*  
 αὐτὸς τοῦ ἐκ τῆς ἐπιτιμήσεως μισθοῦ· δεύτερον δὲ ὅτι  
*himself of-the from the rebuke reward second and that*  
 καὶ ἄλλους ὠφελεῖν ἐκ τῆς ἐτέρου ἀρετῆς δυνάμενος, οὐκ  
*also others to-benefit from the of-another virtue being-able not*  
 ἐποίησε· τρίτον, ὃ καὶ βαρύτερον, ὅτι πολλάκις καὶ  
*he-did third which also heaviest that often also*  
 αὐτοὶ οἱ δοκοῦντες φερέποναι, καὶ ὑπομονητικοὶ ὑπάρχειν,  
*themselves those seeming toil-bearing and patient to-be*  
 ἐπὶ χρόνον ἀμεληθέντες, καὶ ὥς δῆθεν ἐνάρετοι, λοιπὸν  
*for a-time neglected and as supposedly virtuous thereafter*  
 ὑπὸ τοῦ προεστῶτος μὴ ἐλεγχόμενοι, ἢ ὀνειδιζόμενοι, τῆς  
*by the superior not being-rebuked or reproached of-the*  
 προσούσης αὐτοῖς πραότητος, καὶ ὑπομονῆς ἐστερήθησαν.  
*present in-them meekness and patience were-deprived*  
 Κἂν γὰρ καλὴ καὶ καρποφόρος καὶ πίων ἐστὶν ἡ γῆ, ἀλλ'  
*even-if for good and fruitful and fat is the earth yet*  
 οἶδεν λεῖψις ὕδατος ἀτιμίας ὑλομανοῦσαν αὐτὴν ποιεῖν,  
*knows lack of-water of-dishonor overgrown it to-make*  
 καὶ ἀκάνθας τύφου, καὶ πορνείας, καὶ ἀφοβίας ἐν αὐτῇ  
*and thorns of-conceit and fornication and fearlessness in it*  
 βλαστῆσαι. Τοῦτο γινώσκων ὁ μέγας ἐκεῖνος Ἀπόστολος  
*to-sprout this knowing the great that Apostle*  
 τῷ Τιμοθέῳ ἐπέστελλεν· Ἐπίστηθι· ἐπενέχθητι· ἐπίπληξον  
*— to-Timothy wrote stand-by press-on rebuke*

αὐτοὺς εὐκαίρως, ἀκαίρως. Ἐμοῦ δὲ πρὸς τὸν ὁδηγὸν  
*them in-season out-of-season I and toward the guide*  
 ὄντως ἐκείνον ἀντιφιλονεικούντος, καὶ τὴν ἀσθένειαν τῆς  
*truly that contending-back and the weakness of-the*  
 καθ' ἡμᾶς γενεᾶς προβαλλομένου, καὶ ὡς πολλοὶ ἴσως ἐκ  
*in our-time generation putting-forward and how many perhaps from*  
 τῆς εἰκῆ, τάχα δὲ καὶ οὐκ εἰκῆ ἐπιπλήξεως τῆς ποιύμνης  
*the in-vain perhaps and also not in-vain rebuke from-the flock*  
 ἀπορρήγνυνται· πάλιν ὁ τῆς σοφίας οἶκος ἔλεγε· Ψυχὴ  
*break-away again the of-the wisdom house said a-soul*  
 δεθεῖσα διὰ Χριστὸν ἀγάπῃ ποιμένος, καὶ πίστει, μέχρις  
*bound because-of Christ by-love of-shepherd and faith as-far-as*  
 αἵματος οὐκ ἀφίσταται· μάλιστα εἰ καὶ εὐεργετηθεῖσα ἐπὶ  
*blood not departs especially if also having-been-benefited on*  
 μώλωψί ποτε τυγχάνει παρ' αὐτοῦ· μνημονεύουσα τοῦ  
*wounds ever it-happens by him remembering the(-one)*  
 φάσκοντος· Οὔτε Ἄγγελοι, οὔτε Ἀρχαί, οὔτε Δυνάμεις,  
*saying neither Angels nor Principalities nor Powers*  
 οὔτε τις κτίσις ἑτέρα χωρίσαι ἡμᾶς ἀπὸ τῆς ἀγάπης τοῦ  
*nor any creature other to-separate us from the love —*  
 Χριστοῦ δεδύνηται. Ἡ δὲ μὴ οὕτως δεθεῖσα, καὶ παγεῖσα,  
*of-Christ has-been-able the but not thus bound and fixed*  
 καὶ κολληθεῖσα, θαυμάζω, εἰ οὐκ εἰκῆ τὴν ἐν τῷ τόπῳ  
*and glued I-wonder if not in-vain the in the place*  
 διατριβὴν διαπεραίνει, ἐπιπλάστω, καὶ ἡπατημένη ὑποταγῇ  
*stay it-completes with-feigned and deceived submission*  
 συνημμένη· οὐκ ἔψευσται δὲ ἑαυτὸν ἀληθῶς ὁ μέγας·  
*joined not has-deceived and himself truly the great(-one)*  
 ἀλλὰ καὶ κεκράτηκε, καὶ ὠδήγηκε, καὶ τετελείωκε, καὶ  
*but also has-held and has-guided and has-perfected and*



προσενήνοχε Χριστῷ ἄμωμα θύματα. Ἀκούσωμεν σοφίαν  
*has-offered to-Christ blameless sacrifices let-us-bear wisdom*  
 Θεοῦ, καὶ θαυμάσωμεν ἐν ὀστρακίνοις σκεύεσιν εὐρημένην.  
*of-God and let-us-marvel in earthen vessels found*  
 Ἀγάμενος ἐγὼ ἐκείσε παρὼν τήν τινων τῶν νεοπαγῶν 8  
*admiring I there being-present the of-some of-the newly-planted*  
 πίστιν, καὶ ὑπομονήν, καὶ ἀδάμαστον καρτερίαν ἐπὶ ταῖς  
*faith and endurance and unconquerable steadfastness at the-things*  
 τοῦ προεστῶτος, ἀλλὰ καὶ τῶν λίαν ὑποβεβηκότων· ἡρώτων,  
*of-the superior but also of-the very subordinate I-asked*  
 οἰκοδομῆς χάριν, τινὰ τῶν ἀδελφῶν πέντε καὶ δέκα ἔτη  
*of-edification for-the-sake one of-the brothers five and ten years*  
 ἐν τῇ μονῇ ἔχοντα, ὀνόματι Ἀββάκυρον, ὃν καὶ μάλιστα  
*in the monastery having by-name Abbacyrus whom also especially*  
 ὑπὸ πάντων σχεδὸν ἀδικούμενον, ἔσθ' ὅτε καθ' ἡμέραν,  
*by all nearly wronged there-is when each day*  
 τῆς τραπέζης ἐκ τῶν ὑπηρετῶν διωκόμενον ἔβλεπον· ἦν  
*from-the table by the servers driven-out I-saw he-was*  
 γὰρ ἐκ φύσεως μικρὸν πάνυ περὶ τὴν γλῶσσαν ἀκράτητος  
*for by nature a-little very about the tongue unrestrained*  
 ἀδελφός. Καὶ πρὸς αὐτὸν ἔλεγον· Ἀδελφε Ἀββάκυρε, διὰ  
*brother and to him I-said brother Abbacyrus because-of*  
 τί τῆς τραπέζης καθ' ἡμέραν ἐλαννόμενόν σε θεωρῶ, καὶ  
*what from-the table each day driven-out you I-see and*  
 ἄδειπνον πολλάκις κοιμώμενον; Καὶ φησι· Πίστευσόν μοι,  
*supperless often sleeping and he-says believe me*  
 πάτερ, ὅτι δοκιμάζουσί με οἱ πατέρες μου, ἐὰν ποιῶ μοναχόν,  
*father that test me the fathers my if I-make a-monk*  
 ἐπεὶ οὐκ ἐν ἀληθείᾳ τοῦτο ποιοῦσι· καὶ γὰρ λοιπὸν γινώσκων  
*since not in truth this they-do and-I thereafter knowing*  
 τὸν σκοπὸν τοῦ μεγάλου, καὶ αὐτῶν, ὑπομένω πάντα  
*the aim of-the great(-one) and of-them I-endure all-things*

ἀβαρῶς. Καὶ ἰδοὺ δεκαπέντε ἔτη ἔχων τοῦτο λογιζόμενος,  
*without-burden and behold fifteen years having this reckoning*  
 καθὼς μοι καὶ αὐτοὶ ἐν τῇ ἐμῇ εἰσόδῳ ἔφησαν· ὅτι  
*as to-me also they-themselves at the my entry said that*  
 ἄχρι τῆς τριακονταετίας δοκιμάζουσι τοὺς ἀποτασσομένους·  
*until the thirtieth-year they-test those renouncing*  
 καὶ δικαίως, πάτερ Ἰωάννη· χωρὶς γὰρ δοκιμῆς ὁ χρυσοῦς  
*and rightly father John without for testing the gold*  
 οὐ τελειοῦται. Ἐπιμένει οὖν ὁ γενναῖος οὗτος Ἀββάκυρος  
*not is-perfected having-remained then the noble this Abbacyrus*  
 μετὰ τὴν ἐμὴν ἄφιξιν τῷ μοναστηρίῳ διετὴ χρόνον, πρὸς  
*after the my arrival in-the monastery two-years time to*  
 Κύριον ἀπεδήμησε, τοῦτο εἰπὼν τοῖς πατράσι ἐν τῷ  
*(the)-Lord he-departed this having-said to-the fathers at the*  
 μέλλειν ἐκλείπειν· «Εὐχαριστῶ, εὐχαριστῶ τῷ Κυρίῳ, καὶ  
*being-about to-die I-give-thanks I-give-thanks to-the Lord and*  
 ὑμῖν, ὅτι διὰ τὸ πειράζεσθαι εἰς σωτηρίαν μου ἐξ ὑμῶν,  
*to-you that because-of the to-be-tried for salvation my by you*  
 ἔμεινα ἐκ δαιμόνων ἀπείραστος ἰδοὺ δεκαεπτὰ ἔτη.» Ὅν  
*I-remained by demons untried behold seventeen years whom*  
 καὶ ὡς ὁμολογητὴν μετὰ τῶν ἐκεῖσε κατακειμένων ἁγίων  
*also as confessor with those there lying saints*  
 ἀξίως ὁ δικαιοκριτὴς ποιμὴν κατατεθῆναι ἐκέλευσεν.  
*worthily the justly-judging shepherd to-be-laid ordered*

- 9 Ἄδικῶ πάντας τοὺς ζηλωτὰς τῶν καλῶν, εἶπερ σιωπῆς  
*I-wrong all the zealots of-the good-things if-indeed of-silence*  
 μνήματι θάψω τὸ Μακεδονίου τοῦ πρώτου τῶν ἐκεῖσε  
*in-a-tomb I-bury the of-Macedonius of-the first of-the there*  
 διακόνων κατόρθωμα καὶ ἄθλον· οὗτος ὁ μεμελημένος  
*deacons achievement and contest this the(-one) cared-for*  
 Κυρίῳ ποτὲ τῆς τῶν ἁγίων Θεοφανίων ἑορτῆς  
*by-(the)-Lord once of-the of-the holy Theophany feast*

καταλαβούσης, λιπαρεῖ τὸν ποιμένα, πρὸ δύο ἡμερῶν ἐν  
*approaching entreats the shepherd before two days in*  
 τῇ πόλει Ἀλεξανδρεῖα εἰσελθεῖν οἰκείας χρείας χάριν τινός,  
*the city Alexandria to-go of-own need for-the-sake some*  
 ὑποσχόμενος μέντοι θάπτον ἐξέρχεσθαι τῆς πόλεως, διὰ  
*having-promised however more-quickly to-come-out of-the city because-of*  
 τὴν τῆς ἐορτῆς ἀκολουθίαν τε καὶ ἐτοιμασίαν. Ὁ οὖν  
*the of-the feast order both and preparation the then*  
 μισόκαλος διάβολος ἐμπόδιον πεποιηκὼς τῷ ἀρχidiaκόνῳ  
*hater-of-good devil a-hindrane having-made to-the archdeacon*  
 πεποίηκεν αὐτὸν ἀπολυθέντα τοῦ ἡγουμένου, μὴ καταλαβεῖν  
*made him released by-the abbot not to-arrive-for*  
 τῇ ἀγίᾳ ἐορτῇ ἐν τῇ μονῇ κατὰ τὸν ὅρον, ὃν  
*the holy feast in the monastery according-to the limit which*  
 ἦν ἐκ τοῦ προεστῶτος κομισάμενος. Μεθ' ἡμέραν οὖν  
*he-had from the superior received after a-day then*  
 καταλαβόντα, ἀφορίζει ὁ ποιμὴν τῆς διακονίας, καὶ ἐν  
*having-arrived excludes the shepherd from-the service and in*  
 τῷ ἐσχάτῳ ἀρχαρίων κατατάττει χώρα· δέχεται ὁ καλὸς  
*the of-the-last beginners puts place receives the good*  
 τῆς ὑπομονῆς διάκονος καὶ τῆς καρτερίας ἀρχidiaκονος,  
*of-the endurance deacon and of-the steadfastness archdeacon*  
 τὸν τοῦ Πατρὸς ὅρον, καὶ ἀλύπως οὕτως, ὥς ἐτέρου  
*the of-the Father sentence and without-grief thus as another*  
 ἐπιτιμηθέντος, καὶ οὐκ αὐτοῦ· πεποιηκότα τοῖνυν αὐτὸν  
*having-been-sentenced and not himself having-spent therefore him*  
 ἐν τῇ τοιαύτῃ τάξει τεσσαράκοντα ἡμέρας, πάλιν ἐπὶ τὸν  
*in the such rank forty days again to the*  
 ἴδιον βαθμὸν ἀνήγαγε ὁ σοφός· καὶ δὴ μετὰ μίαν ἡμέραν  
*own step led-up the wise(-one) and indeed after one day*  
 δυσωπεῖται ὑπὸ τοῦ ἀρχidiaκόνου πάλιν ἐν τῇ ἐπιτιμίᾳ,  
*is-besought by the archdeacon again in the penance*

καὶ τῇ πρώην ἀτιμία καταστήναι, φήσας αὐτῷ, ὅτι περὶ  
*and the former dishonor to-be-placed having-said to-him that about*  
 ἀσυγχώρητόν τι ἐν τῇ πόλει ἔπταισα. Γνοὺς δὲ ὁ  
*unpardonable something in the city I-failed having-known but the*  
 ὅσιος ἀληθῇ μὴ λέγειν αὐτῷ, ἀλλὰ ταπεινώσεως χάριν  
*holy(-one) true-things not to-say to-him but of-humility for-the-sake*  
 τοῦτο ἐπιζητεῖν, εἶξε τῇ καλῇ ἐπιθυμίᾳ τοῦ ἐργάτου·  
*this to-seek yielded to-the good desire of-the worker*  
 καὶ ἦν ἰδεῖν πολὺν αἰδέσιμον ἐν τῇ ἀρχαϊκῇ  
*and it-was-possible to-see gray-hair venerable in the beginners'*  
 διάγουσαν τάξει· καὶ πάντας δυσωποῦσαν εἰλικρινῶς ὑπὲρ  
*living rank and all beseeching sincerely for*  
 αὐτοῦ εὐχέσθαι. Ἐπειδὴ, φησί, εἰς πορνείαν παρακοῆς  
*him to-pray since he-says into fornication of-disobedience*  
 πέπτωκα, ἐμοὶ δὲ τῷ ταπεινῷ τεθάρρῃκεν ὁ μέγας οὗτος  
*I-have-fallen to-me and to-the lowly(-one) confided the great this*  
 Μακεδόνιος, τίνος χάριν τῇ τοιαύτῃ τεταπεινωμένῃ  
*Macedonius of-what for-the-sake to-the such humbled*  
 διαγωγῇ ἐκουσίως προσέδραμεν· οὐδέποτε γὰρ κουφισμὸν  
*living willingly he-had-run never for relief*  
 οὕτως πολέμου παντός, καὶ φωτὸς θείου γλυκασμὸν ἐν  
*thus of-war all and of-light divine sweetness in*  
 ἑαυτῷ ὥς νῦν τεθέαμαι. Ἀγγέλων, φησί, τὸ μὴ πίπτειν,  
*myself as now I-have-beheld of-angels he-says the not to-fall*  
 ἴσως καὶ μὴ δυναμένων, ὥς φασί τινες· ἀνθρώπων δὲ τὸ  
*perhaps also not being-able as say some of-men and the*  
 πίπτειν, καὶ θάττον ἀνίστασθαι· ὅσakis τοῦτο καὶ συμβαίη·  
*to-fall and quickly to-rise as-often-as this also may-happen*  
 δαιμόνων δὲ καὶ μόνον, τὸ πεσόντας μὴ ἐγείρεσθαι.  
*of-demons and also only the having-fallen not to-rise*

Ὁ τὴν διακονίαν τῆς μονῆς πεπιστευμένος τεθάρρηκε· 10  
*the(-one) the service of-the monastery entrusted-with confided*  
 Νέου μου ὄντος, φησί, καὶ ἐν τῇ τῶν ἀλόγων φροντίδι  
*young me being he-says and in the of-the beasts care*  
 διάγοντος, συνέβη πτώμα κατενεχθῆναι βαρύτατον ψυχῆς·  
*living it-happened a-fall to-be-brought-down heaviest of-soul*  
 ἐμοῦ δὲ σεσυνηθηκότος μηδέποτε κρύπτειν ὄφιν ἐν  
*I but having-been-accustomed never to-hide a-serpent in*  
 φωλεῷ καρδίας, τῷ ἱατρῷ τοῦτον τῆς κέρκου κρατήσας  
*a-den of-heart to-the physician it by-the tail having-seized*  
 ἐσθλιτέυσα· κέρκον δὲ λέγω τὸ τέλος τῆς πράξεως· ὁ δὲ  
*exposed tail and I-mean the end of-the deed he but*  
 μειδιῶν τῷ προσώπῳ φησὶν πρὸς με· Παίσας μου τὴν  
*smiling with-the face says to me having-struck my the*  
 σιαγόνα μετρίως, ἄπιθι, τέκνον, ἔχου τῆς διακονίας σου, ὡς  
*cheek moderately go-away child hold-to the service your as*  
 τὸ πρὶν, μηδὲν τὸ παράπαν δεδιώς. Ἐγὼ δὲ πίστει διαπύρῳ  
*the before nothing at all fearing I but by-faith fiery*  
 πεισθεὶς ἐν βραχείαις ἡμέραις τῆς ἰάσεως πληροφορίαν  
*persuaded in short days of-the healing assurance*  
 εἰληφώς, ἔτρεχον τὴν ὁδὸν μου χαίρων ἅμα καὶ τρέμων.  
*having-received ran the way my rejoicing at-once and trembling*  
 Κέκτηται πᾶσα τάξις κτιστῶν, ὥς φασὶ τινες, διαφορὰς 11  
*possesses every order of-creatures as say some differences*  
 διαφερόντων. Ἐπεὶ οὖν ἦσαν καὶ παρὰ τῇ συνόδῳ τῶν  
*of-things-differing since then there-were also in the gathering of-the*  
 ἀδελφῶν προκοπῶν καὶ γνωμῶν διαφοραί· ἐπὶ τινας  
*brothers of-advances and of-dispositions differences whenever some*  
 τούτων ὁ ἱατρὸς φιλευδέικτας ἐπὶ ταῖς τῶν κατὰ  
*of-them the physician show-loving at the of-those according-to*  
 κόσμον ἐν τῇ μονῇ ἐπιδημίαις ἐσημειοῦτο, καὶ τούτους  
*the-world in the monastery visits marked also them*

ἐπὶ τούτων ἐσχάταις ὕβρεσι, καὶ διακονίαις ἀτιμότεραις  
*at these with-(the)-last insults and services more-dishonorable*  
 περιέβαλλεν· ὥστε λοιπὸν δρομαίως ὑποχωρεῖν, ἥνικα  
*he-clothed so-that thereafter at-a-run to-withdraw when*  
 δ' ἂν τινων τῶν κατὰ κόσμον ἐπιδημίαν ἔβλεπον·  
*and — some of-those according-to the-world visit they-saw*  
 καὶ ἦν ἰδέσθαι ὑπερφυῆς τὸ γινόμενον, αὐτὴν τὴν  
*and it-was-possible to-see extraordinary the thing-happening the-very the*  
 κενοδοξίαν· ἑαυτὴν ἐκδιώκουσαν, καὶ τῶν ἀνθρώπων  
*vainglory itself chasing-away and from-the men*  
 ἀποκρύπτουσαν. Μὴ στερῆσαί με Κύριος ὁσίου Πατρὸς  
*hiding not to-deprive me (the)-Lord of-holy Father's*  
 εὐχῆς βουλόμενος, πρὸ μιᾶς ἑβδομάδος τῆς ἐμῆς τοῦ  
*prayer wishing before one week of-the my of-the*  
 ὁσίου τόπου ἐξελεύσεως, προσελάβετο τὸν τὰ δεύτερα  
*holy place departure took-to-himself the(-one) the second-place*  
 τοῦ ποιμένος διέποντα, ἄνδρα θαυμαστόν, Μηνᾶν τοῦνομα,  
*of-the shepherd administering a-man wonderful Menas by-name*  
 πεντήκοντα ἑνέα ἔτη ἔχοντα ἐν τῷ κοινοβίῳ, λοιπὸν  
*fifty nine years having in the community thereafter*  
 διακονήσαντα πᾶσαν διακονίαν. Τῇ οὖν ἡμέρᾳ τῇ τρίτῃ,  
*having-served every service on-the then day the third*  
 ἡμῶν τὸν συνήθη κανόνα τῆς τοῦ ὁσίου κοιμήσεως  
*we the customary canon of-the of-the holy(-one) falling-asleep*  
 ἐπιτελούντων, ἐξαφίνης εὐωδιάζεται ὅλος ὁ χώρος, ἐν  
*performing suddenly is-filled-with-fragrance whole the place in*  
 ᾧ ὁ ὁσιος κατέκειτο. Ἐπέτρεψεν οὖν ὁ μέγας τὴν,  
*which the holy(-one) lay permitted then the great(-one) the*  
 ἐν ᾗ κατετέθη, θήκην ὁ ὁσιος ἀποσκεπάσαι ἡμᾶς· καὶ  
*in which was-laid tomb the holy(-one) to-uncover us and*  
 τούτου γενομένου, ὁρῶμεν πάντες ἐκ τῶν αὐτοῦ τιμίων  
*this having-happened we-see all from the his precious*

πελμάτων δίκην δύο πηγῶν τὴν τοῦ μύρου εὐωδίαν  
*soles like two springs the of-the myrrh fragrance*  
 ἐκπορευομένων. Τότε, φησὶν ὁ διδάσκαλος πρὸς πάντας,  
*going-forth then says the teacher to all*  
 ὁρᾶτε; ἰδοὺ οἱ τῶν πόνων αὐτοῦ, καὶ κόπων ἰδρώτες μύρον  
*do-you-see behold the of-the labors his and toils sweats as-myrh*  
 Θεῷ προσηnéχθησαν. Καὶ ἀληθῶς. Καὶ ἄλλα τε πλείστα  
*to-God were-offered and truly and other-things and very-many*  
 ἡμῖν περὶ αὐτοῦ τοῦ πανοσίου Μηνᾶ, οἱ τοῦ τόπου πατέρες  
*to-us about the-very the all-holy Menas the of-the place fathers*  
 κατορθώματα ἀπήγγειλαν, ἐν οἷς καὶ τοῦτο ἔλεγον. Ὅτι  
*achievements reported among which also this they-said that*  
 φασὶ ποτε ὁ προεστὼς τὴν αὐτοῦ θεοδώρητον ὑπομονὴν  
*they-say once the superior the his God-given endurance*  
 δοκιμάσαι βουλόμενος, ἀνελθόντα αὐτὸν ἐν τῷ ἡγουμενείῳ,  
*to-test wisbing having-gone-up him to the abbot's-lodging*  
 καὶ βαλόντα μετάνοιαν ἐσπέρας τῷ ἡγουμένῳ, παράθεσίν  
*and having-made penitence in-the-evening to-the abbot a-blessing*  
 τε λαβεῖν συνήθως ἱκετεύοντα, εἶασεν αὐτὸν οὕτως  
*and to-receive customarily begging let him thus*  
 χαμαὶ κείμενον ἄχρι τοῦ κανόνος ὥρας· τότε λοιπὸν  
*on-the-ground lying until the of-the-canon hour then thereafter*  
 αὐτὸν εὐλογήσας, καὶ λοιδορήσας ὡς φιλενδείκτην καὶ  
*him having-blessed and having-reviled as show-loving and*  
 ἀνυπομόνητον ἀνέστησεν. Ἐγίνωσκε γὰρ ὁ ὁσιος, ὅτι  
*impatient raised-up he-knew for the holy(-one) that*  
 ὑποφέρει γενναίως· διὸ καὶ τὸ δρᾶμα πρὸς οἰκοδομὴν πᾶσι  
*he-endures nobly therefore also the drama for edification for-all*  
 πεποίηκεν. Ὁ δὲ τούτου ἡμᾶς τοῦ ὁσίου Μηνᾶ μαθητῆς  
*made the and of-this us of-the holy Menas disciple*  
 ἐπληροφῶρει ἡμᾶς τὰ κατὰ τὸν ἐπιστάτην. Διὸ καί,  
*assured us the-things concerning the superior therefore also*

φησίν, ἐμοῦ πολυπραγμονήσαντος αὐτόν, εἰ ἄρα ἐν τῇ  
*he-says I having-inquired-of him if then in the*  
 τοιαύτῃ πρὸς τὸν ἡγούμενον γονυκλισία ὕπνω κατηνέχθη,  
*such to the abbot genuflection by-sleep he-was-overcome*  
 ἐπληροφόρει, φησίν, ὡς ἅπαν τὸ Ψαλτήριον χαμαὶ  
*he-assured he-says that all the Psalter on-the-ground*  
 κείμενον ἀποστηθίσαι. Οὐ παρίδω ἐγὼ ἐγκαλλωπίσαι τὸν  
*lying he-recited-by-heart not may-I-neglect I to-adorn the*  
 τοῦ λόγου στέφανον καὶ τῷ παρόντι σμαράγδῳ.  
*of-the discourse crown also with-the present emerald*

- 12 Κεκίνηκά ποτε περὶ ἡσυχίας λόγον τισὶ τῶν ἀνδρειοτάτων  
*I-raised once about stillness discussion with-some of-the bravest*  
 γερόντων ἐκείνων· οἱ δὲ μειδιῶντι τῷ προσώπῳ, καὶ  
*old-men those they but with-smiling the face and*  
 ἱλαρῷ ἤθει ἀστείως φασὶ πρὸς με· Ἡμεῖς, ὦ πάτερ  
*cheerful manner urbanely say to me we O father*  
 Ἰωάννη, ὑλικοὶ ὄντες ὑλικωτέραν καὶ ἀγωγὴν μετερχόμεθα·  
*John material being more-material also course pursue*  
 ἐκεῖνο προκρίναντες, κατὰ τὸ μέτρον τῆς ἑαυτῶν  
*that having-preferred according-to the measure of-the our-own*  
 ἀσθενείας καὶ τὸν πόλεμον ὑπελθεῖν· ἄμεινον λογισάμενοι  
*weakness also the war to-undergo better having-reckoned*  
 ἀνθρώποις παλαίειν, τοῖς ποτε μὲν ἡγριωμένοις, ποτὲ  
*with-men to-wrestle who sometimes indeed are-savage sometimes*  
 δὲ μετανοοῦσι, καὶ μὴ δαίμοσι διὰ παντὸς πρὸς ἡμᾶς  
*and repent and not with-demons through all(-time) against us*  
 μαινομένοις καὶ ὀπλιζομένοις. Ἄτερος δὲ αὖθις τῶν  
*raging and arming-themselves another but again of-the*  
 ἀειμνήστων, πολλὴν πρὸς με τὴν κατὰ Θεὸν ἀγάπην  
*ever-remembered much toward me the according-to God love*  
 καὶ παρρησίαν κεκτημένος, φησὶ μοι μετ' εὐμενείας· Εἰ  
*and boldness having says to-me with kindness if*



ἄρα σοι πρόσεστι, πάνσοφε, ἡ τοῦ εἰπόντος ἐν  
*then to-you is-present all-wise(-one) the of-the(-one) having-said in*  
 αἰσθήσει ψυχῆς ἐνέργεια, ὅτι Πάντα ἰσχύω ἐν τῷ  
*perception of-soul working that all-things I-am-strong-for in the*  
 ἐνδυναμοῦντί με Χριστῷ· εἰ Πνεῦμα ἅγιον δρόσου ἀγνείας  
*strengthening me Christ if Spirit holy of-dew of-purity*  
 κατὰ τὴν Παρθένον ἐπήλθεν ἐπὶ σε· εἰ δύναμις Ὑψίστου  
*like the Virgin has-come upon you if power of-(the)-Most-High*  
 ὑπομονῆς ἐπεσκίασέ σοι· ζῶσαι ὥσπερ ἀνὴρ (Χριστὸς  
*of-endurance has-overshadowed you gird as a-man Christ*  
 ὁ Θεός) τὴν ὀσφύν σου λεντίῳ ὑπακοῆς, καὶ ἀναστὰς  
*— God the loins your with-a-towel of-obedience and having-risen*  
 ἐκ τοῦ δείπνου τῆς ἡσυχίας νύξον πόδας ἀδελφῶν  
*from the supper of-the stillness wash feet of-brothers*  
 ἐν συντετριμμένῳ πνεύματι. Μᾶλλον δὲ κυλίου ὑπὸ  
*in contrite spirit rather but roll under*  
 πόδας συνοδίας ἐν καταβεβλημένῳ φρονήματι. Στήσων  
*feet of-(the)-company in cast-down mind set*  
 πυλωροὺς ἀποτόμους, καὶ αὖπνους ἐν πύλῃ καρδίας  
*doorkeepers severe and sleepless at (the)-gate of-heart*  
 σου· κράτει νοῦν ἀκράτητον ἐν περισπωμένῳ σώματι·  
*your master mind unmastered in distracted body*  
 ἄσκει νοερὰν ἡσυχίαν ἐν κινουμένοις καὶ σαλευομένοις  
*practice spiritual stillness in moving and tossed*  
 μέλεσι. Τὸ πάντων παραδοξότατον, γίνου ἀπτόητος  
*limbs the of-all most-marvelous-thing be undismayed*  
 ψυχῇ μεταξὺ τῶν θορύβων· ἄγχε γλῶτταν προπηδᾶν  
*in-soul amid the tumults choke the-tongue to-leap-forth*  
 ἐν ἀντιλογίαις μαινομένην· πάλαι τῇ δεσποίνῃ ταύτῃ  
*in disputes raging wrestle with-the mistress this*  
 ἐβδομηκοντάκις ἑπτὰ τῆς ἡμέρας· πῆξον ἐν ξύλῳ ψυχῆς  
*seventy-times seven of-the day fix on wood of-soul*

σταυρῷ νοῦν ἄκμονα δι' ἄλλεπαλλήλων σφυρῶν  
*on-a-cross mind an-anvil through successive hammers*  
 καὶ κτύπων τυπτόμενον, ἐμπαιζόμενον, λοιδορούμενον,  
*and blows struck mocked reviled*  
 χλευαζόμενον, ἀδικούμενον, καὶ μηδαμῶς ἐκλυόμενον,  
*ridiculed wronged and in-no-way weakened*  
 μηδὲ θραῦσιν ὑπομένοντα· ἀλλ' ὅλον λείον καὶ ἀκίνητον  
*nor breaking enduring but wholly smooth and unmoved*  
 ὑπάρχοντα. Ἀπόδυσαι θέλημα ὡς αἰσχύνῃς περιβολήν, καὶ  
*being strip-off will as of-shame garment and*  
 γυμνὸς τούτου ἐν τῷ σκάμματι εἴσελθε. Τὸ σπάνιον, καὶ  
*naked of-it in the arena enter the rare and*  
 δυσεύρετον ἔνδυσαι πίστεως θώρακα, ὑπὸ ἀπιστίας πρὸς  
*hard-to-find put-on of-faith breastplate by distrust toward*  
 τὸν ἀγωνοθέτην μὴ διαλυόμενον, μηδὲ τιτρωσκόμενον  
*the judge-of-the-contest not dissolved nor wounded*  
 κράτει χαλινῷ σωφροσύνης ἀφήν ἀναιδῶς προπηδῶσαν·  
*master with-bridle of-temperance touch shamelessly leaping-forth*  
 ἄγχε ὀφθαλμὸν μελέτη θανάτου, μεγέθη καὶ ὥραν  
*choke (the)-eye with-meditation of-death sizes and beauty*  
 σωμάτων περιεργάζεσθαι καθ' ὥραν βουλόμενον· φίμου  
*of-bodies to-scrutinize every hour wishing muzzle*  
 νοῦν περιέργον ἐν οἰκείᾳ μερίμῃ τὸν ἀδελφὸν κατακρίνειν  
*mind curious in own care the brother to-condemn*  
 ἐν ἀμελείᾳ βυλόμενον ἔργων· καὶ πᾶσαν ἀγάπην, καὶ  
*in negligence wishing restraining and all love and*  
 συμπάθειαν πρὸς τὸν πλησίον ἀπλανῶς ἐμφανίζοντα.  
*sympathy toward the neighbor unerringly showing*  
 Γνώσονται πάντες ἀληθῶς ἐν τούτῳ, ὦ προσφιλέστατε  
*will-know all truly in this O most-beloved*  
 πάτερ, ὅτι Χριστοῦ μαθητῆς ὑπάρχεις τότε, ἐὰν ἐν συνοδίᾳ  
*father that of-Christ disciple you-are then if in company*

ἀγάπην ἔχωμεν ἐν ἀλλήλοις. Δεῦρο, δεῦρο, πάλιν ἔλεγεν  
*love we-have among one-another come come again said*  
 ὁ καλὸς φίλος, δεῦρο, συναυλίσθητι. Πίε μνηκτρισμὸν  
*the good friend come dwell-together drink mockery*  
 καθ' ὥραν, ὥσπερ ὕδωρ ζῶν, ἐπειδὴ πάντα τὰ τερπνὰ  
*every hour like water living since all the delightful-things*  
 ὑπὸ τὸν οὐρανὸν ὁ Δαβὶδ ἐξερευνήσας, ἔσχατον πάντων  
*under the heaven — David having-searched-out last of-all*  
 διαπορῶν ἔλεγεν. Ἴδου δὴ τί καλόν, καὶ τί τερπνόν;  
*being-at-a-loss said behold indeed what good and what delightful*  
 οὐδὲν ἄλλο ἢ τὸ κατοικεῖν ἀδελφούς ἐπὶ τὸ αὐτό.  
*nothing other than the to-dwell brothers in the same*  
 Εἰ δὲ οὐπω τοῦ ἀγαθοῦ τῆς τοιαύτης ὑπομονῆς καὶ  
*if but not-yet of-the good of-the such endurance and*  
 ὑπακοῆς ἡξιώθημεν, καλὸν λοιπὸν κἂν τὴν οἰκείαν  
*obedience we-were-deemed-worthy good thereafter at-least the own*  
 ἀσθένειαν ἐπεγνωκότας, κατὰ μόνας πόρρω τοῦ ἀθλητικοῦ  
*weakness having-recognized in private far of-the athletic*  
 σταδίου ἱσταμένους τοὺς ἀθλοῦντας μακαρίζειν, καὶ τούτοις  
*stadium standing those contending to-call-blessed and for-them*  
 ὑπομονὴν εὔχεσθαι. Ἡττήθην ἐγὼ καλῶ πατρί, καὶ  
*endurance to-pray I-was-defeated I by-a-good father and*  
 διδασκάλῳ ἀρίστῳ εὐαγγελικῶς ἡμῖν καὶ προφητικῶς  
*teacher best evangelically to-us and prophetically*  
 μαχησαμένῳ· μᾶλλον δὲ φιλικῶς, καὶ τὰ πρεσβεία τῇ  
*having-fought rather but friendly and the prize to-the*  
 μακαρία ὑπακοῇ δοῦναι ἀναμφιβόλως τετελέκαμεν. Μιᾶς δὲ  
*blessed obedience to-give undoubtingly we-have-willed one but*  
 ἔτι ὀνησιφόρου τῶν μακαρίων τούτων ἀρετῆς ἐπιμνησθεῖς,  
*still profitable of-the blessed these virtue having-remembered*

ὥσπερ ἐκ παραδείσου ἐξιὼν, πάλιν τὰ ἀκαλλῇ, καὶ  
 as from paradise going-out again the unlovely and  
 ἀνησιφόρα ὑμῖν ἀκανθολογήματα παραθήσομαι.  
 unprofitable to-you thorn-gatherings I-will-set-before

- 13 Ἐν τῇ εὐχῇ πολλάκις ἡμῶν παρισταμένων, συντυχίας τινὰς  
 at the prayer often we standing conversations some  
 ποιήσαντας ἐσημειώσατο ὁ μακάριος ποιμὴν· οὓς ἐπὶ  
 having-made marked the blessed shepherd whom for  
 ἐβδοματιαῖον χρόνον πρὸ τῆς ἐκκλησίας στήσας, πᾶσι  
 a-week's time before the church having-stationed to-all  
 μετάνοιαν ποιεῖν παρεκέλευσε· τοῖς εἰσιουσί τε καὶ ἐξιουσί·  
 penitence to-make he-ordered to-those entering both and going-out  
 καὶ τὸ δὴ θαυμαστότερον, καίτοιγε κληρικούς ὑπάρχοντας  
 and the indeed more-wonderful although clergy being  
 τοῦτ' ἔστι πρεσβυτέρους. Τινὰ τῶν ἀδελφῶν ὁρῶν σὺν  
 that is priests one of-the brothers seeing with  
 αἰσθήσει καρδίας πλέω τῶν πολλῶν ἐν τῇ ψαλμωδίᾳ  
 perception of-heart more than-the many in the psalmody  
 περιστάμενον· καὶ μάλιστα ἐν τῇ πρωτολογίᾳ τῶν ὕμνων  
 standing and especially at the opening of-the hymns  
 πρὸς τινὰς τοῖς ἑαυτοῦ ἦθεσι, καὶ τῷ προσώπῳ  
 to some with-the his-own manners and with-the face  
 διαλεγόμενον, ἡρώτων τοῦ ἡθους τοῦ μακαρίου τὴν ἔννοιαν  
 conversing I-asked of-the manner of-the blessed(-one) the meaning  
 μαθεῖν. Ὁ δὲ γνούς ἵνα μὴ κρύπτειν ὠφελῆσαι, φησί·  
 to-learn he but having-known so-that not to-hide to-benefit says  
 Τοὺς λογισμούς μου, πάτερ Ἰωάννη, καὶ τὸν νοῦν σὺν τῇ  
 the thoughts my father John and the mind with the  
 ψυχῇ εἴωθα ἐκ προοιμίων ἐπισυνάγειν, καὶ συγκαλῶν  
 soul I-am-accustomed from (the)-beginnings to-gather and calling-together  
 κράζειν τούτοις· Δεῦτε, προσκυνήσωμεν, καὶ προσπέσωμεν  
 to-cry to-them come let-us-worship and let-us-fall-down-before

αὐτῷ Χριστῷ βασιλεῖ καὶ Θεῷ ἡμῶν. Τὸν δὲ ἐστιάτορα  
 him Christ king and God our the and refectorian  
 τοῦτο ποιοῦντα κατέλαβον πολυπραγμονήσας· μικρὸν γὰρ  
 this doing I-found having-inquired small for  
 πτύχιον ἐν τῇ ζώνῃ κρεμάμενον ἔχοντα ὁρῶν, ἔμαθον ὡς  
 tablet in the belt hanging having seeing I-learned that  
 τοὺς ἑαυτοῦ καθ' ἡμέραν σημειούμενος λογισμούς, τούτους  
 the his-own each day noting thoughts these  
 πάντας τῷ ποιμένι ἐξαγγέλλει. Οὐ μόνον δέ, ἀλλὰ καὶ  
 all to-the shepherd be-reports not only and but also  
 ἑτέρους πλείους τῶν αὐτόθι τοῦτο ποιοῦντας ἐθεώμην·  
 others very-many of-those there this doing I-beheld  
 ἦν δὲ καὶ αὕτη ἐντολὴ τοῦ μεγάλου ὡς ἀκήκοα.  
 it-was and also this a-commandment of-the great(-one) as I-have-heard  
 Ἐδιώχθη τις παρ' αὐτοῦ ποτε τῶν ἀδελφῶν τὸν  
 was-driven-out someone by him once of-the brothers the  
 πλησίον πρὸς αὐτὸν διαβαλὼν ὡς φλύαρον καὶ λάλον. Ὁ  
 neighbor to him having-slandered as babbler and chatterer he  
 δὲ προσεκαρτέρησε τῷ πυλῶνι τῆς μονῆς ἐβδοματιαῖον  
 but persevered at-the gateway of-the monastery a-week's  
 χρόνον δυσωπῶν εἰσόδου, καὶ συγχωρήσεως τυχεῖν· ὡς δὲ  
 time beseeching entry and pardon to-obtain as and  
 τοῦτο ἔμαθεν ὁ φιλόψυχος, περιεργασάμενος αὐτόν, μηδὲν  
 this learned the soul-loving(-one) having-inquired him nothing  
 βεβρωκέναι ἐν ταῖς ἑξ ἡμέραις τὸ παράπαν, δηλοῖ αὐτῷ.  
 to-have-eaten in the six days at all shows to-him  
 Εἰ ὅλως ἐν τῇ μονῇ τὴν οἴκησιν ποιήσασθαι βούλει, ἐν τῇ  
 if at-all in the monastery the dwelling to-make you-wish in the  
 τῶν μετανοούντων τάξει σε κατάρξω. Ὡς δὲ ἀσμένως τοῦτο  
 of-the repenting rank you I-will-put as and gladly this  
 ἐδέξατο μετανοῶν, ἐκέλευσεν αὐτὸν ὁ ποιμὴν ἐν τῇ μονῇ  
 he-received repenting ordered him the shepherd in the monastery

τῇ ἰδιαζούσῃ τῶν ἐπὶ πτώμασι πενθούντων ἐπενεχθῆναι,  
*the separate of-those for falls mourning to-be-brought*  
 ὅπερ καὶ γέγονεν. Ἐπεὶ δὲ τῆς εἰρημένης ἐμνήσθημεν  
*which also happened since and the said we-have-mentioned*  
 μονῆς, διὰ βραχέων περὶ αὐτῆς εἵπωμεν. Τόπος μὲν  
*monastery through brief-words about it let-us-speak a-place indeed*  
 ἦν ἀπὸ σημείου ἐνὸς τῆς μεγάλης μονῆς, φυλακὴ  
*there-was from mile one of-the great monastery prison*  
 λεγομένη, ἀπαράκλητος· οὐκ ἦν ἐκεῖσε πώποτε καπνὸν  
*called without-consolation not it-was there ever smoke*  
 ὀφθῆναι, οὐκ οἶνον, οὐκ ἔλαιον εἰς βρώσιν, οὐχ ἕτερόν  
*to-be-seen not wine not oil for food not other*  
 τι ἄλλο, ἢ ἄρτον, καὶ λεπτὰ λάχανα. Ἐν τούτῳ τοὺς  
*anything else than bread and thin vegetables in this those*  
 μετὰ τὴν κλῆσιν συμποδιζομένους ἀπροΐτους κατέκλειεν· οὐχ  
*after the calling being-fettered not-going-out he-shut-in not*  
 ἅμα, ἀλλ' ἰδίᾳ, καὶ χωρὶς, ἢ καὶ δύο τὸ πολὺ, ἕως οὗ  
*together but privately and apart or also two at-the most until —*  
 ὁ κύριος αὐτὸν περὶ ἐκάστου ἐπληροφόρει· κατέστησε δὲ  
*the lord him about each assured he-appointed and*  
 αὐτοῖς, καὶ τοποποιὸν μέγαν Ἰσαὰκ ὀνόματι, ὃς ἀπῆτει τὴν  
*for-them also a-superintendent great Isaac by-name who required the*  
 προσευχὴν ἀδιάλειπτον σχεδὸν τοὺς αὐτῷ παραδιδομένους·  
*prayer unceasing nearly of-those to-him delivered*  
 εἶχον δὲ καὶ θαλλοὺς πλείστους εἰς ἀκηδίας ἐμπόδιον.  
*they-had and also palm-shoots very-many for of-listlessness hindrance*

*“This is the life of those who seek the face of the God of Jacob”: to admire the saints is good, to emulate them saving, but to copy their whole way of life at once impossible. Confession is a bridle, and one who hides his serpent still wanders; the obedient man credits even his miracles to his father’s prayer, and must confess his faults as his own, not as another’s. The demons praise stillness to the obedient before their time, and they put out from harbor and founder without a helmsman; they must not leave a physician who has begun the cure. In a community the monk must not show off his zeal or despise his brothers, nor boast when the brotherhood rests on him, since the thieves are all around; he must call himself an unprofitable servant. A community is an earthly heaven; let him, once he has tested it, sell himself to it for the gold of humility and make the place his tomb before the tomb.*

Οὗτος ὁ βίος, αὕτη ἡ κατάστασις· αὕτη ἡ διαγωγή 14  
 this the life this the state this the conduct  
 τῶν ὄντως ζητούντων τὸ πρόσωπον τοῦ Θεοῦ Ἰακώβ· τὸ  
 of-those truly seeking the face — of-God of-Jacob the  
 μὲν θαυμάζειν τοὺς ἁγίων πόρους καλόν· τὸ δὲ ζηλοῦν  
 indeed to-admire the of-saints labors good the and to-emulate  
 σωτηρίας πρόξενον· τὸ δὲ ὑφ’ ἐν τὴν ἐκείνων μιμεῖσθαι  
 of-salvation cause the and at once the their to-imitate  
 θέλει πολιτείαν, ἄλογον καὶ ἀμήχανον. Δακνόμενοι μὲν ἐπὶ  
 to-wish way-of-life irrational and impossible being-stung indeed at  
 τοῖς ἐλέγχοις τῶν ἡμετέρων ἁμαρτημάτων μνημονεύσωμεν,  
 the rebukes of-the our sins let-us-remember  
 ἄχρις οὗ ὁ Κύριος τὴν βίαν ἡμῶν τῶν βιαστών αὐτοῦ  
 until — the Lord the force our of-the violent(-ones) his  
 ὁρῶν ταύτας ἐξαλείψει, καὶ τὴν δάκνουσαν ἡμᾶς ἐν τῇ  
 seeing these will-blot-out and the stinging us in the  
 καρδιά ὁδύνην εἰς χαρὰν μεταποιήσει. Κατὰ γὰρ τὸ  
 heart pain into joy will-change according-to for the

πλήθος τῶν ὀδυνῶν μου, ἐν τῇ καρδίᾳ μου, φησὶν (κατὰ  
*multitude of-the pains my in the heart my he-says by*  
 τοσοῦτον), αἱ παρακλήσεις σου εὐφράναν τὴν ψυχὴν μου.  
*so-much the consolations your gladdened the soul my*  
 Ἐν τῷ ἰδίῳ καιρῷ μὴ ἐπιλαθώμεθα τοῦ λέγοντος πρὸς  
*in the own time not let-us-forget the(-one) saying to*  
 Κύριον· Ὅσας ἔδειξάς μοι θλίψεις πολλές, καὶ κακὰς, καὶ  
*(the)-Lord how-many you-showed me afflictions many and evil and*  
 ἐπιστρέψας ἐζωοποίησάς με, καὶ ἐκ τῶν ἀβύσσων τῆς γῆς  
*having-turned you-made-alive me and from the abysses of-the earth*  
 μετὰ τὸ πεσεῖν πάλιν ἀνήγαγές με. Μακάριος ὃς διὰ  
*after the to-fall again you-led-up me blessed who because-of*  
 Θεὸν καθ' ἡμέρας λοιδορούμενος, καὶ ἐξουδενούμενος ἑαυτὸν  
*God each day reviled and despised himself*  
 ἐβιάσατο. Μετὰ μαρτύρων χορεύσει οὗτος, καὶ μετὰ  
*forced with martyrs will-dance this(-man) and with*  
 ἀγγέλων παρῥησιάζεται. Μακάριος μοναχός, ὃς πάσης  
*angels will-speak-boldly blessed monk who of-every*  
 ἀτιμίας καὶ ἐξουδενώσεως ἑαυτὸν ἄξιον καθ' ὥραν λογίζεται·  
*dishonor and contempt himself worthy every hour reckons*  
 μακάριος ὃς τὸ ἑαυτοῦ θέλημα εἰς τέλος ἐνέκρωσε, καὶ  
*blessed who the own will to (the)-end mortified and*  
 τῷ ἐν κυρίῳ διδασκάλῳ τὴν ἑαυτοῦ ἐκδέδωκεν ἐπιμέλειαν·  
*to-the in (the)-lord teacher the own has-given-over care*  
 ἐκ δεξιῶν γὰρ τοῦ σταυρωθέντος σταθήσεται. Εἴ τις  
*on right for of-the(-one) crucified he-will-stand if anyone*  
 ἔλεγχον δίκαιον, ἢ ἄδικον ἐξ ἑαυτοῦ ἀπερῥύψατο, οὗτος  
*rebuke just or unjust from himself cast-off he*  
 τὴν ἑαυτοῦ σωτηρίαν ἡρνήσατο. Εἰ δέ τις τοῦτον μετὰ  
*the own salvation denied if but anyone it with*  
 πόνου, ἢ καὶ ἀπόνως κατεδέξατο, ταχέως τῆς τῶν ἑαυτοῦ  
*pain or even painlessly accepted quickly of-the of-the own*



πταισμάτων ἀφέσεως τεύζεται· Θεῷ νοερῶς πρὸς τὸν σὸν  
*failings forgiveness he-will-obtain to-God spiritually toward the your*  
 πατέρα πίστιν, καὶ ἀγάπην εἰλικρινῶς ὑποδείκνυε, καὶ κείνος  
*father faith and love sincerely show and-that-one*  
 ἀγνώστως τοῦτον λοιπὸν πληροφορήσει κατὰ τὴν σὴν  
*unknowingly him thereafter will-assure according-to the your*  
 πρὸς αὐτὸν διάθεσιν προστεθῆναι, καὶ οἰκειωθῆναί σοι.  
*toward him disposition to-be-attached and to-be-made-familiar to-you*  
 Ὁ πάντα ὄφιν στηλιτεύων πίστιν ἐναργῇ ἔδειξεν.  
*the(-one) every serpent exposing faith clear showed*  
 Ὁ δὲ ἀποκρύπτων, εἰς ἀνοδίας ἔτι πεπλάνηται. Τότε  
*the(-one) but biding into pathlessness still has-wandered then*  
 τὴν ἑαυτοῦ φιλαδελφίαν, καὶ κυρίως ἀγάπην ἐπιγνώσεται  
*the own brotherly-love and properly love will-recognize*  
 τις, ὅταν ἑαυτὸν πενθοῦντα ἐπὶ τοῖς τοῦ ἀδελφοῦ  
*someone when himself mourning at the of-the brother*  
 σφάλμασιν ὄψεται· καὶ ὅταν ἀγαλλόμενον ἐπὶ ταῖς ἐκείνου  
*slips he-sees and when rejoicing at the that-one's*  
 προκοπαῖς, καὶ χαρίσμασιν. Ὁ ἐν διαλέξει τὸν ἑαυτοῦ  
*advances and gifts the(-one) in discussion the own*  
 λόγον, κἂν ἀληθῆ λέγει, συστήσαι θέλων καὶ βουλόμενος,  
*word even-if true he-says to-establish willing and wishing*  
 γνωσκέτω τὸν τοῦ διαβόλου νόσον νοσεῖν. Καὶ εἰ μὲν  
*let-him-know the of-the devil disease to-be-sick-with and if indeed*  
 ἐν τῇ πρὸς τοὺς ἴσους συλλαλιᾷ τοῦτο ἐργάζεται, ἴσως  
*in the with the equals conversation this he-does perhaps*  
 ἔστιν αὐτὸν ἰαθῆναι ἐκ τῆς τῶν μειζόνων ἐπιτιμίας.  
*it-is-possible him to-be-healed from the of-the greater(-ones) rebuke*  
 Εἰ δὲ καὶ πρὸς τοὺς μείζονας ἢ σοφωτέρους οὕτως  
*if but also toward the greater(-ones) or wiser thus*  
 διάκειται· παρὰ ἀνθρώπων τοῦτο ἀνίατον. Ὁ λόγῳ  
*he-is-disposed among men this incurable the(-one) in-word*

μὴ ὑποβεβηκώς, δῆλον ὅτι οὐδὲ ἔργῳ. Ὁ γὰρ ἐν  
*not subordinate clear that not-even in-deed the(-one) for in*  
 ὀλίγῳ ἄπιστος, καὶ ἐν ἔργῳ ἄκλιτός ἐστι, μάτην κοπιῶν,  
*little faithless also in deed unbending is in-vain toiling*  
 καὶ τῆς ὁσίας ὑποταγῆς οὐδέν, εἰ κρίμα ἑαυτῷ,  
*and from-the holy submission nothing if-not judgment for-himself*  
 κομιζόμενος. Εἴ τις τὸ ἑαυτοῦ συνειδὸς καθαρὸν εἰς  
*receiving if anyone the own conscience pure to*  
 ἄκρον εἰς τὴν παρὰ τοῦ πατρὸς ὑποταγὴν ἐκτήσατο·  
*(the)-utmost in the toward the father submission acquired*  
 οὗτος λοιπὸν τὸν θάνατον ὥσπερ ὕπνον, μᾶλλον δὲ  
*he thereafter the death as sleep rather and*  
 ζωὴν, καθ' ἡμέραν ἐκδεχόμενος οὐ πτοεῖται· γινώσκων ἐν  
*life each day expecting not is-terrified knowing in*  
 βεβαίῳ, ὡς οὐκ αὐτὸς ἐν καιρῷ τοῦ χωρισμοῦ, ἀλλὰ  
*certainty that not he-himself in time of-the separation but*  
 προεστὼς λογοθετηθήσεται. Εἴ τις ἐν Κυρίῳ ἀβιάστως  
*the-superior will-be-called-to-account if anyone in (the)-Lord without-constraint*  
 ἐκ τοῦ πατρὸς ἐγχείρημα διακονίας εἰληφώς, ἀδόκητόν  
*from the father a-task of-service having-received unexpected*  
 τι πέπονθεν ἐν αὐτῇ πρόσκομμα, μὴ τῷ δεδωκότι  
*some has-suffered in it stumbling not to-the(-one) having-given*  
 τὸ ὄπλον, ἀλλὰ τῷ δεξαμένῳ τὴν αἰτίαν ἐπιγράφουτο.  
*the weapon but to-the(-one) having-received the cause let-him-ascribe*  
 Εἵληφεν γὰρ ὄπλον πρὸς μάχην ἐχθροῦ, προσήνεγκε δὲ  
*be-received for a-weapon for battle of-(the)-enemy turned and*  
 αὐτὸ τῇ ἑαυτοῦ καρδίᾳ. Εἰ δὲ βεβιάσται ἑαυτὸν διὰ  
*it on-the own heart if but be-has-forced himself because-of*  
 Κύριον, καὶ τὴν ἑαυτοῦ ἀσθένειαν τῷ διδόντι προείπεν,  
*(the)-Lord and the own weakness to-the(-one) giving foretold*  
 θαρσεῖτω· καὶ γὰρ πέπτωκεν, οὐκ ἀπέθανε. Λέληθα  
*let-him-take-courage even-if for be-has-fallen not be-has-died I-forgot*

ὑμῖν, ὦ φίλοι, καὶ τοῦτον παραθεῖναι τὸν ἡδὺν τῆς ἀρετῆς  
*you O friends also this to-set-before the sweet of-the virtue*  
 ἄρτον, ὡς ἐώρακα ἐν Κυρίῳ ὑπηκόους ταῖς ὕβρεσιν  
*bread how I-have-seen in (the)-Lord obedient(-ones) with-the insults*  
 ἑαυτοὺς ἐκτρίβοντας κατὰ Θεὸν ἀτιμάζοντας, ἵνα ἐπὶ  
*themselves rubbing according-to God dishonoring that for*  
 ταῖς ἔξωθεν προσφερομέναις αὐτοῖς προπαρασκευασμένοι  
*the from-outside offered to-them prepared-beforehand*  
 τυγχάνωσιν ἐπ' ἀτιμαίαις μὴ πτύρεσθαι ψυχὴ ἐξαγόρευσιν  
*they-may-be at dishonors not to-be-frightened a-soul confession*  
 ἐννοουμένη, ὡς ὑπὸ χαλινοῦ, ὑπὸ ταύτης κατέχεται, μὴ  
*thinking-of as by a-bridle by it is-held not*  
 ἁμαρτάνειν. Τὰ γὰρ ἀνεξαγόρευτα ὡς ἐν σκότει ἀδεῶς  
*to-sin the for unconfessed as in darkness fearlessly*  
 λοιπὸν πράττομεν. Ὅταν τοῦ προεστῶτος ἀπόντος, τὸ  
*thereafter we-do when the superior being-absent the*  
 αὐτοῦ πρόσωπον ἐξεικονίζοντες, τοῦτον παρίστασθαι ἡμῖν  
*his face picturing him to-stand-by us*  
 νομίζομεν, καὶ πᾶσαν συντυχίαν, ἢ λόγον, ἢ βρώσιν, ἢ  
*we-think and every conversation or word or food or*  
 ὕπνον, ἢ ἄλλο τι πρὸς ὃ ὑπειλήφαμεν ἀηδῶς αὐτὸν  
*sleep or other anything toward which we-have-supposed displeased him*  
 ἔχειν ἐν ἡμῖν ἀποστρεφώμεθα· τότε ἀληθῶς ἐγνώκαμεν  
*to-be in us we-turn-away then truly we-have-known*  
 ὑπακοὴν ἀνόθευτον. Οἱ μὲν νόθοι τῶν παίδων χαρὰν τὴν  
*obedience uncounterfeit the indeed bastard of-the children joy the*  
 τοῦ διδασκάλου ἀπουσίαν· οἱ δὲ γνήσιοι ζημίαν ταύτην  
*of-the teacher absence the but genuine loss it*  
 λογίζονται.  
*reckon*

- 15 Ἡρώτησά ποτέ τινα τῶν δοκιμωτάτων δυσωπῶν, πῶς  
*I-asked once one of-the most-approved beseeching how*  
 ἡ ὑπακοὴ τὴν ταπεινοσύνην κέκτηται· ὁ δέ φησι· «Κὰν  
*the obedience the humility possesses he but says even-if*  
 νεκροὺς ὁ εὐγνώμων ὑπήκοος ἀναστήσῃ· καὶ δάκρυον  
*dead the grateful obedient(-man) raises even-if tear*  
 κτήσεται· καὶ ἀπαλλαγὴν πολέμων, λογίζεται πάντως, ὅτι  
*he-acquires even-if deliverance from-wars he-reckons surely that*  
 ἡ τοῦ πνευματικοῦ πατρὸς εὐχή τοῦτο ἐποίησε· καὶ μένει  
*the of-the spiritual father prayer this did and remains*  
 αὐτὸς ἐκ τῆς ματαίας οἰκήσεως ξένος, καὶ ἀλλότριος·»  
*he-himself from the vain dwelling a-stranger and alien*  
 Πῶς γὰρ ἂν καὶ ὑψωθῇσεται ἐπ' ἐκεῖνο, ὃ ἐξ ἑτέρας  
*how for — also will-he-be-exalted at that which from another's*  
 βοηθείας λέγει, πεποιηκέναι, καὶ οὐκ ἐκ τῆς αὐτοῦ  
*help he-says to-have-done and not from the his-own*  
 σπουδῆς· οὐκ οἶδεν ἡσυχαστὴς τὴν τῶν προειρημένων  
*zeal not knows (the)-solitary the of-the aforesaid*  
 ἐργασίαν· τὰ δίκαια γὰρ πρὸς αὐτὸν ἡ οἷσις κέκτηται  
*work the rights for over him the conceit possesses*  
 ἰδία σπουδῇ τὰ κατορθώματα αὐτῷ ὑποβάλλουσα  
*by-own zeal the achievements to-him suggesting*  
 ἐπιτελεῖν. Δύο νενικηκὼς ὁ ὢν ἐν ὑποταγῇ δόλους,  
*to-accomplish two having-conquered the(-one) being in submission tricks*  
 μένει λοιπὸν δοῦλος Χριστοῦ αἰώνιος ὑπήκοος· πυκτεύει  
*remains thereafter a-slave of-Christ eternal obedient(-one) boxes*  
 ὁ δαίμων τοὺς ὑπηκόους, ποτὲ μὲν μολυσμοῖς μολύνειν,  
*the demon the obedient sometimes indeed with-defilements to-defile*  
 καὶ σκληροκαρδίους ἐργάζεσθαι, τούτους ταραχῶδεις παρὰ  
*and hard-hearted to-make them disturbed beyond*  
 συνήθειαν γίνεσθαι ἐκμοχλεύων, ποτὲ δὲ ξηροὺς τινας,  
*custom to-become prying sometimes and dry some*

καὶ ἀκάρπους, καὶ περὶ τὴν προσευχὴν ὀκνηροτέρους,  
*and fruitless and about the prayer more-sluggish*  
 ὑπνώδεις τε καὶ ἐσκοτισμένους, ἵν' ὥς μηδὲν ἐκ τῆς  
*sleepy both and darkened that as nothing from the*  
 ὑποταγῆς ὠφεληθέντας, ἀλλὰ καὶ κατόπιν βαδίσαντας,  
*submission having-benefited but even backward having-walked*  
 τῆς ἀθλήσεως ἀποσπάσῃ. Οὐ γὰρ συγχωρεῖ αὐτοῖς  
*from-the contest he-may-drag-away not for he-allows them*  
 ἐννοεῖν, ὅτι πολλάκις ἡ τῶν δοκούντων ἐν ἡμῖν ἀγαθῶν  
*to-consider that often the of-the seeming in us good-things*  
 οἰκονομικὴ ἀφαίρεσις βαθυτάτης ταπεινοφροσύνης γίνεται  
*providential removal of-deepest humility becomes*  
 πρόξενος. Ἀπεκρούσθη δι' ὑπομονῆς πολλάκις παρά τισιν  
*cause was-repelled through endurance often by some*  
 ὁ προλεχθεὶς ἀπατεῶν. Εἶτα ἔτι τούτου λαλῶντος, ἕτερος  
*the aforesaid deceiver then still him speaking another*  
 ἄγγελος παραστὰς μετ' ὀλίγον ἑτέρῳ τρόπῳ ἀπατᾶν ἡμᾶς  
*messenger standing-by after a-little in-another way to-deceive us*  
 δοκιμάζει. Εἶδον ὑπηκόους εὐκατανύκτους, προσηνεῖς,  
*tries I-saw obedient(-ones) easily-moved-to-compunction gentle*  
 ἐγκρατεῖς, σπουδαίους, ἀπολεμήτους, θερμούς ἐκ τῆς τοῦ  
*continent zealous unassailed fervent from the of-the*  
 πατρὸς σκέπης γεγονότας· οἷς οἱ δαίμονες ἐπιστάντες  
*father protection having-come to-whom the demons approaching*  
 δυνατοὺς εἶναι λοιπὸν πρὸς ἡσυχίαν ὑπέσπειραν, ὥς πρὸς  
*able to-be thereafter for stillness suggested as to*  
 τέλειον λοιπὸν ἔπαθλον, καὶ πρὸς ἀπάθειαν δι' ἐκείνης  
*perfect thereafter prize and to dispassion through that*  
 καταντῆσαι ἰσχύοντας· καὶ μέντοι ἀπατηθέντες τοῦ λυμένους  
*to-arrive being-strong and yet deceived from-the harbor*  
 ἐπὶ τὸ πέλαγος χωρήσαντες, ζάλης αὐτῆς καταλαβούσης,  
*to the open-sea having-gone storm it having-overtaken*

κυβερνητῶν μὴ εὐπορήσαντες, ἐλεεινῶς ὑπὸ τῆς θαλάσσης  
*of-helmsmen not having-been-provided pitiably by the sea*  
 ταύτης τῆς ῥυπερᾶς καὶ ἀλμυρᾶς ἐκινδύνευσαν· ἀνάγκη  
*this the filthy and salty were-endangered necessity*  
 τὴν θάλασσαν ταραχθῆναι καὶ ἀγριωθῆναι, ἵνα τότε τὴν  
*the sea to-be-troubled and to-be-made-savage that then the*  
 ὕλην, ἣν περ οἱ ποταμοὶ τῶν παθῶν, καὶ τὸν χόρτον, καὶ  
*matter which the rivers of-the passions and the grass and*  
 πᾶσαν σαπρίαν ἐν αὐτῇ κατήγαγον, δι' αὐτῶν πάλιν ἐν  
*all rottenness in it brought-down through them again on*  
 τῇ γῇ ἀπορρίπνεται· ἐπισκεψώμεθα, καὶ εὐρήσομεν μετὰ  
*the land it-may-cast-out let-us-consider and we-will-find after*  
 τὴν ἐν τῇ θαλάσῃ ζάλην βαθείαν γινομένην γαλήνην.  
*the in the sea storm deep coming calm*  
 Ὅ ποτε μὲν ὑπακούουν, ποτε δὲ παρακούων τοῦ  
*the(-one) sometimes indeed obeying sometimes and disobeying the*  
 πατρός, ὅμοιός ἐστι ἀνδρὶ τῷ ποτε μὲν κολλούριον,  
*father like is to-a-man the(-one) sometimes indeed eye-salve*  
 ποτε δὲ ἄσβεστον τῷ ἑαυτοῦ ὀφθαλμῷ προσάγοντι. Εἰς  
*sometimes and quicklime to-the own eye applying one*  
 γάρ, φησὶν, οἰκοδομῶν, καὶ εἰς καταλύων, τί ὠφέλησεν,  
*for he-says building and one pulling-down what did-it-profit*  
 ἀλλ' ἢ κόπους; Μὴ ἀπατῶ, ὦ υἱὲ ὑπάκοε Κυρίου,  
*but than toils not be-deceived O son obedient of-(the)-Lord*  
 πνεύματι οὐήσεως, καὶ ὥς ἐξ ἑτέρου δῆθεν προσώπου  
*by-(the)-spirit of-conceit and as from another supposedly person*  
 τὰ σὰ πλημμελήματα τῷ διδασκάλῳ ἀπάγγελε. Οὐ γάρ  
*the your faults to-the teacher report not for*  
 ἐστὶν ἐκτὸς αἰσχύνης, αἰσχύνης ἀπαλλαγῆναι. Γύμνου  
*it-is-possible without shame from-shame to-be-freed bare*  
 σὸν μῶλωπα τῷ ἱατρῷ· εἰπέ, καὶ μὴ αἰσχυνηθῇς. Ἐμὸν  
*your wound to-the physician say and not be-ashamed mine*

τὸ τραῦμα, πάτερ· ἐμὴ ἡ πληγὴ· ἐξ οἰκείας ῥαθυμίας,  
*the wound father mine the blow from own indolence*

καὶ οὐκ ἐξ ἑτέρου προσγενομένη· οὐδεὶς ταύτης αἴτιος·  
*and not from another having-come no-one of-it cause*

οὐκ ἄνθρωπος, οὐ πνεῦμα, οὐ σῶμα, οὐ τι ἕτερον,  
*not man not spirit not body not anything other*

ἀλλ' ἡ ἐμὴ ἀμέλεια. Γίνου καὶ τῷ εἶδει καὶ τῷ  
*but the my negligence be both in-the look and in-the*

λογισμῷ ὡς κατάδικος ἐπὶ τῇ ἐξομολογήσει· εἰς γῆν  
*thought as a-convict at the confession to earth*

νενευκώς, καὶ εἰ δυνατόν, τοὺς τοῦ κριτοῦ καὶ ἱατροῦ  
*having-bent and if possible the of-the judge and physician*

πόδας, ὡς τοῦ Χριστοῦ, δάκρυσι βρέχων. Ἔθος πολλάκις  
*feet as — of-Christ with-tears wetting custom often*

τοῖς δαίμοσιν, ἢ μὴ ἐξομολογεῖσθαι ἡμᾶς ὑποβάλλειν·  
*for-the demons either not to-confess us to-suggest*

ἢ ὡς ἐκ προσώπου ἑτέρου τοῦτο ποιεῖν· ἢ τινὰς ἐπὶ  
*or as from person another this to-do or some for*

τῇ ἑαυτῶν ἀμαρτία καταμέμφεσθαι ὡς αἰτίους.  
*the own sin to-blame as causes*

Εἰ πάντα συνηθεία ἡρτηνται, καὶ ἐπακολουθοῦσι, πολλῷ 16  
*if all-things on-habit depend and follow by-much*

πλέον πάντως τὰ ἀγαθὰ, ὡς μέγαν συνεργὸν ἔχοντα τὸν  
*more surely the good-things as a-great fellow-worker having —*

Θεόν. Οὐ κοπιάσεις, υἱέ, ἐν πολλοῖς ἔτεσιν εὑρεῖν ἐν σοὶ  
*God not you-will-toil son in many years to-find in you*

τὴν μακαρίαν ἀνάπανσιν, ἐὰν ἐν ἀρχαῖς ὀλοψύχως ἑαυτὸν  
*the blessed rest if in beginnings wholeheartedly yourself*

ἀτιμίαις ἐκδώσης. Μὴ ἀπαξιώσης ὡς Θεῷ τῷ βοηθῷ  
*to-dishonors you-give-over not disdain as to-God to-the helper*

ἐν καταβεβλημένῳ ἦθει τὴν ἐξομολογίαν ποιήσασθαι.  
*in cast-down manner the confession to-make*

Εἶδον γὰρ καταδίκους ἐλεεινοτάτῳ ᾗθει, καὶ σφοδροτέρᾳ  
*I-saw for convicts by-most-pitiable manner and more-vehement*  
 ἔξομολογήσει, καὶ ἰκεσίᾳ ἀποτομίαν δικαστοῦ μαλάξαντας,  
*confession and entreaty (the)-severity of-a-judge having-softened*  
 καὶ τὸν θυμὸν αὐτοῦ εἰς εὐσπλαγχνίαν μεταμορφώσαντας.  
*and the anger his into compassion having-transformed*  
 Διὰ τοῦτο καὶ Ἰωάννης ὁ πρόδρομος τὴν ἔξομολόγησιν  
*because-of this also John the forerunner the confession*  
 πρὸ τοῦ βαπτίσματος ἐπεζήτει παρὰ τῶν προσερχομένων,  
*before the baptism sought from those approaching*  
 οὐκ αὐτὸς ταύτης δεόμενος, ἀλλὰ τὴν τῶν προσερχομένων  
*not he-himself of-it needing but the of-those approaching*  
 σωτηρίαν πραγματευόμενος. Μὴ θαμβηθῶμεν καὶ μετ'  
*salvation working-out not let-us-be-amazed also after*  
 ἔξομολόγησιν πολεμούμενοι· ἄμεινον γὰρ μολυσμοῖς, καὶ  
*confession being-warred-against better for with-defilements and*  
 μὴ οἰήσῃ παλαίειν. Μὴ πρόστρεχε, μηδὲ συνεπαίρου ἐπὶ  
*not with-conceit to-wrestle not run-toward nor be-carried-away at*  
 διηγήμασιν ἡσυχαστῶν, καὶ ἀναχωρητῶν πατέρων· τῇ  
*stories of-solitaries and anchorite fathers in-the*  
 γὰρ τοῦ πρωτομάρτυρος στρατεία βαδίζων ὑπάρχεις· μηδὲ  
*for of-the first-martyr army walking you-are nor*  
 πίπτων ὑποχώρει τοῦ σκάμματος. Τότε γὰρ μάλιστα  
*falling withdraw from-the arena then for especially*  
 ἱατροῦ πολλῶ πλέον δεόμεθα. Ὁ μετὰ βοηθείας εἰς  
*of-a-physician by-much more we-need the(-one) with help against*  
 λίθον τὸν πόδα προσκόψας, ὁ ἐκτὸς βοηθείας ὑπάρχων,  
*a-stone the foot having-struck the(-one) without help being*  
 πάντως οὐ προσκόπτει μόνον, ἀλλ' ἀποθνήσκειν ἤμελλεν.  
*surely not to-stumble only but to-die was-going*  
 Ὅταν κατενεχθῶμεν, θᾶπτον οἱ δαίμονες ἐπιστάντες  
*when we-are-brought-down quickly the demons coming-on*



ἀφορμῆς εὐλόγου, μᾶλλον δὲ ἀλόγου δραζάμενοι τὴν  
*of-a-pretext reasonable rather but unreasonable having-seized the*  
 ἡσυχίαν ἡμῖν ὑποτίθενται· σκοπὸς δὲ τοῖς ἐχθροῖς ἡμῶν  
*stillness to-us suggest aim and for-the enemies our*  
 τραῦμα ἐπὶ πτώματι προσθεῖναι ἐφ' ἡμᾶς ὅταν ὁ  
*wound upon fall to-add against us when the*  
 ἱατρὸς ἀδυναμίαν προβάλληται, τότε ἀνάγκη ἐφ' ἕτερον  
*physician inability puts-forward then necessity to another*  
 πορεύεσθαι· χωρὶς γὰρ ἱατροῦ σπάνιοι οἱ θεραπευόμενοι.  
*to-go without for physician rare those being-bealed*  
 Τίς ἄρα ὁ δοκῶν ἀντιλέγειν ἡμῖν ὀρίζουσιν; Ὅτι  
*who then the(-one) seeming to-contradict us defining that*  
 πᾶσα ναὺς κυβερνήτην ἔμπειρον κεκτημένη, καὶ ναυαγίῳ  
*every ship helmsman experienced having and into-shipwreck*  
 περιπεσοῦσα, ἐκτὸς κυβερνήτου, πάντως ἀπόλλυσθαι  
*having-fallen without helmsman surely to-be-lost*  
 ἤμελλεν. Ἐξ ὑπακοῆς ταπεινώσις, ἐκ ταπεινώσεως  
*was-going from obedience humility from humility*  
 ἀπάθεια. Εἴπερ ἐν τῇ ταπεινώσει ἡμῶν ἐμνήσθη ἡμῶν ὁ  
*dispassion if-indeed in the humility our remembered us the*  
 Κύριος, καὶ ἐλυτρώσατο ἡμᾶς ἐκ τῶν ἐχθρῶν ἡμῶν, οὐκ  
*Lord and redeemed us from the enemies our not*  
 οὐδὲν τὸ κωλύον εἰπεῖν, ὅτι ἐξ ὑπακοῆς ἀπάθεια, δι'  
*anything the binding to-say that from obedience dispassion through*  
 ἧς τὸ τέλος τῆς ταπεινώσεως γίνεται· ἄρχεται μὲν γὰρ  
*which the end of-the humility comes begins indeed for*  
 ἐκείνης αὕτη, ὡς Μωϋσῆς νόμου· τελειοῖ δὲ ἡ θυγάτηρ  
*from-that this as Moses from-(the)-law perfects and the daughter*  
 τὴν μητέρα, ὡς Μαρία τὴν συναγωγὴν. Τιμωρίας ἀπάσης  
*the mother as Mary the synagogue of-punishment all*  
 ἄξιοι παρὰ Θεῷ οἱ νοσοῦντες, καὶ μετὰ τὴν τοῦ ἱατροῦ  
*worthy with God those being-sick and after the of-the physician*

πείραν, καὶ τὴν ἐξ αὐτοῦ ὠφέλειαν τοῦτον ἐφ' ἑτέρου  
*trial and the from him benefit him for another*  
 προκρίσει· καταλιμπάνοντες πρὸ τελείας ἰάσεως. Μὴ  
*preference leaving before perfect healing not*  
 φεύγε χεῖρας τοῦ τῷ Κυρίῳ σε προσενέγκαντος, οὐκ  
*flee (the)-hands of-the(-one) to-the Lord you having-offered not*  
 αἰδεσθήσῃ γὰρ ὡς αὐτὸν ἐν τῇ ζωῇ σου τίνα. Οὐκ ἀσφαλὲς  
*you-will-revere for as him in the life your anyone not safe*  
 τῷ ἀπείρῳ ἐκ τοῦ πλήθους τῶν στρατιωτῶν, πρὸς  
*for-the inexperienced from the multitude of-the soldiers for*  
 μονομαχίαν ἑαυτὸν ἀποχωρίσαι, καὶ οὐκ ἀκίνδυνον τῷ  
*single-combat himself to-separate and not without-danger for-the*  
 μοναχῷ πρὸ πείρας καὶ γυμνασίας πολλῆς τῶν ψυχικῶν  
*monk before trial and exercise much of-the soul's*  
 παθῶν ἐπὶ τὴν ἡσυχίαν χωρῆσαι. Πέφυκε ὁ γὰρ μὲν  
*passions to the stillness to-go is-wont the-one for indeed*  
 σωματικῶς, ὁ δὲ ψυχικῶς κινδυνεύειν· Ἀγαθοὶ φησὶν  
*bodily the(-other) and in-soul to-be-endangered good says*  
 ἡ Γραφή, οἱ δύο ὑπὲρ τὸν ἕνα· τοῦτ' ἔστιν, ἀγαθὸν υἱῷ  
*the Scripture the two above the one that is good for-a-son*  
 μετὰ πατρὸς δι' ἐνεργείας θείου Πνεύματος πρὸς τὰς  
*with father through working of-(the)-divine Spirit against the*  
 προλήψεις ἀγωνίζεσθαι. Ὁ ἀποστερῶν τυφλὸν ὁδηγοῦ,  
*preconceptions to-contend the(-one) depriving a-blind-man of-a-guide*  
 καὶ ποιῦνν ποιμένος, τὸν πελαζόμενον χειραγωγοῦ, τὸν  
*and a-flock of-a-shepherd the(-one) straying of-a-leader the*  
 νήπιον τοῦ ἑαυτοῦ πατρός, τοῦ ἱατροῦ τὸν νοσοῦντα,  
*child of-the own father of-the physician the sick*  
 τὸ πλοῖον τοῦ κυβερνήτου, ἀμφοτέροις κίνδυνον προξενεῖ.  
*the ship of-the helmsman for-both danger causes*  
 Ὁ δὲ ἀβοηθήτως πνεύμασι προσπαλαίειν ἐπιχειρῶν,  
*the(-one) but without-help with-spirits to-wrestle attempting*

θανατοῦται ὑπ' αὐτῶν. Οἱ μὲν ἐν ἰατρείᾳ ἐν ἀρχαῖς  
*is-killed by them those indeed in a-surgery in beginnings*  
 παραγενόμενοι, τὰς ὀδύνας τὰς ἑαυτῶν σημειούσθωσαν·  
*having-come the pains the their-own let-them-note*  
 οἱ δὲ ἐν ὑποταγῇ τὴν προσοῦσαν αὐτοῖς ταπεινῶσιν·  
*those and in submission the present in-them humility*  
 τοῖς μὲν γὰρ ὁ τῶν ὀδυνῶν κουφισμός, τοῖς δὲ ἡ  
*for-the indeed for the of-the pains relief for-the and the*  
 τῆς ἑαυτῶν καταγνώσεως προσθήκη σημείου ἀπλανὲς τῆς  
*of-the own self-condemnation increase a-sign unerring of-the*  
 ὑγείας, ὥς οὐχ ἕτερόν τι φανήσεται. Τὸ συνειδὸς σοι  
*health as not other anything will-appear the conscience for-you*  
 ἔσοπτρον τῆς ὑποταγῆς ἔστω, καὶ ἀρκετόν ἐστιν.  
*mirror of-the submission let-be and sufficient it-is*  
 Οἱ μὲν καθ' ἡσυχίαν πατρὶ ὑποτασσόμενοι, δαίμονας, καὶ 17  
*those indeed in stillness to-a-father submitting demons and*  
 μόνον τοὺς ἀντιπράττοντας κέκτηνται· οἱ δὲ ἐν συνοδίᾳ  
*only the(-ones) opposing possess those but in company*  
 ὑπάρχοντες δαίμοσι καὶ ἀνθρώποις ὁμοῦ προσπαλαίουσι.  
*being with-demons and men together wrestle*  
 Καὶ οἱ μὲν πρότεροι διὰ τῆς διηνεκοῦς τοῦ διδασκάλου  
*and the indeed former through the continual of-the teacher*  
 θέας ἀκριβεστέρας τὰς παρ' αὐτοῦ φυλάττουσιν ἐντολάς.  
*sight more-exactly the from him keep commandments*  
 Οἱ δὲ δεύτεροι πολλάκις διὰ τῆς ἀπουσίας αὐτοῦ  
*those and second often through the absence his*  
 μικρὸν ταύτας παρατιτρώσκουσι. Πλὴν ἐὰν σπουδαῖοί τινες  
*a-little them wound-slightly however if zealous some*  
 καὶ φιλόπονοι γίνωνται, διὰ τῆς τῶν προσκρούσεων  
*and toil-loving they-become through the of-the offenses*  
 ὑπομονῆς ὑπερανὰπληροῦσι τὴν ἑλλειψιν καὶ διπλοῦς τοὺς  
*endurance they-more-than-fill-up the deficiency and double the*

στεφάνους κομίζονται. Πάση φυλακῇ τηροῦντες ἑαυτοὺς  
*crowns receive with-all watchfulness guarding ourselves*  
 τηρήσωμεν. Λιμὴν γὰρ πλοίων ἀνάπλεως εὐχερῶς ταῦτα  
*let-us-guard a-harbor for of-ships full easily these(-things)*  
 συντρίβειν πέφυκεν, καὶ μάλιστα τὰ ὑπὸ θυμοῦ, ὥσπερ ὑπὸ  
*to-shatter is-wont and especially those by anger as by*  
 σκώληκός τινος τετριμμένα λεληθότως· σιωπὴν ἐσχάτην  
*worm some worn-through secretly silence utmost*  
 καὶ ἄγνοιαν ἐπὶ τοῦ προεστῶτος ἀσκήσωμεν· ἀνὴρ  
*and ignorance before the superior let-us-practice a-man*  
 γὰρ σιωπηλὸς φιλοσοφίας υἱὸς γνῶσιν πολλὴν πάντοτε  
*for silent of-philosophy a-son knowledge much always*  
 κτώμενος. Εἶδον ὑποτακτικὸν τὴν διήγησιν ἐκ στόματος  
*acquiring I-saw an-obedient(-one) the story from mouth*  
 τοῦ προεστῶτος ἀρπάσαντα, καὶ τὴν ἐκείνου ὑποταγὴν  
*of-the superior snatching and the that-one's submission*  
 ἀπέγνωνκα, ὑπερηφανίαν καὶ οὐ ταπείνωσιν βλέπων αὐτὸν  
*I-despaired-of pride and not humility seeing him*  
 ἐκ ταύτης προσλαμβάνόμενον. Πάση νήψει νήψωμεν,  
*from this taking-on with-all watchfulness let-us-watch*  
 καὶ τηρήσει τηρήσωμεν, καὶ φυλακῇ φυλαξώμεθα,  
*and with-guarding let-us-guard and with-keeping let-us-keep-ourselves*  
 πότε καὶ πῶς ἢ διακονία τῆς προσευχῆς ὀφείλει  
*when and how the service than-the prayer ought*  
 προκρίνεσθαι. Οὐ γὰρ πάντοτε πάντως· πρόσεχε σεαυτῷ  
*to-be-preferred not for always surely attend to-yourself*  
 τοῖς ἀδελφοῖς σου παρών, καὶ μὴ σπεῦδε δικαιότερος  
*to-the brothers your being-present and not hasten more-righteous*  
 αὐτῶν φαίνεσθαι τὸ παράπαν ἔν τι. Δύο γὰρ ἐργασία  
*than-them to-appear at all in anything two for you-will-work*  
 κακά, ἐκείνους μὲν διὰ τῆς σῆς ψευδεπιπλάστου σπουδῆς  
*evils those indeed through the your false-feigned zeal*

πλήξας· ἑαυτῷ δὲ ἐκ παντὸς τρόπου ὑψηλοφροσύνην  
*having-struck for-yourself and in every way high-mindedness*  
 προξενήσας. Γίνου σπουδαῖος ψυχῇ, μηδόλως σώματι  
*having-caused be zealous in-soul in-no-way with-body*  
 τοῦτο ἐμφαίνων, μὴ σχήματι, μὴ λόγῳ, μὴ αἰνίγματι· καὶ  
*this showing not by-bearing not by-word not by-bint and*  
 τοῦτο εἶπερ τοῦ ἐξουθενεῖν τὸν πλησίον πέπαυσαι. Εἰ  
*this if-indeed from-the to-despise the neighbor you-have-ceased if*  
 δὲ πρόχειρος εἰς τοῦτο καθέστηκας, γίνου τοῖς ἀδελφοῖς  
*but ready for this you-are be to-the brothers*  
 σου ὅμοιος, καὶ μὴ τῇ οἰήσει ἀνόμοιος. Εἶδον ἀδόκιμον  
*your like and not in-the conceit unlike I-saw an-unapproved*  
 μαθητὴν ἐπὶ τοῖς τοῦ διδασκάλου κατορθώμασιν ἐπὶ  
*disciple at the of-the teacher achievements before*  
 τινων ἀνθρώπων καυχώμενον, καὶ μέντοι δοκῶν δόξαν  
*some men boasting and yet thinking glory*  
 ἑαυτῷ ἐκ τοῦ ἀλλοτρίου σίτου περιποιήσασθαι, ἀτιμίαν  
*for-himself from the another's grain to-gain dishonor*  
 μᾶλλον ἑαυτῷ προεξένησε, πάντων πρὸς αὐτὸν εἰρηκότων·  
*rather for-himself caused all to him having-said*  
 Καὶ πῶς δένδρον καλόν, κλάδον ἄκαρπον ἤνεγκεν; Οὐχ  
*and how a-tree good a-branch fruitless bore not*  
 ὅτε τὸν τοῦ πατρὸς μукτηρισμὸν γενναίως ὑπενέγκωμεν,  
*when the of-the father mockery nobly we-bear*  
 ὑπομονητικοὶ κρινόμεθα, ἀλλ' ὅταν παρὰ παντὸς ἀνθρώπου  
*patient we-are-judged but when by every man*  
 καταφρονώμεθα καὶ πλησώμεθα· τὸν γὰρ πατέρα καὶ  
*we-are-despised and struck the for father both*  
 αἰδούμενοι καὶ χρεωστοῦντες βαστάζομεν. Πίνε προθύμως  
*revering and owing we-bear drink eagerly*  
 μукτηρισμὸν ὡς ὕδωρ ζωῆς παρὰ παντὸς ἀνθρώπου,  
*mockery as water of-life from every man*

ποτίζειν σε τὸ καθαρτήριον τῆς λαγνείας ζητούντος·  
*to-give-drink you the purgative of-the lust seeking*  
 τότε γὰρ ἀνατελεῖ ἀγνεία βαθεῖα ἐν τῇ ψυχῇ σου, καὶ  
*then for will-rise purity deep in the soul your and*  
 φῶς Θεοῦ οὐκ ἐκλείψει ἐκ τῆς καρδίας σου. Μηδεὶς ὑφ’  
*light of-God not will-fail from the heart your let-no-one by*  
 ἑαυτοῦ ἀναπαυόμενον ὁρῶν σύλλογον ἀδελφότητος, ἐν τῇ  
*himself resting seeing a-gathering of-brotherhood in the*  
 διανοίᾳ καυχάσθω. Οἱ γὰρ κλέπται πέριξ. Μνημονεύων  
*mind boast the for thieves around remembering*  
 μνημόνευε τοῦ λέγοντος· Ὅταν πάντα ποιήσητε τὰ  
*remember the(-one) saying when all-things you-do the-things*  
 προστεταγμένα, λέγετε, ὅτι Ἀχρεῖοι δοῦλοὶ ἐσμεν, ὅτι ὁ  
*commanded say that unprofitable servants we-are that what*  
 ὠφείλομεν ποιῆσαι, πεποιήκαμεν. Τὸ κρῖμα τῶν κόπων  
*we-ought to-do we-have-done the judgment of-the toils*  
 ἐν καιρῷ ἐξόδου γνωσόμεθα. Κοινόβιον ἐστὶν ἐπίγειος  
*in time of-departure we-will-know a-community is an-earthly*  
 οὐρανός· διὸ ὡς Κυρίῳ λειτουργοῦντες ἄγγελοι, οὕτω  
*heaven therefore as to-(the)-Lord ministering angels thus*  
 πείσωμεν διακεῖσθαι τὴν καρδίαν ἡμῶν. Ποτὲ μὲν οἱ ἐν  
*let-us-persuade to-be-disposed the heart our sometimes indeed those in*  
 τῷ οὐρανῷ τούτῳ ὄντες τῇ καρδίᾳ ὡς λιθῶδεις διάκεινται·  
*the heaven this being in-the heart as stony are-disposed*  
 ποτὲ δὲ πάλιν διὰ τῆς κατανύξεως παρακαλοῦνται,  
*sometimes and again through the compunction are-consolated*  
 ἵνα καὶ τὴν οἴησιν ἐκφύγωσι, καὶ τοὺς κόπους διὰ  
*that both the conceit they-may-flee and the toils through*  
 τῶν δακρύων παραμυθήσονται. Μικρὸν πῦρ κηρὸν πολλὸν  
*the tears they-may-console a-little fire wax much*  
 κατεμάλαξε, καὶ μικρὰ ἀτιμία πολλάκις ἐπισυμβᾶσα,  
*softened and little dishonor often having-befallen*

ἅπασαν τὴν τῆς καρδίας ἀγριότητα καὶ ἀναισθησίαν καὶ  
 all the of-the heart savagery and insensibility and  
 πώρωσιν αἰφνιδίως κατεμάλαξε, καὶ κατεγλύκανε, καὶ  
 hardness suddenly softened and sweetened and  
 ἐξήλειψεν. Εἰδὼν ποτε δύο λεληθότως παρακαθημένους,  
 wiped-out I-saw once two secretly sitting-by  
 καὶ τοὺς τῶν ἀγωνιζομένων στεναγμοὺς καὶ καμάτους  
 and the of-those contending groans and labors  
 ἐπιτηροῦντας, καὶ προσακρωμένους· ἀλλ' ὁ μὲν, ἵνα  
 watching and listening but the-one indeed that  
 ζηλώσῃ, ὁ δὲ ἵνα καιροῦ καλοῦντος, ὀνειδιστικῶς  
 he-might-emulate the-other and that time calling reproachfully  
 ταῦτα θριαμβεύσῃ, καὶ τὸν τοῦ Θεοῦ ἐργάτην τῆς  
 these(-things) he-might-display and the — of-God worker from-the  
 καλῆς ἐργασίας ἀνακόψῃ. Μὴ γίνου ἄλογος σιωπητικός,  
 good work he-might-check not be irrational silent  
 ἐτέροις ταραχὴν καὶ πικρίαν προξενῶν, μηδὲ νωθρὸς  
 to-others disturbance and bitterness causing nor sluggish  
 τῷ ἥθει καὶ τῷ βήματι σπουδάζειν ἐπιτρεπόμενος·  
 in-the manner and in-the step to-be-zealous being-charged  
 εἰ δὲ μή, τῶν μαινομένων καὶ ταραχωδῶν χεῖρων  
 if but not than-the raving and turbulent worse  
 καθέστηκας. Ἐώρακα τοιαῦτα, καθὼς φησιν ὁ Ἰώβ,  
 you-are I-have-seen such(-things) as says — Job  
 πολλάκις ἤθους νωθρότητι, ἔστι δ' ὅτε καὶ ἐπιτηδειότητι  
 often by-manner's sluggishness there-is and when also by-cleverness  
 ψυχὰς ὀδυνηθείσας· καὶ ἐθαύμασα πῶς ποικίλη ἢ κακία.  
 souls pained and I-marveled how varied the evil  
 Ὁ ἐν τῷ μέσῳ, οὐ τοσοῦτον ἐκ τῆς ψαλμωδίας, ὅσον  
 the(-one) in the midst not so-much from the psalmody as  
 ἐκ τῆς εὐχῆς κερδαίνειν δύναται· ἢ γὰρ σύγχυσις, ψαλμοῦ  
 from the prayer to-gain is-able the for confusion of-psalm

διάλυσις. Πάλαιε ἐννοία ἀδιαλείπτως, ταύτην ῥεμβομένην  
*dissolution wrestle with-thought unceasingly it wandering*  
 ἐπισυνάγων πρὸς ἑαυτόν. Οὐ γὰρ ἀρέμβαστον ὁ Θεὸς τοὺς  
*gathering to yourself not for unwandering — God from-the*  
 ὑπηκόους ἀπαιτεῖ προσευχήν· μὴ ἀθύμει κλεπτόμενος· ἀλλ'  
*obedient requires prayer not despond being-robbed but*  
 ἀθύμει, τὸν νοῦν αἰὲ ἀνακαλούμενος. Ὁ πεπεικὼς  
*be-of-good-cheer the mind always recalling the(-one) having-persuaded*  
 ἑαυτὸν λεληθότως, μὴ τοῦ παλαίσματος ἀναχωρεῖν ἄχρις  
*himself secretly not from-the wrestling to-withdraw until*  
 ὑστάτης ἀναπνοῆς, καὶ χιλίων θανάτων, καὶ σώματος,  
*last breath and thousand deaths both of-body*  
 καὶ ψυχῆς μὴ ὑποχωρεῖν, ἐν οὐδενὶ ῥαδίως τῶν τοιούτων  
*and of-soul not to-retreat in nothing easily of-the such-things*  
 πεσεῖται· δισταγμὸς γὰρ καρδίας, καὶ ἀπιστία τόπων,  
*will-fall doubt for of-heart and distrust of-places*  
 τὰς προκόψεις αἰὲ καὶ τὰς συμφορὰς ποιεῖν πέφυκεν. Οἱ  
*the advances always and the misfortunes to-make is-wont those*  
 εὐχερεῖς πρὸς μετάβασιν πάντα ἀδόκιμοι· οὐδὲν γὰρ οὕτως  
*easy toward moving wholly unapproved nothing for thus*  
 τὴν ἀκαρπίαν, ὥς ἀνυπομονησία ἐργάζεται. Εἰ μὲν ἐν  
*the fruitlessness as impatience works if indeed at*  
 ἀγνώστῳ ἱατρῷ καὶ ἱατρείῳ κατήντησας, γίνου ὥς παριών,  
*an-unknown physician and surgery you-arrived be as passing-by*  
 καὶ λεληθότως τὴν ἀπάντων πείραν τῶν αὐτόθι λαμβάνων.  
*and secretly the of-all trial of-those there taking*  
 Ἐπὰν δὲ καὶ ἐκ τῶν τεχνιτῶν καὶ ὑπουργῶν ὠφελείας  
*when but also from the craftsmen and ministers of-benefit*  
 ἐν ταῖς σαῖς νόσοις αἰσθάνῃ, καὶ μάλιστα ἐν τῇ ὀγκώσει  
*in the your diseases you-perceive and especially in the swelling*  
 τῆς ψυχῆς τὸ ζητούμενον, τότε καὶ πρόσελθε λοιπόν, καὶ  
*of-the soul the thing-sought then also approach thereafter and*



πιπράσκου χρυσίῳ ταπεινώσεως, καὶ χάρτη ὑπακοῆς, καὶ  
 be-sold for-gold of-humility and by-bill of-obedience and  
 γράμμασι διακονίας, καὶ μάρτυσιν ἀγγέλοις διαρρήκτων  
 letters of-service and witnesses angels of-torn  
 ἐπὶ τούτων διαρρήξον τὸν τοῦ οἰκείου θελήματος χάρτην·  
 before these tear-up the of-the own will bill  
 περιῶν γὰρ ἀνατρέπει τὴν ὠνήν πέφυκας, ἣ σε  
 going-round for to-overturn the sale you-are-wont by-which you  
 λοιπὸν Χριστὸς ἐξωνήσατο. Μνημά σοι πρὸ μνήματος  
 thereafter Christ redeemed a-tomb for-you before (the)-tomb  
 ὁ τόπος ἔστω. Οὐδεὶς γὰρ ἀπὸ μνήματος ἐξέρχεται ἄχρι  
 the place let-be no-one for from a-tomb comes-out until  
 τῆς κοινῆς ἀναστάσεως· εἰ δὲ καὶ τινες ἐξῆλθον, ὅρα ὅτι  
 the common resurrection if but also some came-out see that  
 ἀπέθανον· ὅπερ μὴ παθεῖν ἡμᾶς, τὸν Κύριον δυσωπήσωμεν.  
 they-died which not to-suffer us the Lord let-us-beseech

## IV · OBEDIENCE, 18–23

*The sluggish prefer prayer when their tasks are heavy and flee it when they are light. John the Sabaite tells how a harsh old man in Asia beat his disciple Acacius daily for nine years; after Acacius dies he answers from the tomb that a worker of obedience cannot die. Antiochus, who is the Sabaite himself, dreams that his debt of a hundred pounds is written off as he endures contempt, and the Sabaite gives three young monks each a rule suited to him. The monk should reckon his gains hourly like a banker and choose a superior suited to his passions; the step ends with a doxology.*

Ὅτε μὲν αἰσθονται βαρέα τὰ ἐπιτάγματα εἶναι οἱ  
 when indeed they-perceive heavy the commands to-be the  
 ὀκνηρότεροι, τότε τὴν προσευχὴν μᾶλλον προκρίνουν  
 more-sluggish then the prayer rather to-prefer

ἐπιχειροῦσιν· ὅτε δὲ κουφότερα, ἐκ ταύτης ὡς ἀπὸ  
*they-attempt when but lighter from it as from*  
 πυρὸς ἀποφεύγουσιν. Ἔστιν ὁ ἐγχείρημα μετερχόμενος  
*fire they-flee there-is the(-one) a-task pursuing*  
 διακονίας, καὶ πρὸς ἀνάπausιν ἄλλου ἀδελφοῦ αἰτηθεὶς  
*of-service and for relief of-another brother asked*  
 τοῦτο καταλιμπάνων αὐτό· καὶ ἔστιν ὁ ἐξ ὀκνηρίας  
*this leaving it and there-is the(-one) from sloth*  
 τοῦτο καταλιμπάνων· καὶ ἔστιν καὶ αὐθις ὁ ἐκ  
*this leaving and there-is also again the(-one) from*  
 κενοδοξίας τοῦτο καταλιμπάνων· καὶ ἔστιν ὁ ἐκ  
*vainglory this leaving and there-is the(-one) from*  
 προθυμίας. Εἰ συνηρπάγῃς ἐν ταῖς συνθήκαις, καὶ  
*eagerness if you-have-been-swept-along in the agreements and*  
 ἀπρόκοπον ὁρᾷς τὸ τῆς ψυχῆς ὄμμα, μὴ παραιτήσῃ τὴν  
*unadvancing you-see the of-the soul eye not refuse the*  
 διάταξιν. Πλὴν ὁ δόκιμος πανταχοῦ δόκιμος· ὥσπερ καὶ  
*ordinance however the approved(-one) everywhere approved as also*  
 τὸ ἔμπαλιν. Λοιδορίαὶ κατὰ κόσμον πολλοὺς χωρισμοὺς  
*the reverse revilings in (the)-world many separations*  
 πεποιήκασιν· γαστριμαργίαι δὲ ἐν συνοδίαις πάντα τὰ  
*have-made gluttonies and in companies all the*  
 πτώματα καὶ τὰς ἀθετήσεις ἐργάζονται. Ἐὰν τῆς δεσποίνης  
*falls and the transgressions work if the mistress*  
 ἄρξης, πᾶν σοι κάθισμα προξενήσῃ ἀπάθειαν· ἐκείνης δὲ  
*you-rule every to-you dwelling will-cause dispassion that-one and*  
 ἀρχούσης, ἐκτὸς μνήματος πανταχοῦ κινδυνεύσεις. Κύριος  
*ruling outside (the)-tomb everywhere you-will-be-endangered (the)-Lord*  
 μὲν σοφοῖ τυφλοὺς τοὺς τῶν ὑπηκόων ὀφθαλμοὺς ἐν  
*indeed makes-wise blind the of-the obedient eyes at*  
 ταῖς τοῦ διδασκάλου ἀρεταῖς, ἐν δὲ ταῖς ἐλλείψεσι σκοτοῖ·  
*the of-the teacher virtues at and the deficiencies darkens*

ὁ δὲ μισόκαλος τοῦναντίον. Τύπος ἡμῖν, ὦ οὔτοι, ἀρίστης  
*the but hater-of-good the-opposite a-pattern for-us O you of-best*  
 ὑποταγῆς ὁ λεγόμενος ὑδρώδης ἄργυρος ἔστω· ὑποκάτω  
*submission the so-called watery silver let-be below*  
 γὰρ κυλινδούμενος πάντων, παντὸς ῥυπουμένου μένει  
*for rolling of-all everything being-soiled remains*  
 ἀνεπίμικτος. Οἱ σπουδαῖοι μᾶλλον ἑαυτοῖς προσεχέτωσαν,  
*unmixed the zealous rather to-themselves let-them-attend*  
 ἵνα μὴ διὰ τοῦ κρίνειν τοὺς ῥαθύμους, ἐκείνων πλεῖον  
*that not through the to-judge the indolent than-those more*  
 κατακριθῶσιν. Διὰ τοῦτο, οἶμαι, ὁ Λὼτ δεδικαίωται,  
*they-be-condemned because-of this I-think — Lot was-justified*  
 ὅτι μέσος ὑπάρχων τοιούτων, οὐδ' ὅλως ἐφάνη τούτους  
*that in-the-midst being of-such-men not at-all appeared them*  
 κατακρίνων ποτέ. Πάντοτε μὲν, ἐπὶ πλεῖον δὲ ἐν ταῖς  
*condemning ever always indeed for more and at the*  
 ὑμνωδίαις, τὸ ἡσύχιον καὶ ἀτάραχον τηρήσωμεν· σκοπὸς  
*hymnodies the stillness and untroubledness let-us-keep aim*  
 γὰρ τοῖς δαίμοσι διὰ ταραχῶν τὴν προσευχὴν ἀφανίζειν.  
*for for-the demons through troubles the prayer to-destroy*  
 Διακονῶν ἔστι, σώματι μὲν ἀνθρώποις παρεστώς, νοῦ  
*the-server is in-body indeed beside-men standing with-mind*  
 δὲ ἐν οὐρανοῖς διὰ προσευχῆς κρούων. Αἱ μὲν ὕβρεις καὶ  
*and in (the)-heavens through prayer knocking the indeed insults and*  
 ἐξουδενώσεις, καὶ τὰ τοιαῦτα ἐν τῇ ψυχῇ τοῦ ὑπηκόου  
*contempts and the such(-things) in the soul of-the obedient(-one)*  
 ἀψινθίου πικρότητι παρεικάζονται· οἱ δὲ ἔπαινοι, τιμαὶ τε  
*to-wormwood's bitterness are-likened the but praises honors both*  
 καὶ εὐφημίαι μέλιτος δίκην ἐν τοῖς ἡδυπαθέσιν ἡδύτητα  
*and acclaims honey like in the self-indulgent sweetness*  
 πᾶσαν ἀποτίκτουσι. Προσκοπήσωμεν τοίνυν πῶς ἡ φύσις  
*all beget let-us-consider therefore how the nature*

τῶν ἐκατέρων, ἡ μὲν καθαίρειν ἅπαντα τὰ ἐντὸς  
*of-the each the-one indeed to-cleanse all the within*  
 ὑλώδη, ἡ δὲ αὔξειν εἴωθε τὴν χολήν. Πιστευτέον  
*material-things the-other and to-increase is-wont the bile one-must-believe*  
 ἀμερίμνως τοῖς ἐν Κυρίῳ τὴν ἡμῶν ἀναδεξαμένους  
*without-anxiety those in (the)-Lord the our having-undertaken*  
 ἐπιμέλειαν, κὰν ἐναντία τινὰ τῷ δοκεῖν καὶ τῇ σωτηρίᾳ  
*care even-if contrary some to-the seeming and to-the salvation*  
 ἡμῶν ἐναντιούμενα ἐπιτάττωσι· τότε γὰρ ἡ πρὸς αὐτοὺς  
*our opposing they-command then for the toward them*  
 ἡμῶν πίστις, ὡς ἐν χωνευτηρίῳ ταπεινώσεως, δοκιμάζεται·  
*our faith as in a-furnace of-humility is-tested*  
 τοῦτο γὰρ πίστεως ἀληθεστάτης γνώρισμα, τὸ τὰ ἐναντία  
*this for of-faith most-true mark the the contrary-things*  
 τῶν ἐλπιζομένων γινόμενα θεωροῦντας, τοῖς προστάττουσι  
*to-the hoped-for happening beholding to-those commanding*  
 πείθεσθαι ἀδιστακτως. Ἐξ ὑπακοῆς ταπείνωσις, ὡς καὶ  
*to-obey without-hesitation from obedience humility as also*  
 ἡδὴ φθάσαντες εἵπομεν· ἐκ ταπεινώσεως διάκρισις, ὡς  
*already having-anticipated we-said from humility discernment as*  
 καὶ τῷ μεγάλῳ Κασσιανῷ ἐν τῷ Περὶ διακρίσεως αὐτοῦ  
*also by-the great Cassian in the On discernment his*  
 λόγῳ πεφιλοσόφηται κάλλιστά τε καὶ ὑψηλότατα. Ἐκ  
*discourse has-been-philosophized most-beautifully both and most-loftily from*  
 διακρίσεως διόρασις· ἐκ δὲ ταύτης, προόρασις. Καὶ τίς  
*discernment insight from and this foresight and who*  
 ἄρα μὴ δράμῃ ἐν τῷ καλῷ τούτῳ τῆς ὑπακοῆς δρόμῳ  
*then not would-run in the good this of-the obedience course*  
 τοιούτων ἀγαθῶν ἐτοιμασίας ὁρῶν ἔμπροσθεν αὐτοῦ; Περὶ  
*of-such good-things preparations seeing before himself about*  
 ταύτης τῆς μεγάλης ἔλεγεν ὁ καλὸς Ψάλτης ἐκεῖνος·  
*this the great(-one) said the good Psalmist that*

Ἡτοίμασας ἐν τῇ χρηστότητί σου τῷ πτωχῷ ὑπηκόῳ,  
*you-prepared in the goodness your for-the poor obedient(-one)*  
 ὁ Θεός, τὴν σὴν παρουσίαν ἐν καρδίᾳ αὐτοῦ. Μὴ ἐπιλάβῃ  
*O God the your presence in heart his not forget*  
 ἐν τῇ ζωῇ σου πάσῃ τοῦ ἀθλητοῦ τοῦ μεγάλου ἐκείνου,  
*in the life your all the athlete the great that*  
 ὃς ἐν ὅλοις δεκαοκτὼ ἔτεσιν οὐκ ἀκήκοε τοῖς ἔξωθεν  
*who in whole eighteen years not heard with-the outward*  
 ὠσί, παρὰ τοῦ ἐπιστάτου· Σωθείης· τοῖς δὲ ἔνδον  
*ears from the superior may-you-be-saved with-the and inward*  
 καθ' ἡμέραν ἤκουεν παρὰ τοῦ Κυρίου, οὐ, Σωθείης  
*each day be-heard from the Lord not may-you-be-saved*  
 (τοῦτο γὰρ εὐκτικόν ἐστι καὶ ἄδηλον), ἀλλ', Ἐσώθης,  
*this for optative is and uncertain but you-have-been-saved*  
 ὅπερ ὀριστικὸν καὶ βέβαιον κατέστηκεν. Ἐλαθον ἑαυτοὺς  
*which indicative and firm is deceived themselves*  
 τῶν ὑπηκόων τινὲς τὸ εὐπειθὲς καὶ συγκαταβατικὸν τοῦ  
*of-the obedient some the compliance and condescension of-the*  
 προεστώτος αἰσθόμενοι· καὶ πρὸς τὰς ἑαυτῶν θελήσεις  
*superior perceiving and for the their-own wills*  
 τὰς ἐπιτροπὰς αἰτούμενοι· κομισάμενοι δὲ γνωσκέτωσαν  
*the permissions asking having-received but let-them-know*  
 ἐκπεπτωκέναι πάντῃ τοῦ τῆς ὁμολογίας στεφάνου· ὑπακοῇ  
*to-have-fallen-away wholly from-the of-the confession crown obedience*  
 γὰρ ἐστὶν ὑποκρίσεως καὶ ἐφέσεως οἰκείας ξενισμός. Ἔστιν  
*for is of-hypocrisy and of-desire own estrangement there-is*  
 ὁ ἐπιταγὴν κομισάμενος, καὶ τὸν σκοπὸν τοῦ  
*the(-one) a-command having-received and the aim of-the(-one)*  
 ἐπιτάξαντος αἰσθόμενος μὴ ἡδέως τὴν τοῦ ἐπιταχθέντος  
*having-commanded perceiving not pleasantly the of-the-thing commanded*  
 περαίωσιν ἔχοντα ταύτην παραιτησάμενος· καὶ ἔστιν ὁ  
*completion having it having-declined and there-is the(-one)*

αἰσθόμενος καὶ ἀναμφιβόλως ὑπακούσας. Ζητητέον τίς  
*perceiving and without-doubt having-obeyed it-must-be-asked which*  
 αὐτῶν εὐσεβεστέως ἐποίησε. Τῶν οὐκ ἐνδεχομένων  
*of-them more-piously did of-the-things not possible*  
 ἐστὶ τῷ ἑαυτοῦ θελήματι τὸν διάβολον ἀντιστῆναι·  
*it-is with-the own will the devil to-resist*  
 καὶ πειθέτωσάν σε οἱ ἐν ἀμελείᾳ ζῶντες, καὶ ἐν ἐνὶ  
*and let-persuade you those in negligence living and in one*  
 ἡσυχαστηρίῳ κεκαρτερηκότες, ἢ κοινοβίῳ. Γενέσθω ἡμῖν  
*hermitage having-persevered or community let-become for-us*  
 ἡ ἐκ τῶν τόπων πολεμουμένη ἀναχώρησις τῆς ἡμετέρας  
*the from the places warred-against withdrawal of-the our*  
 ἐκεῖσε εὐαρεστήσεως ἀπόδειξις. Εἴπερ τὸ πολεμεῖσθαι,  
*there well-pleasing a-proof if-indeed the to-be-warred-against*  
 σημεῖον τοῦ πολεμεῖν, οὐ γενήσομαι κρύπτῃς ἄδικος, καὶ  
*a-sign of-the to-war not I-will-become bider unjust and*  
 πλεονέκτης ἀπάνθρωπος σιωπῶν ὑμῖν, ἃ σιγαῖσθαι μὴ  
*grasper inhuman keeping-silent to-you what to-be-kept-silent not*  
 θέμις. Ἰωάννης μοι ὁ πάννυ, ὁ Σαβαίτης ἀξιάκουστα  
*right John to-me the eminent the Sabaites worth-bearing*  
 διηγῆσατο πράγματα· ὅτι δὲ ἀπαθὴς ὁ ἀνὴρ, καὶ παντὸς  
*narrated things that and dispassionate the man and of-every*  
 ψεύδους καὶ λόγου καὶ ἔργου πονηροῦ καθαρὸς, ἐκ τῆς  
*falsehood both word and deed evil pure from the*  
 αὐτοῦ πείρας ἐπίστασαι, ὅσιε. Οὗτός μοι διηγῆσατο.  
*his trial you-know holy(-one) he to-me narrated*

- 19 Ὅτιπερ ἐν τῇ μονῇ μου τῇ εἰς Ἀσίαν (ἐκεῖθεν γὰρ ὁ  
*that in the monastery my the in Asia from-there for the*  
 δίκαιος ὥρμητο), γέρων τις πάννυ ἀμελὴς καὶ ἀκόλαστος·  
*just(-one) had-come an-old-man some very negligent and dissolute*  
 λέγω γὰρ μὴ κρίνων, ἵνα φανῶ ἀληθεύων· οὗτος, οὐκ  
*I-say for not judging that I-may-appear telling-the-truth he not*

οἶδ' ὅπως, ἐκτήσατο μαθητὴν νεώτερον, τῷ ὀνόματι  
*I-know how acquired a-disciple younger by-the name*  
 Ἀκάκιον, ἀπλοῦν τινα τῇ γνώμῃ, φρόνιμον δὲ τῷ  
*Acacius simple some in-the disposition prudent but in-the*  
 λογισμῷ· ὃς τοσαῦτα παρὰ τοῦ τοιούτου γέροντος  
*reasoning who so-many-things from the such old-man*  
 ὑπέμεινεν, ὅσα καὶ τοῖς πολλοῖς ἄπιστα ἴσως εἶναι  
*endured as-many-as also to-the many incredible perhaps to-be*  
 δόξει. Οὐ μόνον γὰρ ὕβρεσι καὶ ἀτιμίαις αὐτόν, ἀλλὰ  
*will-seem not only for with-insults and dishonors him but*  
 καὶ πληγαῖς καθ' ἡμέραν ἀνεβασάνιζεν. Ἦν ἡ ὑπομονὴ  
*also with-blows each day he-tortured was the endurance*  
 αὐτοῦ οὐκ ἄλογος. Ὅρων οὖν αὐτόν ἐγὼ καθ' ἡμέραν  
*his not irrational seeing then him I each day*  
 ὡς ὠνητὸν δοῦλον ἐσχάτως ταλαιπωροῦντα, ἐν ἀπαντήσῃ  
*as a-bought slave utterly suffering at meeting*  
 πολλάκις ἔλεγον πρὸς αὐτόν· Τί ἐστίν, ἀδελφε Ἀκάκιε;  
*often I-said to him what is-it brother Acacius*  
 πῶς ἡ σήμερον; Καὶ εὐθὺς ἐκεῖνος, ποτὲ μὲν ὀφθαλμὸν  
*how the today and at-once he sometimes indeed an-eye*  
 πεπελιδνωμένον, ποτὲ δὲ τὸν τράχηλον, ἄλλοτε δὲ τὴν  
*bruised sometimes and the neck other-times and the*  
 κεφαλὴν πεπληγμένην μοι ὑπεδείκνυε. Γινώσκων οὖν ἐγώ,  
*head beaten to-me showed knowing then I*  
 ὅτι ἐργάτης ἐστίν, ἔλεγον αὐτῷ· Καλῶς, καλῶς, ὑπόμεινον,  
*that a-worker he-is I-said to-him well well endure*  
 καὶ ὠφελήθησιν. Ποιήσας οὖν ὑπὸ τὸν γέροντα τὸν ἀνελεῆ  
*and you-will-be-benefited having-spent then under the old-man the merciless*  
 ἐκεῖνον ἐννέα χρόνους ἐπορεύθη πρὸς Κύριον. Ταφέντος  
*that nine years he-went to (the)-Lord having-been-buried*  
 οὖν αὐτοῦ ἐν τῷ κοιμητηρίῳ τῶν Πατέρων, μετὰ πέντε  
*then he in the cemetery of-the Fathers after five*

ἡμέρας ἀπῆλθε πρὸς τινὰ γέροντα μέγαν τῶν αὐτόθι ὁ  
 days went to some old-man great of-those there the  
 τοῦ Ἀκακίου ἐπιστάτης, καὶ λέγει αὐτῷ· Πάτερ, ὁ ἀδελφὸς  
 — of-Acacius superior and says to-him father the brother  
 Ἀκάκιος ἀπέθανεν. Ὡς δὲ ἤκουσεν ὁ γέρων, λέγει τῷ  
 Acacius has-died as but heard the old-man he-says to-the(-one)  
 εἰπόντι· Πίστευσον, γέρον, οὐ πείθομαι. Ὁ δὲ φησιν· Ἐρχου  
 having-said believe old-man not I-am-persuaded he but says come  
 καὶ ἴδε. Ἀνέστη ὁ γέρων τάχιστα, καὶ καταλαμβάνει τὸ  
 and see rose the old-man most-quickly and reaches the  
 κοιμητήριον σὺν τῷ ἐπιστάτῃ τοῦ μακαρίου πύκτου· καὶ  
 cemetery with the superior of-the blessed boxer and  
 βοᾷ ὡς ζῶντι πρὸς τὸν ἀληθῶς ἐν κοιμῇσει ζῶντα,  
 cries as to-a-living(-one) to the truly in falling-asleep living  
 καὶ λέγει· Ἀδελφὲ Ἀκάκιε, ἀπέθανες; Ὁ δὲ εὐγνώμων  
 and says brother Acacius have-you-died the but grateful  
 ὑπήκοος, καὶ μετὰ θάνατον ὑπακοὴν ἐνδεικνύμενος,  
 obedient(-one) also after death obedience showing  
 ἀπεκρίνατο πρὸς τὸν μέγαν· Πῶς, Πάτερ, ἀποθανεῖν  
 answered to the great(-one) how Father to-die  
 δυνατόν ἄνθρωπον ὑπακοῆς ἐργάτην; Τότε ὁ γέρων ὁ  
 possible a-man of-obedience a-worker then the old-man the  
 πρώην αὐτοῦ ἐπιστάτης, ἔμβορος γενόμενος, ἐπὶ πρόσωπον  
 former his superior terrified having-become on face  
 σὺν δάκρυσι ἔπεσε, καὶ αἰτησάμενος τὸν τῆς λαύρας  
 with tears fell and having-asked the of-the laura  
 ἡγούμενον πλησίον τοῦ μνήματος κελλίον, ἐκεῖ σωφρόνως  
 abbot near the tomb a-cell there temperately  
 λοιπὸν ἔζησε, λέγων αἰετοῖς Πατράσιν, ὅτι Φόνον  
 thereafter lived saying always to-the Fathers that murder  
 πεποιήκα. Ἐμοὶ δοκεῖ, Πάτερ Ἰωάννη, τὸν μέγαν τοῦτον  
 I-have-done to-me it-seems Father John the great this



Ἰωάννην εἶναι τὸν τῷ νεκρῷ λαλήσαντα. Καὶ ἕτερον  
*John to-be the(-one) to-the dead-man having-spoken and another*  
 γάρ μοι ὡς περὶ ἄλλου τινὸς διηγήσατο ἡ μακαρία αὐτοῦ  
*for to-me as about another someone narrated the blessed his*  
 ψυχῇ· ἦν δὲ αὐτός, ὡς ὕστερον ἀκριβῶς μαθεῖν ἠδυνήθην.  
*soul it-was but himself as later exactly to-learn I-was-able*  
 Ἐμαθήτευσε, φησὶν, ἕτερός τις ἐν τῇ αὐτῇ μονῇ  
*became-a-disciple he-says another someone in the same monastery*  
 τῆς Ἀσίας μοναχῷ τινι πράῳ καὶ ἐπικεῖ, καὶ ἡσυχίᾳ·  
*— of-Asia to-a-monk some meek and gentle and still*  
 καὶ ὁρῶν ἑαυτὸν ὑπὸ τοῦ γέροντος ὡς τιμώμενον καὶ  
*and seeing himself by the old-man as honored and*  
 περιφρονούμενον, σκέπτεται καλῶς ὅπερ πολλοῖς σφαλερόν,  
*cared-for considers well which for-many dangerous*  
 καὶ δυσωπεῖ τὸν γέροντα ἀπολύσαι αὐτόν. Εἶχε γὰρ καὶ  
*and beseeches the old-man to-release him he-had for also*  
 ἕτερον μαθητὴν, καὶ οὐ πάνυ ἦν τὸ γινόμενον λυπηρόν.  
*another disciple and not very was the thing-happening grievous*  
 Ἐξέρχεται οὖν ἐξ αὐτοῦ καὶ καθιστᾷ ἑαυτὸν δι' ἐπιστολῆς  
*goes-out then from him and settles himself through letter*  
 τοῦ ἐπιστάτου ἔν τινι τῶν κατὰ τὸν Πόντον κοινοβίων·  
*of-the superior in one of-the in the Pontus communities*  
 καὶ τῇ πρώτῃ νυκτί, καθ' ἣν εἰσῆλθεν εἰς τὸ κοινόβιον,  
*and on-the first night on which he-entered into the community*  
 ὁρᾷ κατὰ τοὺς ὕπνους ἑαυτὸν ὑπὸ τινων λογοθετούμενον,  
*he-sees in the sleep himself by some called-to-account*  
 καὶ μετὰ τὸ τέλος τοῦ φοβερωτάτου ἐκείνου λογοθεσίῳ,  
*and after the end of-the most-fearful that accounting*  
 λοιπαζόμενον καὶ χρεωστοῦντα χρυσίου λίτρας ἑκατόν.  
*remaining-in-debt and owing of-gold pounds a-hundred*  
 Δωπνισθεὶς οὖν ἔκρινε τὸ ὁραθέν, καὶ εἶπε· Ταπεινὲ  
*having-woken then he-interpreted the thing-seen and said lowly*

Ἀντίοχε (τοῦτο γὰρ ἦν ὄνομα αὐτῷ), ὄντως πολλὰ  
*Antiochus this for was name to-him truly much*  
 λοιπαζόμεθα τοῦ χρέους ἡμῶν. Ὡς οὖν ἔμεινα, φησίν, ἐν τῷ  
*we-remain-owing of-the debt our when then I-remained he-says in the*  
 κοινοβίῳ χρόνους τρεῖς ἐν ἀδιακρίτῳ ὑπακοῇ, ὑπὸ πάντων  
*community years three in unquestioning obedience by all*  
 ὡς ξένος εὐτελιζόμενος καὶ θλιβόμενος (οὐ γὰρ ἦν ἐκεῖσε  
*as stranger belittled and afflicted not for was-there there*  
 ἄλλος μοναχὸς ξένος), θεωρῶ πάλιν κατὰ τοὺς ὕπνους  
*another monk stranger I-behold again in the sleep*  
 τινὰ δόντα μοι ἀπόδειξιν δέκα λιτρῶν τοῦ χρέους μου.  
*someone having-given me a-receipt of-ten pounds of-the debt my*  
 Διυπνισθεὶς οὖν, ἔγνων τὸ ὄραμα, καὶ λέγω· Ἀκμὴν δέκα,  
*having-woken then I-knew the vision and I-say only ten*  
 καὶ πότε ἄρα μέλλω ἀποπληρῶσαι; Τότε λέγω ἑμαυτῷ·  
*and when then am-I-going to-pay-off then I-say to-myself*  
 Ταπεινὲ Ἀντίοχε, περισσοτέρου κόπου καὶ ἀτιμίας χρεῖα·  
*lowly Antiochus of-more toil and dishonor need*  
 ἐκ τότε οὖν ἡρξάμην τὸν ἔζηχον ὑποκρίνεσθαι μὴ μέντοι  
*from then then I-began the simpleton to-play not however*  
 ἀργῶν τῆς διακονίας τὸ σύνολον· ὅθεν ὁρῶντές με ἐν τῇ  
*idling from-the service at all whence seeing me in the*  
 αὐτῇ τάξει καὶ προθυμίᾳ οἱ ἀνελεήμονες Πατέρες, πάντα  
*same rank and eagerness the merciless Fathers all*  
 τὰ τῆς μονῆς μοι βαρέα ἔργα ἐπέταττον. Ἐπιμείνας οὖν  
*the of-the monastery to-me heavy tasks commanded having-persevered then*  
 τῇ τοιαύτῃ διαγωγῇ ἐπὶ δεκατρία ἔτη, εἶδον τοὺς πρώην  
*in-the such conduct for thirteen years I-saw those formerly*  
 ὀφθέντας μοι ἐλθόντας αὖθις, καὶ τελείαν ἀμεριμνίαν  
*having-appeared to-me having-come again and complete freedom-from-care*  
 τοῦ χρέους μοι γράψαντας. Ὅτε οὖν εἰ ἔθλιβόν με,  
*of-the debt to-me having-written when then if they-afflicted me*

τῆς μονῆς ἐν τινι τοῦ χρέους μου ὑπομνησκόμενος,  
*of-the monastery in anything of-the debt my reminding-myself*

γενναίως ὑπέφερον, ταῦτά μοι ὁ πάνσοφος Ἰωάννης,  
*nobly I-bore these(-things) to-me the all-wise John*

Πάτερ Ἰωάννη, ὡς ἐκ προσώπου δῆθεν ἄλλου διηγήσατο·  
*Father John as from person supposedly another narrated*

διὸ καὶ Ἀντίοχον ἑαυτὸν μετωνόμασεν. Οὗτος δὲ ἦν ὡς  
*therefore also Antiochus himself renamed he and was as*

ἀληθῶς ὁ τὸ χειρόγραφον δι' ὑπομονῆς διαρρήξας  
*truly the(-one) the bond through endurance having-torn-up*

γενναίως· οἷος δὲ καὶ γέγονε διακριτικὸς ὁ ὅσιος ἐκ  
*nobly what-sort and also became discerning the holy(-one) from*

τῆς ἄκρας αὐτοῦ ὑπακοῆς, ἀκούσωμεν.  
*the utmost his obedience let-us-hear*

Καθεζομένῳ τούτῳ ἐν τῇ μονῇ τοῦ ἁγίου Σάββα  
*sitting to-him in the monastery of-the holy Sabas*

προσῆλθον τρεῖς νεώτεροι μοναχοὶ μαθητεῦσαι αὐτῷ  
*came three younger monks to-be-disciples to-him*

βουλόμενοι· οὓς ὑποδεξάμενος παραντίκα ἐφιλοξένησεν,  
*wishing whom having-received immediately he-entertained*

ἀσμένως τῶν τῆς ὁδοπορίας κόπων ἀναψύξει βουλόμενος.  
*gladly from-the of-the journey toils to-refresh wishing*

Μετὰ τρίτην οὖν ἡμέραν λέγει αὐτοῖς ὁ γέρων· Φύσει,  
*after third then day says to-them the old-man by-nature*

ἀδελφοί, ἄνθρωπος πόρνος εἰμί, καὶ οὐ δύναμαι δέξασθαι  
*brothers a-man a-fornicator I-am and not I-can to-receive*

τινας ἐξ ὑμῶν. Ἐκεῖνοι δὲ οὐκ ἐσκανδαλίσθησαν· ἐγίνωσκον  
*any of you those but not were-scandalized they-knew*

γὰρ τὴν ἐργασίαν τοῦ γέροντος. Ὡς οὖν πολλὰ  
*for the work of-the old-man when then much*

παρακαλέσαντες αὐτόν, πείσαι ὅλως οὐκ ἴσχυσαν, τότε  
*having-besought him to-persuade at-all not they-could then*

ῥίπτουσιν ἑαυτοὺς εἰς τοὺς πόδας αὐτοῦ· δυσωποῦντες  
*they-throw themselves at the feet his beseeching*  
 καὶ κανονισθῆναι παρ' αὐτοῦ, ὅπως τε καὶ ὅπου καθίσαι  
*at-least to-be-given-a-rule by him how both and where to-settle*  
 ὀφείλουσιν. Εἰζας οὖν ὁ γέρων, καὶ γνοὺς ὅτι μετὰ  
*they-ought having-yielded then the old-man and having-known that with*  
 ταπεινώσεως καὶ ὑπακοῆς δέχονται, λέγει τῷ ἐνί· Βούλεταιί  
*humility and obedience they-receive says to-the one wishes*  
 σε ὁ Κύριος, τέκνον, ἐν ἡσυχαστικῷ τόπῳ μετὰ πατρός  
*you the Lord child in a-still place with a-father*  
 ἐν ὑποταγῇ καθεσθῆναι. Λέγει καὶ τῷ δευτέρῳ· Ἀπελθὼν  
*in submission to-settle he-says also to-the second having-gone*  
 πώλησόν σου τὰ θελήματα, καὶ δὸς Θεῷ· καὶ ἄρον  
*sell your the wills and give to-God and take-up*  
 τὸν σταυρόν σου, καὶ καρτέρει ἐν συνοδίᾳ καὶ κοινοβίῳ  
*the cross your and persevere in company and community*  
 ἀδελφῶν· καὶ πάντως ἔξεις θησαυρόν ἐν οὐρανοῖς.  
*of-brothers and surely you-will-have treasure in (the)-heavens*  
 Εἶτα καὶ τῷ τρίτῳ λέγει· Ἀναλαβοῦ σὺν τῇ πνοῇ σου  
*then also to-the third he-says take-up with the breath your*  
 ἀχωρίστως τὸν λόγον τὸν φάσκοντα· Ὁ ὑπομείνας εἰς  
*inseparably the word the saying the(-one) having-endured to*  
 τέλος, οὗτος σωθήσεται. Καὶ ἄπελθε, εἰ δυνατόν, μὴ ἐάσης  
*the-end he will-be-saved and go if possible not let*  
 ἐν ἀνθρώπων φύσει ἐπιπληκτικώτερον, ἢ ἀποτομώτερον  
*in of-men nature more-rebuking or more-severe*  
 τοῦ σοῦ ἐν Κυρίῳ γυμναστοῦ, καὶ καρτερήσας καθ'  
*than-the your in (the)-Lord trainer and persevering each*  
 ἡμέραν πίνε ὡσεὶ μέλι καὶ γάλα μνηκτισμὸν καὶ  
*day drink like honey and milk mockery and*  
 χλευασμόν. Ὁ δὲ ἀδελφός φησι πρὸς τὸν μέγαν Ἰωάννην·  
*scorn the but brother says to the great John*

Κἂν ἐν ἀμελείᾳ, Πάτερ, ὁ τοιοῦτος παρέχεται τί; Ὅ  
*even-if in negligence Father the such(-man) is-found what the*  
 δὲ γέρων· Κἂν πορνεύοντα αὐτὸν θεάσῃ, μὴ ἀποστῆς·  
*but old-man even-if fornicating him you-see not depart*  
 ἀλλὰ λέγε καθ' ἑαυτόν· Ἐταῖρε, ἐφ' ᾧ πάρει; Τότε  
*but say to yourself comrade for what are-you-here then*  
 ὄψει ἐκ σοῦ ἀφανιζομένην φυσίωσιν καὶ μαραινομένην  
*you-will-see from you vanishing puffing-up and withering*  
 πύρωσιν. Ἀγωνισώμεθα δυνάμει πάσῃ πάντες οἱ τὸν  
*burning let-us-struggle with-power all all those the*  
 Κύριον φοβηθῆναι βουλόμενοι, ἵνα μὴ ἐν τῷ τῆς ἀρετῆς  
*Lord to-fear wishing that not in the of-the virtue*  
 γυμνασίῳ, ἐκεῖσε πονηρίαν ἑαυτοῖς μᾶλλον καὶ κακίαν,  
*gymnasium there wickedness for-ourselves rather and malice*  
 δεινότητά τε καὶ πανουργίαν, κακεντρέχειαν, καὶ ὀργὴν  
*cunning both and villainy malignity and anger*  
 ἐπικτησώμεθα. Γίνεται γάρ, καὶ οὐ θαῦμα. Ἔως μὲν γὰρ  
*we-acquire-besides it-happens for and not a-wonder as-long indeed for*  
 ιδιώτης ἐστίν, ἢ ναυτικός, ἢ γηπόνος ἄνθρωπος, οὐ  
*a-private-person is or a-sailor or a-farmer a-man not*  
 τοσοῦτον κατ' αὐτοῦ οἱ τοῦ βασιλέως ἐχθροὶ ὀπλίζονται.  
*so-much against him the of-the king enemies arm-themselves*  
 Ἐπὶ δὲ αὐτὸν τὴν σφραγίδα λαβόντα καὶ τὴν ἀσπίδα,  
*when but him the seal having-received and the shield*  
 καὶ τὴν μάχαιραν καὶ τὴν ῥομφαίαν, καὶ τὸ τόξον, καὶ  
*and the sword and the broadsword and the bow and*  
 τοῦ στρατιώτου τὸ ἔνδυμα ἡμφιεσμένον θεάσωνται, τότε  
*of-the soldier the garment clothed-in they-see then*  
 καὶ αὐτοὶ τοὺς ὀδόντας κατ' αὐτοῦ βρύχουσι, καὶ πάντως  
*also they the teeth against him gnash and surely*  
 ἀνελεῖν αὐτὸν δοκιμάζουσι. Διόπερ μὴ ὑπνώσωμεν. Ἐώρακα  
*to-kill him try therefore not let-us-sleep I-have-seen*

ἄκαιρα καὶ κάλλιστα νήπια ἐν σχολῇ διὰ σοφίαν, καὶ  
*unseasonable and most-beautiful children to school because-of wisdom and*  
 παιδείαν, καὶ ὠφέλειαν παραγενόμενα· καὶ μηδὲν ἐκείσε εἰ  
*education and benefit having-come and nothing there if*  
 μὴ δεινότητα καὶ κακίαν παιδευθέντα ἐκ τῆς τῶν λοιπῶν  
*not cunning and malice having-been-taught from the of-the others*  
 συνδιατριβῆς. Ὁ νοῦν ἔχων νοήσει. Ἀδύνατον τοὺς  
*company the(-one) mind having will-understand impossible those*  
 τέχνην μαθάνοντας ὀλοψύχως μὴ καθ' ἡμέραν προκόπτειν  
*a-craft learning wholeheartedly not each day to-advance*  
 ἐν αὐτῇ· ἀλλ' οἱ μὲν τὴν προκοπὴν ἐπιγινώσκουσιν· οἱ δὲ  
*in it but the indeed the advance recognize the and*  
 οἰκονομικῶς ἀγνοοῦσιν. Ἄριστος τραπεζίτης καθ' ἑσπέραν  
*providentially are-ignorant (the)-best banker each evening*  
 τὸ τῆς ἡμέρας κέρδος ἢ ζημίαν πάντως ψηφίζει· οὐ δύναται  
*the of-the day gain or loss surely reckons not he-can*  
 δὲ σαφῶς γινῶναι, εἰ μὴ καθ' ὥραν ἐν τῷ πινακιδίῳ  
*but clearly to-know if not each hour on the tablet*  
 σημειοῦται. Τὰ γὰρ καθ' ὥραν λογοθέσια τὸ καθημερινὸν  
*he-notes the for each hour accounts the daily*  
 φωτίζουν· ὅταν ὀνειδιζόμενος, ἢ κατακρινόμενος ὁ ἄφρων  
*illumine when reproached or condemned the fool*  
 δάκηται, καὶ ἀντιλέγειν δοκιμάζει, ἢ συντόμως τῷ  
*is-stung and to-contradict tries or briefly to-the(-one)*  
 ἐπιπλήττοντι μετάνοιαν δέδωκεν, οὐ ταπεινώσεως χάριν,  
*rebuking penitence has-given not of-humility for-the-sake*  
 ἀλλὰ τοὺς ὀνειδισμοὺς παῦσαι βουλόμενος· τυπτόμενος  
*but the reproaches to-stop wishing being-struck*  
 σιώπα, καὶ καταδέχου ψυχῆς καυστήρας, μᾶλλον δὲ  
*be-silent and accept of-(the)-soul cauteries rather but*  
 ἀγνείας φωστήρας. Πausαμένον τοῦ ἱατροῦ, τότε τούτῳ  
*of-purity lights having-stopped the physician then to-him*

μετανόει· ἐν τῷ θυμῷ γὰρ ἴσως οὐδὲ τὴν μετάνοιαν  
*make-penitence in the anger for perhaps not-even the penitence*  
 δέχεται.

*he-accepts*

Πρὸς πάντα μὲν, πλὴν ἴσως πρὸς τὰ δύο ταῦτα  
*against all-things indeed but perhaps against the two these*  
 πάθη οἱ ἐν συνδοδαίς καθ' ὥραν ἀγωνισώμεθα· πρὸς  
*passions we-who in companies every hour let-us-struggle against*  
 τὴν κοιλιομανίαν, καὶ τὴν ὀξύχολίαν· τῶν οἰκείων γὰρ  
*the belly-madness and the quick-temper of-the proper for*  
 ὑλῶν ἐν τῷ ὄχλῳ εὐποροῦσι. Τοῖς ἐν ὑποταγῇ ὁ  
*materials in the crowd they-abound to-those in submission the*  
 διάβολος ἀδυνάτων αὐτοῖς ἀρετῶν ἐπιθυμίαν ἐμβάλλει,  
*devil of-impossible to-them virtues desire casts-in*  
 ὁμοίως καὶ τοῖς ἐν ἡσυχίᾳ τὰ ἀνοίκεια ὑποτίθεται·  
*likewise also to-those in stillness the unsuited-things suggests*  
 ἀνάπτουσι ὑποτακτικῶν ἀδοκίμων διάνοιαν, καὶ εἰρήσεις  
*unfold of-obedient(-ones) unapproved (the)-mind and you-will-find*  
 ἐκεῖ πεπλανημένην ἔννοιαν, ἐπιθυμίαν ἡσυχίας, νηστείας  
*there erring thought desire of-stillness of-fasting*  
 ἀκροτάτης, προσευχῆς ἀρεμβάστου, ἀκενοδοξίας ἄκρας,  
*utmost of-prayer unwandering of-freedom-from-vainglory utmost*  
 μνήμης ἀνεπιλήστου ἐξόδου, διηνεκοῦς κατανύξεως,  
*of-remembrance unforgetting of-departure of-continual compunction*  
 ἀοργησίας παντελοῦς, σιωπῆς βαθείας, ἀγνείας  
*of-freedom-from-anger complete of-silence deep of-purity*  
 ὑπερβαλλούσης. Ὡν περ κατ' οἰκονομίαν ἐν προοιμίῳ  
*surpassing of-which by dispensation in (the)-beginnings*  
 ἀποροῦντες, εἰκὴ μετεπήδησαν ἀπατηθέντες. Πρὸ γὰρ  
*lacking in-vain they-leapt-across deceived before for*  
 καιροῦ ζητῆσαι αὐτούς, ὁ ἐχθρὸς ταῦτα πεποίηκεν,  
*(the)-time to-seek them the enemy these(-things) made*

22

ἵνα μὴ ὑπομείναντες ἐν τῷ καιρῷ τούτων ἐπιτύχωσι.  
*that not having-endured in the time these they-may-obtain*  
 Μακαρίζει παρ' ἡσυχασταῖς ὁ ἀπατεὼν τῶν ὑπηκόων  
*calls-blessed among solitaires the deceiver of-the obedient*  
 τὴν φιλοξενίαν, τὴν διακονίαν, τὴν φιλαδελφίαν, καὶ  
*the hospitality the service the brotherly-love and*  
 συνδιαγωγὴν, τὴν τῶν νοσοῦντων ὑπηρεσίαν, ἵνα κακέινους  
*common-life the of-the sick ministry that those-too*  
 ἀνυπομονήτους κατὰ τοὺς προτέρους ἀπεργάσῃται ὁ  
*impatient like the former be-may-make the*  
 πλάνος. Σπανίων μὲν γάρ, ὡς ἀληθῶς τὸ λόγῳ τῆς  
*deceiver of-the-rare indeed for as truly the with-reason the*  
 ἡσυχίας μετέρχεσθαι· κακέινων μόνων τῶν τὴν θείαν  
*stillness to-pursue and-of-those only the the divine*  
 παράκλησιν πρὸς τὴν τῶν πόνων παραμυθίαν, καὶ πολέμων  
*consolation for the of-the labors comfort and of-wars*  
 συνέργειαν κτησαμένων. Πρὸς τὰς ποιότητας ἡμῶν τῶν  
*help having-acquired according-to the qualities of-us of-the*  
 παθῶν, καὶ τὰς ὑποταγὰς διακρίνωμεν, καὶ ἐκλεξώμεθα  
*passions also the submissions let-us-discern and let-us-choose*  
 πρεπόντως. Ἔστω σοι περὶ τὸ λάγνον ἀκρατῶς ἔχοντι  
*fittingly let-be for-you about the lustful incontinently being*  
 καὶ ρέποντι γυμναστής, ἀσκητής, καὶ ἀπαρακλήτος πρὸς  
*and inclining a-trainer ascetic and unrelenting toward*  
 τροφήν, καὶ μὴ μᾶλλον θαυματοποιός, καὶ ἔτοιμος παντὶ  
*food and not rather a-wonder-worker and ready for-everyone*  
 εἰς ὑποδοχὴν καὶ τράπεζαν. Ἔστω σοι ὑψαύχενι ὄντι ὁξὺς  
*for reception and table let-be for-you high-necked being sharp*  
 καὶ ἀπαραχώρητος, καὶ μὴ πρᾶος καὶ φιλάνθρωπος· μὴ  
*and unyielding and not meek and kind not*  
 ζητῶμεν προγνώστας, μηδὲ προβλέπτας· ἀλλὰ πρὸ πάντων  
*let-us-seek foreknowers nor foreseers but before all-things*



πάντως ταπεινόφρονas, καὶ τῇ ἐν ἡμῖν νόσῳ ἀρμοδίουs  
*surely humble-minded and to-the in us disease suited*  
 ἐκ τρόπου καὶ τοῦ καθίσματος. Ἔστω σοι κατὰ τὸν  
*from manner and of-the dwelling let-be for-you like —*  
 Ἀββάκυρον τὸν προμνημονευθέντα δίκαιον, καὶ οὗτος καλὸς  
*Abbacyrus the aforementioned just(-one) also this good*  
 πρὸς ὑπακοὴν ὁ τρόπος, τὸ ἀεὶ λογιέσθαι, ὅτι πειράζει  
*toward obedience the way the always to-reckon that tests*  
 σε ὁ προεστώς, καὶ οὐ μὴ ἀστοχήσεις ποτέ. Ὅταν  
*you the superior and not — you-will-miss ever when*  
 ἐπιπλήσσουντος ἀπαύστως, πλείονα τὴν πρὸς αὐτὸν πίστιν  
*him-rebuking unceasingly more the toward him faith*  
 καὶ ἀγάπην προσλαμβάνης, Πνεῦμα ἅγιον ἀοράτως ἐν τῇ  
*and love you-take-on Spirit holy invisibly in the*  
 ψυχῇ σου ἐνώκησε, καὶ δύναμις Ὑψίστου ἐπεσκίασέ  
*soul your has-dwelt and power of-(the)-Most-High has-overshadowed*  
 σοι, γίνωσκε. Πλὴν μὴ καυχῶ, μηδὲ χαῖρε, γενναίως  
*you know however not boast nor rejoice nobly*  
 ὑποφέρων τὰς ὕβρεις καὶ τὰς ἀτιμίας· ἀλλὰ μᾶλλον  
*bearing the insults and the dishonors but rather*  
 θρῆναι, ὅτι ὅλως ἄξιόν τι ὕβρεως διεπραξῶ, καὶ  
*lament that at-all worthy something of-insult you-did and*  
 ἐτάραξας ψυχὴν κατὰ σοῦ. Μὴ θαμβηθῆς, ἐφ' ᾧ μέλλω  
*troubled a-soul against you not be-amazed at what I-am-about*  
 λέγειν· Μωϋσῆν γὰρ ἔχω συνήγορον· συμφέρον εἰς  
*to-say Moses for I-have advocate profitable against*  
 Θεόν, καὶ μὴ εἰς πατέρα ἡμῶν ἀμαρτήσαι· Θεοῦ μὲν  
*God and not against father our to-sin God indeed*  
 γὰρ παροργισθέντος, ὁ ἡμῶν ὁδηγὸς καταλλάξαι αὐτὸν  
*for having-been-angered the our guide to-reconcile him*  
 πρὸς ὑμᾶς δύναται, τούτου δὲ ὑφ' ἡμῶν παραχθέντος,  
*to you can this-one but by us provoked*

τινὰ τὸν ἐξιλεούμενον λοιπὸν ὑπὲρ ἡμῶν οὐκ ἔχομεν.  
*someone the(-one) propitiating thereafter for us not we-have*  
 Ἐμοὶ δὲ δοκεῖ εἰς μίαν δόξαν ἀνατρέχειν τὰ ἀμφοτέρω.  
*to-me but it-seems to one glory to-run-back the both*  
 Σκοπήσωμεν καὶ διακρίνωμεν, καὶ νήψωμεν· ποτὲ μὲν  
*let-us-look and let-us-discern and let-us-be-watchful sometimes indeed*  
 κατηγορούμενοι πρὸς τὸν ποιμένα εὐχαρίστως ὑπομένειν,  
*being-accused before the shepherd gratefully to-endure*  
 καὶ ἡσυχίως ὀφείλομεν· ποτὲ δὲ πρὸς αὐτὸν πληροφορίαν  
*and quietly we-ought sometimes and to him explanation*  
 ποιήσασθαι. Ἐμοὶ δοκεῖ ἐπὶ πᾶσι μὲν τοῖς ἀτιμίαν ἡμῖν  
*to-make to-me it-seems at all indeed the-things dishonor to-us*  
 προξενούσι σιωπᾶν· κέρδους γὰρ ὥρα ἐστίν· ἐπὶ δὲ τοῖς  
*bringing to-keep-silent of-gain for hour it-is at but those*  
 εἰς πρόσωπον ἑτέρου ἀνατρέχουσιν ἀπολογεῖσθαι, διὰ  
*to face of-another running-back to-make-defense because-of*  
 τὸν σύνδεσμον τῆς ἀγάπης, καὶ τῆς ἀλύτου εἰρήνης.  
*the bond of-the love and of-the unbroken peace*  
 Ὅσοι ἐξ ὑπακοῆς ἀπεπήδησαν, οὗτοί σοι ἀναγγελοῦσι  
*as-many-as from obedience leapt-away they to-you will-announce*  
 τὴν ταύτης ὠφέλειαν. Τότε γὰρ ἔγνωσαν ἐν ποίῳ οὐρανῷ  
*the of-it benefit then for they-knew in what heaven*  
 ἵστανται. Ὁ πρὸς τὴν ἀπάθειαν καὶ τὸν Θεὸν τρέχων,  
*they-stand the(-one) toward the dispassion and — God running*  
 πᾶσαν ἡμέραν, ἐν ᾗ οὐ λoidoreῖται, πολλὴν ζημίαν  
*every day in which not he-is-reviled great loss*  
 λογίζεται, ὥσπερ τὰ δένδρα ὑπὸ τῶν ἀνέμων σειόμενα,  
*reckons as the trees by the winds shaken*  
 βαθείας ρίζας καταβάλλουσιν· οὕτω καὶ οἱ ἐν ὑπακοῇ  
*deep roots put-down thus also those in obedience*  
 διατρίβοντες ἰσχυρὰς καὶ ἀσαλεύτους ψυχὰς κέκτηνται.  
*living strong and unshakable souls possess*

"Ὅστις καθ' ἡσυχίαν καθήμενος, ἐπέγνω τὴν ἑαυτοῦ  
*whoever in stillness sitting recognized the own*  
 ἀσθένειαν, καὶ μετελθὼν ἐπάρακεν ὑπακοῇ, οὗτος τυφλὸς  
*weakness and having-gone sold(-himself) to-obedience he blind*  
 ὢν, ἀκόπως πρὸς Χριστὸν ἀνέβλεψε. Στήτε, στήτε, καὶ  
*being without-toil to Christ recovered-sight stand stand and*  
 πάλιν ἔρῳ, στήτε τρέχοντες, ἀδελφοὶ ἀθληταί, ἀκούοντες  
*again I-will-say stand running brothers athletes hearing*  
 περὶ ὑμῶν τοῦ σοφοῦ ἐκείνου βοῶντος· Ὡς χρυσὸν ὁ  
*about you the wise that crying as gold the*  
 Κύριος ἐν χωνευτηρίῳ, μᾶλλον δὲ ἐν κοινοβίῳ ἐδοκίμασεν  
*Lord in a-furnace rather but in a-community tested*  
 αὐτοὺς, καὶ ὡς ὁλοκαύτωμα θυσίας προσεδέξατο αὐτοὺς  
*them and as whole-burnt-offering of-sacrifice received them*  
 ἐν τοῖς κόλποις αὐτοῦ· ᾧ ἡ δόξα, καὶ τὸ κράτος  
*in the bosoms his to-whom the glory and the might*  
 αἰώνιον σὺν Πατρὶ ἀνάρχῳ καὶ Πνεύματι ἁγίῳ καὶ  
*eternal with Father without-beginning and Spirit holy and*  
 προσκυνητῷ. Ἀμήν.  
*worshipful amen*

Ἰσάριθμος εὐαγγελιστῶν βαθμός. Ὁ ἀθλητὴς στήκε, τρέχων 23  
*equal-in-number to-(the)-evangelists step the athlete stand running*  
 ἀφόβως. Προέδραμέ ποτε Πέτρου Ἰωάννης· προτέτακται  
*fearlessly ran-before once of-Peter John is-set-before*  
 δὲ νῦν ὑπακοὴ μετανοίας. Ὁ μὲν γὰρ προλαβὼν  
*and now obedience repentance the-one indeed for having-anticipated*  
 ὑπακοῆς, ὁ δὲ ἕτερος περὶ μετανοίας τύπον καθέστηκεν.  
*of-obedience the and other of repentance pattern is*

*Repentance renews baptism and is a covenant with God for a second life. John visits the Prison and describes its penitents: some stand all night in the open, some sit in sackcloth and ashes, some beat their breasts or cannot weep, all asking whether God will open to them. They beg to be buried unmourned or thrown to the beasts. A brother who fell, and whom the shepherd let go there at his plea, dies on the eighth day and is buried with the fathers. The one who has fallen should not despair, for nothing is greater than God's mercy; the holy convicts of the Prison, not a book, are the rule and pattern of repentance.*

- 1 Μετάνοιά ἐστὶν ἀνάκλησις βαπτίσματος. Μετάνοια, ἐστὶ  
 repentance is a-renewal of-baptism repentance is  
 συνθήκη πρὸς Θεὸν δευτέρου βίου. Μετάνοιά ἐστι  
 a-covenant with God of-a-second life repentance is  
 ταπεινώσεως ἀγοραστής. Μετάνοιά ἐστι σωματικῆς  
 of-humility a-buyer repentance is of-bodily  
 κατακλήσεως διηλεκτῆς ἀνελπιστία. Μετάνοιά ἐστι  
 comfort continual despair repentance is  
 αὐτοματόκριτος λογισμός, καὶ ἀμέριμνος αὐτομέριμνος.  
 a-self-condemning thought and a-carefree self-caring  
 Μετάνοιά ἐστι θυγάτηρ ἐλπίδος, καὶ ἄρνησις ἀνελπιστίας.  
 repentance is daughter of-hope and denial of-despair  
 Μετανοῶν ἐστι κατάδικος ἀκαταίσχυντος. Μετάνοιά  
 (the)-penitent is a-convict unashamed repentance  
 ἐστὶ διαλλαγή Κυρίου, διὰ τῆς τῶν ἐναντίων τοῖς  
 is reconciliation of-(the)-Lord through the of-the contrary to-the  
 πταίσμασι ἀγαθῶν ἐργασίας. Μετάνοιά ἐστι συνειδότης  
 failings good-things working repentance is of-conscience  
 καθαρισμός. Μετάνοια ἐκούσιος πάντων τῶν θλιβερῶν  
 cleansing repentance a-willing of-all the afflicting-things  
 ὑπομονή. Μετανοῶν ἐστὶ δημιουργὸς οἰκείων κολάσεων.  
 endurance (the)-penitent is a-maker of-bis-own punishments

Μετάνοιά ἐστὶ θλίψις γαστρὸς ἰσχυρά, καὶ ψυχῆς πλήξις  
*repentance is affliction of-(the)-belly strong and of-soul a-blow*  
 ἐν αἰσθήσει κραταιᾷ. Συνδράμετε, καὶ προσέλθετε, δεῦτε  
*in perception mighty run-together and approach come*  
 καὶ ἀκούσετε, καὶ διηγῆσομαι ὑμῖν· πάντες οἱ τὸν  
*and bear and I-will-tell you all those —*  
 Θεὸν παροργίσαντες, ἀθροίσθητε καὶ ἴδετε, ὅσα πρὸς  
*God having-angered gather and see what-things for*  
 οἰκοδομὴν ὑπέδειξε τῇ ψυχῇ μου. Προτάξωμεν καὶ  
*edification he-showed to-the soul my let-us-put-first and*  
 προτιμήσωμεν τετιμημένων ἀτίμων ἐργατῶν διήγησιν.  
*let-us-prefer of-honored dishonored workers (the)-story*  
 Ἀκούσωμεν καὶ φυλάξωμεν, καὶ ποιήσωμεν, ὅσοι τι  
*let-us-hear and let-us-keep and let-us-do as-many-as any*  
 ἀδόκιμον πτώμα πεπόνθαμεν. Ἀνάστητε καὶ καθίστατε, οἱ  
*unapproved fall have-suffered arise and sit those*  
 διὰ τῶν πτωμάτων κατακέμενοι. Προσέχετε, ἀδελφοί  
*through the falls lying-down attend brothers*  
 μου, τούτῳ τῷ λόγῳ μου· κλίνατε τὸ οὖς ὑμῶν οἱ τὸν  
*my to-this the word my incline the ear your those —*  
 Θεὸν πάλιν ἑαυτοῖς δι' ἐπιστροφῆς ἀληθοῦς διαλλάξαι  
*God again to-themselves through turning true to-reconcile*  
 βουλόμενοι. Ἀκούσας ἐγὼ ὁ ἀσθενὴς μεγάλην τινὰ καὶ  
*wishing having-beard I the weak great some and*  
 ξένην εἶναι τὴν κατάστασιν καὶ τὴν ταπείνωσιν τῶν  
*strange to-be the state and the humility of-those*  
 ἐν τῇ μονῇ τῇ ἰδιαζούσῃ τῇ λεγομένη φυλακῇ, τῇ  
*in the monastery the separate the called prison the*  
 ὑποκειμένη τῷ προμνημονευθέντι φωστῆρι ἐκείνῳ τῶν  
*subject to-the aforementioned luminary that of-the*  
 φωστήρων, ἐκείσέ μου ἔτι ὄντος, ἰκέτευσα τὸν δίκαιον  
*luminaries there I still being I-begged the just(-one)*

παραγενέσθαι με ἐκέϊσε· καὶ δὴ εἶξεν ὁ μέγας, μὴδ'  
*to-go me there and indeed yielded the great(-one) not*  
 ὅλως ποτὲ ψυχὴν λυπῆσαι θέλων. Παραγενόμενος οὖν ἐγὼ  
*at-all ever a-soul to-grieve wishing having-come then I*  
 ἐπὶ τῇ τῶν μετανοούντων μονῇ, καὶ ὄντως πενθούντων  
*to the of-the repenting monastery and truly of-mourning*  
 χώρα, ἐώρακα ἀληθῶς, εἰ μὴ τολμηρὸν εἰπεῖν, ᾧ  
*land I-have-seen truly if not rash to-say what-things*  
 ὡς ἔτυχεν ὀφθαλμὸς ἀνθρώπου ἀμελοῦς οὐκ εἶδε, καὶ  
*as it-happened (the)-eye of-a-man careless not saw and*  
 οὖς ῥαθύμου οὐ δέχεται, καὶ ἐπὶ καρδίαν ὀκνηροῦ  
*(the)-ear of-an-indolent-man not receives and upon (the)-heart of-a-sluggard*  
 οὐκ ἀνέβη· πράγματα καὶ ῥήματα τὸν Θεὸν δυνάμενα  
*not came-up deeds and words — God able*  
 βιάσασθαι, ἐπιτηδεύματά τε καὶ σχήματα τὴν αὐτοῦ  
*to-force practices both and postures the his*  
 φιланθρωπίαν συντόμως κατακάμπτοντα. Τοὺς μὲν τῶν  
*love-for-man quickly bending those indeed of-the*  
 ὑπευθύνων ἐκείνων τῶν ἀνευθύνων παννυχὶ μέχρι πρωΐας  
*guilty those the guiltless all-night until morning*  
 ἵσταμένους αἰθρίους, τοὺς πόδας ἀκινήτους ἔχοντας, καὶ  
*standing in-the-open-air the feet unmoved having and*  
 τῷ ὕπνῳ ἑλεεινῶς κατακλονοιμένους τῇ βίᾳ ταύτης  
*by-the sleep pitiably being-shaken by-the violence of-this*  
 τῆς φύσεως, καὶ μηδεμίαν ἀνάπανσιν αὐτοῖς χαριζομένους·  
*the nature and no rest to-themselves granting*  
 ἀλλ' ἑαυτοὺς ἐπιπλήσοντας καὶ ἀτιμίαις καὶ ὕβρεσι  
*but themselves rebuking and with-dishonors and insults*  
 διωπνίζοντας· ἄλλους εἰς οὐρανὸν ἀτενίζοντας, καὶ τὴν  
*rousing others to heaven gazing and the*  
 ἐκεῖθεν βοήθειαν μετ' ὀδυρμῶν καὶ βοῶν ἐπικαλουμένους·  
*from-there help with lamentations and cries invoking*

ἑτέρους ἐν προσευχῇ παρισταμένους, καὶ ὀπισθεν ἑαυτῶν  
*others at prayer standing and behind themselves*  
 καταδίκων δίκην τὰς χεῖρας συνδήσαντας, εἰς γῆν τε  
*convicts like the hands having-bound to earth and*  
 τὸ σκοτεινὸν αὐτῶν πρόσωπον κλίναντας, καὶ ἀναξίους  
*the darkened their face having-bowed and unworthy*  
 ἑαυτοὺς τῆς εἰς οὐρανὸν ἀναβλέψεως καταδικάσαντας,  
*themselves of-the to heaven looking-up having-condemned*  
 μηδέ τι εἰπεῖν, ἢ φθέγξασθαι, ἢ εὐξασθαι πρὸς Θεόν,  
*nor anything to-say or to-utter or to-pray to God*  
 ὑπὸ τῆς τῶν λογισμῶν καὶ τοῦ συνειδότος ἀτιμίας  
*from the of-the thoughts and of-the conscience dishonor*  
 εὐποροῦντας, μηδὲ πῶς ἢ πόθεν τὴν ἰκεσίαν ποιήσασθαι  
*able nor how or whence the supplication to-make*  
 εὐρίσκοντας, μόνην ψυχὴν ἄλογον, καὶ νοῦν ἄφωνον τῷ  
*finding only a-soul speechless and a-mind voiceless —*  
 Θεῷ παριστῶντας, σκοτίας πεπληρωμένους, καὶ ψιλῆς  
*to-God presenting with-darkness filled and with-bare*  
 ἀπογνώσεως· ἄλλους ἐν τῷ ἐδάφει ἐπὶ σάκκου καὶ σποδοῦ  
*despair others on the floor on sackcloth and ashes*  
 καθημένους, καὶ τὸ πρόσωπον τοῖς γόνασι καλύπτοντας,  
*sitting and the face with-the knees covering*  
 καὶ τὸ μέτωπον εἰς γῆν τύπτοντας· ἑτέρους τὸ στήθος  
*and the forehead on earth striking others the breast*  
 διαπαντὸς τύπτοντας, καὶ τὴν ἑαυτῶν ψυχὴν καὶ ζωὴν  
*continually striking and the own soul and life*  
 ἀνακαλουμένους. Οἱ μὲν ἐν ἐκείνοις τὸ ἔδαφος τοῖς  
*calling-back the indeed among them the floor with-the*  
 δάκρυσιν ἔβρεχον· οἱ δὲ δακρύων ἀποροῦντες ἑαυτοὺς  
*tears wetted the but of-tears lacking themselves*  
 κατέκοπτον. Οἱ μὲν ὥς ἐπὶ ταῖς ἑαυτῶν ψυχαῖς ὠλόλυζον,  
*beat the indeed as over the their-own souls wailed*

τὴν συνοχὴν τῆς καρδίας φέρειν μὴ ἰσχύοντες· οἱ δὲ  
*the constraint of-the heart to-bear not able the and*  
 τῇ καρδίᾳ ἔβρυχον, καὶ τῷ στόματι τὸν τοῦ ὀδυρμοῦ  
*in-the heart roared and with-the mouth the of-the lamentation*  
 ψόφον διεκώλυνον. Ἔστι δὲ ὅτε μηκέτι κρατεῖν ἰσχύοντες  
*sound checked there-is and when no-longer to-restrain able*  
 αἰφνιδίως ἀνέκραζον. Εἶδον ἐγὼ ἐκεῖ τινὰς ὥσπερ ἑαυτῶν  
*suddenly they-cried-out I-saw I there some as-if themselves*  
 ἐξεστηκότας τῷ ἡθελ καὶ τῇ συννοίᾳ ἐννεοῦς τινὰς τῇ  
*beside-themselves in-the manner and in-the dejection stupefied some by-the*  
 πολλῇ ἀδημονίᾳ γεγονότας ὅλους ἐσκοτισμένους, καὶ ὥσπερ  
*great distress having-become wholly darkened and as-if*  
 ἀναισθήτους πρὸς πάντα τὰ τοῦ βίου τυγχάνοντας,  
*insensible toward all the-things of-the life being*  
 τῷ νοῦ λοιπὸν ἐν τῇ ἀβύσσῳ τῆς ταπεινώσεως  
*with-the mind thereafter in the abyss of-the humility*  
 καταδύσαντας, καὶ τῷ πυρὶ τῆς ἀθυμίας τὰ τῶν  
*having-sunk and with-the fire of-the despondency the of-the*  
 ὀφθαλμῶν δάκρυα ἀποτηγανίσαντας· ἄλλους καθημένους  
*eyes tears having-dried-up others sitting*  
 σύννους εἰς γῆν νενευκότας, καὶ τὴν ἑαυτῶν κεφαλὴν  
*pensive to earth bowed and the own head*  
 ἀδιαλείπτως κινουντας, καὶ δίκην λεόντων καρδίας  
*unceasingly moving and like lions from-(the)-heart*  
 καὶ οὐνύχων βρύχοντας καὶ στένοντας. Οἱ μὲν ἐν  
*and from-(the)-nails roaring and groaning the indeed among*  
 ἐκείνοις ἄφειν εὐελπίστως παντελῇ ἐπέζητουν καὶ ἡῦχοντο·  
*them forgiveness hopefully complete sought and prayed*  
 ἕτεροι ἀναξίους ἑαυτοῦς τῆς ἀφέσεως ἐκ ταπεινώσεως  
*others unworthy themselves of-the forgiveness from humility*  
 ἀφάτου κατεδίκάζον, καὶ μὴ ἰσχύειν ἀπολογίασθαι τῷ  
*unspeakable condemned and not to-be-able to-make-defense —*



Θεῷ ἀνέκραζον. Τινὲς μὲν ἐνταῦθα κολασθῆναι, κακῇ  
*to-God cried-out some indeed here to-be-punished and-there*  
 ἐλεθῆναι ἐδυσώπουν τὸν Κύριον· ἕτεροι συντετριμμένοι  
*to-be-shown-mercy besought the Lord others crushed*  
 ὑπὸ τοῦ βάρους τοῦ συνειδότος ὑπάρχοντες, μήτε  
*by the weight of-the conscience being neither*  
 κολασθῆναι, μήτε τῆς βασιλείας ἀξιωθῆναι εἰλικρινῶς  
*to-be-punished nor of-the kingdom to-be-deemed-worthy sincerely*  
 ἔλεγον· Καὶ ἀρκετὸν ἡμῖν, φασίν, ἔστιν. Ἐώρακα ἐκεῖ  
*said and sufficient for-us they-say it-is I-have-seen there*  
 ψυχὰς ταπεινὰς καὶ συντετριμμένας, καὶ κατακαμπτομένας  
*souls lowly and crushed and bent-down*  
 ὑπὸ τοῦ βάρους τοῦ φορτίου ὑπαρχούσας, καὶ αὐτὴν τὴν  
*by the weight of-the burden being and the-very the*  
 τῶν λίθων αἴσθησιν κατανύξαι δυναμένας, ἐπὶ ταῖς παρ'  
*of-the stones perception to-pierce able at the from*  
 αὐτῶν πρὸς Θεὸν βοωμέναις φωναῖς καὶ ῥήμασιν· ἔλεγον  
*them to God crying voices and words they-said*  
 γὰρ κάτω εἰς γῆν νενεκότες· Οὕτως οἶδαμεν, οἶδαμεν ὅτι  
*for down to earth bowed thus we-know we-know that*  
 ἄξιοι λοιπὸν πάσης τιμωρίας καὶ κολάσεώς ἐσμεν, καὶ  
*worthy thereafter of-all punishment and chastisement we-are and*  
 δικαίως· οὐδὲ γὰρ ἐξαρκοῦμεν λοιπὸν πρὸς ἀπολογίαν  
*justly not-even for we-suffice thereafter for defense*  
 τοῦ πλῆθους τοῦ ἡμετέρου χρέους, οὐδ' ἂν πᾶσαν τὴν  
*of-the multitude of-the our debt not-even if all the*  
 οἰκουμένην ὑπὲρ ἡμῶν πενθοῦσαν συγκαλέσωμεν. Ἐκεῖνο  
*inhabited-world for us mourning we-call-together that*  
 δὲ μόνον ἐρωτῶμεν, ἐκεῖνο δυσωποῦμεν, ἐκεῖνο ἱκετεύομεν  
*but only we-ask that we-beseech that we-implore*  
 λοιπόν· Μὴ τῷ θυμῷ ἐλέγξης ἡμᾶς, μηδὲ τῇ ὀργῇ  
*thereafter not in-the anger rebuke us nor in-the wrath*

σου παιδεύσῃ ἡμᾶς. Ἀλλὰ φειδομένως, καὶ ἄρκετὸν ἡμῖν  
*your chasten us but sparingly and sufficient for-us*  
 τῆς πολλῆς σου ἀπειλῆς, καὶ βασάνων ἄνωνύμων  
*from-the great your threat and torments nameless*  
 καὶ ἀποκρύφω·ν ἐλευθερωθῆναι· εἰς τέλος γὰρ ἄφεσιν  
*and hidden to-be-freed to (the)-end for forgiveness*  
 αἰτήσασθαι, οὐ τολμῶμεν. Πῶς γὰρ οἱ τὸ ἑαυτῶν  
*to-ask not we-dare how for we-who the our-own*  
 ἐπάγγελμα μὴ φυλάξαντες ἄμωμον, ἀλλὰ τοῦτο μετὰ  
*profession not having-kept blameless but this after*  
 τὴν προτέραν φιλανθρωπίαν, καὶ ἄφεσιν ῥυπώσαντες;  
*the former love-for-man and forgiveness having-soiled*  
 Ἦν ἐκεῖ τὰ τοῦ Δαυὶδ ἐναργῶς θεάσασθαι ῥήματα,  
*it-was-possible there the — of-David manifestly to-behold words*  
 τάλαιπωροῦντας ἰδέσθαι, κατακαμπτομένους ἕως τέλους  
*wretched to-see bent-down until (the)-end*  
 τῆς ἑαυτῶν ζωῆς· ὅλην τὴν ἡμέραν σκυθρωπάζοντας  
*of-the their-own life all the day going-about-sad*  
 πορευομένους· προσόζοντας καὶ σεσημμένους σώματος  
*going stinking and festering of-body*  
 μώλωπας, καὶ ἀνεπιμελήτους ὑπάρχοντας, ἐπιλανθανομένους  
*wounds and uncared-for being forgetting*  
 τοῦ φαγεῖν τὸν ἄρτον αὐτῶν· τὸ δὲ πόμα τοῦ ὕδατος  
*the to-eat the bread their the and drink of-the water*  
 μετὰ κλαυθμοῦ κινρῶντας· καὶ σποδόν, καὶ τέφραν ἀντὶ  
*with weeping mixing and ashes and dust instead-of*  
 ἄρτου ἐσθίοντας· καὶ κεκολλημένα ἔχοντας τὰ ὀστᾶ τῇ  
*bread eating and cleaving having the bones to-the*  
 σαρκί· καὶ αὐτοὺς ὥσπερ χόρτος ἐξηραμμένους. Οὐδὲν ἦν  
*flesh and themselves like grass withered nothing was*  
 ἕτερον παρ' αὐτοῖς ἀκούειν, εἰ μὴ ταῦτα τὰ ῥήματα·  
*other among them to-hear if not these the words*

Οὐαί, οὐαί, οἱ μοι, οἱμοι, δικαίως, δικαίως· φείσαι, φείσαι,  
*woe woe woe me alas justly justly spare spare*  
 Δέσποτα. Οἱ μὲν ἔλεγον· Ἐλέησον, ἐλέησον· οἱ δὲ πάλιν  
*Master the indeed said have-mercy have-mercy the and again*  
 ἔτι ἐλεεινότερον· Συγχώρησον, Δέσποτα, συγχώρησον ἐὰν  
*still more-pitiably pardon Master pardon if*  
 ἐνδέχεται. Ἦν ἐν ἐκείνοις γλώσσας φλεγομένας  
*it-is-possible it-was-possible among them tongues burning*  
 ἰδέσθαι, καὶ δίκην κυνῶν τοῦ στόματος προβαλλομένας.  
*to-see and like dogs from-the mouth thrust-out*  
 Οἱ μὲν ἐν τῷ καύσωνι ἑαυτοὺς ἐτιμώρουν· οἱ δὲ ἐν τῷ  
*the indeed in the beat themselves punished the and in the*  
 ψύχει ἑαυτοὺς ἐβασάνιζον. Ἐνιοι μὲν μικρὸν τοῦ ὕδατος  
*cold themselves tormented some indeed a-little of-the water*  
 ἀπογευόμενοι, ἐπαύοντο, ὅσον μόνον μὴ ἐκ δύψης  
*tasting stopped as-much-as only not from thirst*  
 ἀποθνήσκειν· οἱ δὲ τοῦ ἄρτου μικρὸν μεταλαμβάνοντες,  
*to-die the and of-the bread a-little partaking*  
 τοῦτον τῇ χειρὶ μακρὰν ἀπέρριπτον, ἀναξίους ἑαυτοὺς  
*it with-the hand far threw-away unworthy themselves*  
 λέγοντες λογικῆς βρώσεως ὡς τὰ τῶν ἀλόγων  
*saying of-rational food as the-things of-the irrational(-beasts)*  
 διαπραξαμένους. Ποῦ ἐν ἐκείνοις γέλωτος ἐμφάνεια; ποῦ  
*having-done where among them of-laughter appearance where*  
 ἀργολογία; ποῦ θυμός; ποῦ ὀργή; Οὐδὲ εἰ ἔστιν ὀργή  
*idle-talk where temper where anger not-even if there-is anger*  
 παρ' ἀνθρώποις λοιπὸν ἠπίستانτο· τοῦ πένθους εἰς τέλος  
*among men thereafter they-knew the mourning to the-end*  
 τὸν θυμὸν ἀπολέσαντος. Ποῦ ἀντιλογία; ποῦ ἐορτή; ποῦ  
*the temper having-destroyed where dispute where feast where*  
 παρῤῥησία; ποῦ θεραπεία σώματος; ποῦ ἵχνος κενοδοξίας;  
*license where care of-body where trace of-vainglory*

ποῦ τρυφῆς λοιπὸν ἐλπίς; ποῦ οἴνου ἔννοια; ποῦ ὀπώρας  
*where of-luxury thereafter hope where of-wine thought where of-fruit*  
 γεῦσις; ποῦ χύτρας παράκλησις; ποῦ λάρυγγος γλυκασμός;  
*taste where of-(the)-pot comfort where of-(the)-throat sweetness*  
 Πάντων γὰρ τούτων λοιπὸν ἐν τῷ νῦν αἰῶνι ἡ ἐλπίς  
*of-all for these thereafter in the present age the hope*  
 παρ' ἐκείνοις ἐσβέσθη. Ποῦ ἐν ἐκείνοις μέριμνα ἐπιγείου  
*among them was-quenched where among them care of-earthly*  
 τινός; ποῦ κρῖναί τινα ἄνθρωπον; Οὐδαμοῦ. Ταῦτα ἦν  
*anything where to-judge any man nowhere these(-things) were*  
 παρ' ἐκείνοις διηλεκῶς τὰ λεγόμενα καὶ βοώμενα  
*among them continually the-things said and cried*  
 πρὸς Κύριον. Οἱ μὲν τὸ στήθος ἰσχυρῶς κρούοντες,  
*to (the)-Lord the indeed the breast mightily striking*  
 ὥσπερ ἐν τῇ τοῦ οὐρανοῦ πύλῃ ἰστάμενοι, πρὸς Θεὸν  
*as at the of-the heaven gate standing to God*  
 ἔλεγον· Ἄνοιξον ἡμῖν, δικαστά, ἄνοιξον ἡμῖν, ἐπειδὴ  
*said open to-us judge open to-us since*  
 ἁμαρτίαις ἐκλείσαμεν ἑαυτοῖς, ἄνοιξον ἡμῖν. Οἱ δὲ ἔλεγον·  
*by-sins we-shut on-ourselves open to-us the but said*  
 Ἐπίφανον τὸ πρόσωπόν σου μόνον, καὶ σωθησόμεθα.  
*show the face your only and we-will-be-saved*  
 Ἄλλος πάλιν· Ἐπίφανον τοῖς ἐν σκοτει καὶ σκιᾷ θανάτου  
*another again shine to-those in darkness and shadow of-death*  
 καθημένοις ταπεινοῖς. Ἔτερος· Ταχὺ προκαταλαβέτωσαν  
*sitting lowly another quickly let-overtake*  
 ἡμᾶς οἱ οἰκτιρμοί σου, Κύριε, ὅτι ἀπολώλαμεν, ὅτι  
*us the compassions your Lord for we-have-perished for*  
 ἀπεγνώκαμεν, ὅτι ἐξελίπομεν σφόδρα. Οἱ μὲν ἔλεγον· Εἰ  
*we-have-despaired for we-have-failed exceedingly the indeed said if*  
 ἄρα ἐπιφάνοι Κύριος τοῦ λοιποῦ ἐφ' ἡμᾶς· ἕτεροι δέ·  
*then would-appear (the)-Lord for-the rest on us others and*

Ἄρα διῆλθεν ἡ ψυχὴ ἡμῶν τὸ χρέος τὸ ἀνυπόστατον;  
*has-then passed-through the soul our the debt the unbearable*  
 Ἄλλος· Ἄρα παρακληθήσεται Κύριος τοῦ λοιποῦ ἐφ'  
*another will-then be-comforted (the)-Lord for-the rest over*  
 ἡμᾶς; ἄρα ἀκουσόμεθα αὐτοῦ λέγοντος ἡμῖν τοῖς ἐν  
*us will-then we-hear him saying to-us those in*  
 δεσμοῖς ἀλύτοις· Ἐξέλθετε καὶ τοῖς ἐν τῷ ᾗδῃ τῆς  
*bonds unbreakable come-out and to-those in — Hades of-the*  
 μετανοίας· Συγχωρήθηκε; Ἄρα εἰσῆλθεν ἡ κραυγὴ ἡμῶν  
*repentance be-pardoned has-then entered the cry our*  
 εἰς τὰ ὦτα Κυρίου; Πάντες δὲ ἐκάθηντο αἰὲν ἐν  
*into the ears of-(the)-Lord all and sat always before*  
 ὀφθαλμοῖς αὐτῶν ὁρῶντες τὸν θάνατον, καὶ λέγοντες· Ἄρα  
*eyes their seeing the death and saying then*  
 τί τὸ ἀποβησόμενον· ἄρα τίς ἡ ἀπόφασις; ἄρα τί τὸ  
*what the thing-to-come then what the sentence then what the*  
 τέλος ἡμῶν; ἄρα ἔστιν ἀνάκλησις; ἄρα ἔστι συγχώρησις  
*end our then is-there recall then is-there pardon*  
 τοῖς σκοτεινοῖς, τοῖς ταπεινοῖς, τοῖς καταδίκαις; ἄρα  
*for-the darkened for-the lowly for-the convicts has-then*  
 ἴσχυσεν ἡμῶν ἡ δέησις εἰσελθεῖν ἐνώπιον Κυρίου; ἢ  
*been-able our the supplication to-enter before (the)-Lord or*  
 ἀπεστράφη δικαίως τεταπεινωμένη καὶ κατησχυμένη;  
*has-it-been-turned-back justly humbled and put-to-shame*  
 ἄρα δὲ εἰσελθοῦσα, πόσον ἐξευμενίστατο; πόσον ἦνυσεν;  
*then and having-entered how-much did-it-propitiate how-much did-it-achieve*  
 πόσον ὠφέλησε; πόσον ἐνήργησεν; ἐπειδὴ ἐξ ἀκαθάρτων  
*how-much did-it-profit how-much did-it-work since from unclean*  
 στομάτων καὶ σωμάτων ἀνεπέμφθη, καὶ οὐ πολλὴν τὴν  
*mouaths and bodies it-was-sent-up and not much the*  
 ἰσχὺν κέκτηται. Ἄρα εἰς τέλος διήλλαξε τὸν κριτὴν;  
*strength it-has has-it-then to (the)-end reconciled the judge*

ἄρα μερικῶς; ἄρα κατὰ τὸ ἥμισυ τῶν μολώπων;  
*then partly then according-to the half of-the wounds*  
 μεγάλοι γὰρ οὗτοι ὄντως, καὶ πολλῶν ιδρώτων καὶ  
*great for these truly and of-many sweats and*  
 μόχθων δεόμενοι. Ἄρα ἐπλησίασαν ἡμῖν οἱ ἡμῶν φύλακες,  
*labors needing have-then drawn-near to-us the our guardians*  
 ἢ ἔτι πόρρω ἀφ' ἡμῶν ὑπάρχουσιν; Ἐκείνων γὰρ μὴ  
*or still far from us are-they those for not*  
 ἐγγιζόντων πρὸς ἡμᾶς, πᾶς ὁ κόπος ἡμῶν ἀνωφελὴς καὶ  
*drawing-near to us all the toil our unprofitable and*  
 ἀνόνητος· οὐ γὰρ ἔχει δύναμιν παρρησίας ἢ προσευχὴ  
*useless not for it-has power of-boldness the prayer*  
 ἡμῶν, οὐδὲ πτερὸν καθαρότητος εἰσελθεῖν πρὸς Κύριον,  
*our nor wing of-purity to-enter to (the)-Lord*  
 εἰ μὴ τί γε οἱ ἄγγελοι ἡμῶν προσεγγίσαντες ἡμῖν,  
*if not something at-least the angels our having-drawn-near to-us*  
 ταύτην λαβόντες Κυρίῳ προσενέγκωσιν. Οἷα δὲ  
*it having-taken to-(the)-Lord bring such-things and*  
 πολλάκις καὶ πρὸς ἀλλήλους διηπόρουν, καὶ ἔλεγον· Ἄρα,  
*often also to one-another they-debated and said then*  
 ἀδελφοί, ἀνύομεν; ἄρα τυγχάνομεν τῆς αἰτήσεως; ἄρα  
*brothers do-we-achieve then do-we-obtain of-the request then*  
 δέχεται πάλιν; ἄρα ἀνοίγει; Οἱ δὲ ἕτεροι πρὸς ταῦτα  
*does-he-receive again then does-he-open the but others to these(-things)*  
 ἀπεκρίναντο· Τίς οἶδεν, ὥς εἶπον οἱ ἀδελφοὶ ἡμῶν οἱ  
*answered who knows as said the brothers our the*  
 Νινευῖται· Μὴ πως μεταμεληθήσεται Κύριος; Καὶ καὶν  
*Ninevites perhaps somehow will-repent (the)-Lord and even-if*  
 τῆς πολλῆς κολάσεως λυτρώσεται ἡμᾶς, ὅμως ἡμᾶς  
*from-the great punishment be-redeems us nevertheless we*  
 τὸ ἐφ' ἡμῖν ποιήσωμεν. Καὶ ἐὰν ἀνοίξη, εὖ καὶ καλῶς·  
*the in us let-us-do and if be-opens well and good*

ἐπεὶ εὐλογητὸς Κύριος ὁ Θεός, ὁ ἀποκλείσας ἡμῖν  
*otherwise blessed (the)-Lord — God the(-one) having-shut to-us*  
 δικαίως. Πλὴν ἐπιμείνωμεν κρούοντες, ἕως τέλους τῆς  
*justly however let-us-persevere knocking until (the)-end of-the*  
 ζωῆς ἡμῶν· ἴσως τῇ πολλῇ ἡμῶν ἀναιδεΐα ἀνοίξει  
*life our perhaps with-the great our shamelessness he-will-open*  
 ἡμῖν. Διὸ καὶ ἑαυτοὺς διεγείροντες, ἔλεγον· Δράμωμεν,  
*to-us therefore also themselves rousing they-said let-us-run*  
 ἀδελφοί, δράμωμεν· δρόμου γὰρ χρεΐα καὶ δρόμου, ἐπειδὴ  
*brothers let-us-run of-running for need and of-running since*  
 τῆς καλῆς ἡμῶν συνοδίας ἀπελείφθημεν· δράμωμεν μὴ  
*from-the good our company we-were-left-behind let-us-run not*  
 φειδόμενοι ταύτης τῆς ρύπαρᾶς καὶ μοχθηρᾶς σαρκὸς  
*sparing this the filthy and wretched flesh*  
 ἡμῶν· ἀλλ' ἀποκτείνωμεν αὐτήν, ὡς ἀπέκτεινεν ἡμᾶς,  
*our but let-us-kill it as it-killed us*  
 ὥσπερ καὶ ἐποιοῦν οἱ μακάριοι ὑπεύθυνοι. Ἐν ἐκείνοις  
*as also did the blessed guilty(-ones) among them*  
 ἐωρᾶτο γόνατα ἐπεσκληκότα τῷ πλήθει τῶν μετανοιῶν· οἱ  
*were-seen knees hardened by-the multitude of-the penitences the*  
 ὀφθαλμοὶ ἐκτακέντες καὶ ἔσω που εἰς βάθος δεδυκότες·  
*eyes melted and within somewhere into depth sunk*  
 τριχῶν ἀπεστερημένοι, παρειὰς κεκτημένοι πεπληγμέναις,  
*of-lashes deprived cheeks having struck*  
 καὶ περιπεφλεγμέναις τῇ ζέσει τῶν πολλῶν δακρύων·  
*and scorched by-the heat of-the many tears*  
 πρόσωπα καταμεμαρασμένα καὶ ὠχρά, μηδὲν ἐν συγκρίσει  
*faces withered and pale nothing in comparison*  
 νεκρῶν διαφέροντα· στήθῃ ταῖς πληγαῖς ἀλγούντα  
*from-corpses differing breasts from-the blows aching*  
 καὶ αἱμάτων πτύελοι ἐκ τῶν ἐν τῷ στήθει πυγμῶν  
*and of-blood spittings from the in the breast punches*

ἐκπεμπόμενοι. Ποῦ ἦν ἐκεῖ στρωμνῆς κατάστασις; ποῦ  
*sent-out where was there of-bedding arrangement where*  
 ἐνδύματος καθαρότης ἢ στερεότης; Ἀλλὰ διερρήγμένα καὶ  
*of-clothing cleanness or firmness but torn and*  
 ῥυπῶντα, καὶ ὑπὸ τοῦ φθειρὸς ἐπικεκαλυμμένα. Τί πρὸς  
*filthy and by the lice covered what compared-to*  
 ἐκείνους ἢ τῶν δαιμονῶντων κακοπάθεια; τί ἢ τῶν  
*them the of-the demoniacs suffering what the of-those*  
 νεκρὸς πενθούντων; τί ἢ τῶν ἐν ἐξορίᾳ διαγόντων; τί  
*the-dead mourning what the of-those in exile living what*  
 ἢ τῶν ἐπὶ φόνοις καταδίκων; Οὐδὲν ὄντως ἢ ἐκείνων  
*the of-those for murders condemned nothing truly the of-those*  
 βάσανος, καὶ τιμωρία ἀκούσιος, πρὸς τὴν τούτων  
*torment and punishment unwilling compared-to the of-these*  
 ἐκούσιον. Καὶ μὴ μύθους τὰ εἰρημένα λογίσσῃτε, ἐρωτῶ,  
*willing and not fables the-things said reckon I-ask*  
 ἀδελφοί. Ἐδυσώπουν πολλάκις τὸν κριτὴν τὸν μέγαν  
*brothers they-besought often the judge the great*  
 ἐκεῖνον, τὸν ποιμένα λέγω, τὸν ἄγγελον ἐν ἀνθρώποις·  
*that the shepherd I-mean the angel among men*  
 καὶ παρεκάλουν σίδηρα καὶ κλοιὰ ἐν χερσὶ καὶ τραχήλῳ  
*and begged irons and fetters on hands and neck*  
 περιθέσθαι· καὶ τοὺς πόδας ἐν τῷ τῶν πασχόντων  
*to-put-on and the feet in the of-the sufferers*  
 κατασφαιλισθῆναι ξύλῳ, καὶ μὴ πρότερον ἐκεῖθεν λυθῆναι,  
*to-be-secured stocks and not before from-there to-be-loosed*  
 ἄχρι λοιπὸν τὸ μνήμα διαδέξεται, πλὴν οὐδὲ τὸ μνήμα.  
*until thereafter the tomb receives but not-even the tomb*  
 Οὐ μὴ γάρ, οὐ μὴ κρύψω οὐδὲ ταύτην αὐτῶν τῶν  
*not — for not — I-will-hide not-even this of-them of-the*  
 μακαρίων ὄντως ἡλεημένην ταπείνωσιν, καὶ συντετριμμένην  
*blessed truly pitied humility and crushed*



πρὸς Θεὸν ἀγάπην καὶ μετάνοιαν. Μέλλοντες τοίνυν  
 toward God love and repentance being-about therefore  
 πρὸς Κύριον πορεύεσθαι, καὶ τῷ ἀδεκάστῳ βήματι  
 to (the)-Lord to-go and before-the incorruptible judgment-seat  
 παρίστασθαι, καλοὶ ἐκεῖνοι τῆς χώρας τῆς μετανόας  
 to-stand good those of-the land of-the repentance  
 πολῖται, ὅπηνίκα τις αὐτῶν ἐν τῷ παντὶ ἐθεώρει  
 citizens whenever anyone of-them in the all beheld  
 ἑαυτὸν, τοῦτο διὰ τοῦ προεστῶτος αὐτῶν ἐδυσώπει  
 himself this through the superior their besought  
 μεθ' ὀρκῶν τὸν μέγαν, τοῦ μὴ καταξιωθῆναι αὐτὸν  
 with oaths the great(-one) of-the not to-be-deemed-worthy him  
 ἀνθρωπίνης ταφῆς, ἀλλὰ ἀλόγου, ἢ ἐν τῷ ρείθρῳ  
 of-human burial but of-an-irrational(-beast) or in the stream  
 τοῦ ποταμοῦ, ἢ ἐν τῷ ἀγρῷ τοῖς θηρίοις παραδοθῆναι  
 of-the river or in the field to-the beasts to-be-delivered  
 ὅπερ πολλάκις καὶ ὑπήκουσεν ὁ τῆς διακρίσεως λύχνος,  
 which often also obeyed the of-the discernment lamp  
 ψαλμωδίας τε πάσης καὶ τιμῆς ἐστερημένους ἐξοδιάζεσθαι  
 of-psalmody both all and honor deprived to-be-carried-out  
 κελεύων. Οἶον δὲ καὶ τὸ θέαμα φοβερόν καὶ ἐλεεινὸν  
 ordering such and also the sight fearful and pitiable  
 τῆς ἐκείνων ἐσχάτης ὥρας· ὅποταν γὰρ οἱ συγκατάδικοι  
 of-the their last hour when for the fellow-convicts  
 τὸν προπορευόμενον τελειοῦσθαι μέλλοντα ᾗσθοντο,  
 the(-one) going-before to-be-perfected about perceived  
 ἔτι τοῦ νοὸς ἐρρώμενου περιεκύκλουν καὶ διψῶντες, καὶ  
 still the mind being-strong they-surrounded and thirsting and  
 πενθοῦντες ἐλεεινοτάτῳ ᾗθει καὶ σκυθρωπῷ λόγῳ τὴν  
 mourning with-most-pitiable manner and sad word the  
 κεφαλὴν σείοντες τὴν ἑαυτῶν, ἡρώτων τὸν ἐκλείποντα·  
 head shaking the their-own asked the(-one) departing

καὶ καίόμενοι τῇ συμπαθείᾳ τῇ πρὸς αὐτὸν ἔλεγον·  
*and burning with-the sympathy the toward him said*  
 Τί ἐστίν, ἀδελφὲ καὶ συγκατάδικε, πῶς; τί λέγεις; τί  
*what is-it brother and fellow-convict how what do-you-say what*  
 ἐλπίζεις; τί ὑπολαμβάνεις; Ἦνυσας ἐκ τοῦ κόπου  
*do-you-hope what do-you-suppose have-you-achieved from the toil*  
 τὸ ζητούμενον, ἢ οὐκ ἴσχυσας; Ἦνοιξας, ἢ ὑπεύθυνος  
*the thing-sought or not were-you-able did-you-open or guilty*  
 ἔτι ὑπάρχεις; ἔφθασας, ἢ οὐκ ἐπέτυχες; Ἐλαβές τινα  
*still are-you did-you-arrive or not did-you-attain did-you-receive any*  
 πληροφορίαν, ἢ ἄδηλον ἔχεις τὴν ἐλπίδα; Εἴληφας  
*assurance or uncertain do-you-have the hope have-you-received*  
 ἐλευθερίαν, ἢ κλονεῖται καὶ ἀμφιβάλλει ἔτι ὁ λογισμός;  
*freedom or is-shaken and doubts still the thought*  
 Ἦσθου τινὸς ἐν τῇ καρδίᾳ φωτισμοῦ, ἢ ἐσκοτισμένη  
*did-you-perceive any in the heart illumination or darkened*  
 ἔτι καὶ ἡτιμωμένη ὑπάρχει; Ἐγένετό τις ἐν σοὶ φωνὴ  
*still and dishonored is-it came any in you voice*  
 λέγουσα ἔνδον· Ἴδε ὑγιὲς γέγονας· ἢ, Ἀφέωνταί σου αἱ  
*saying within behold healthy you-have-become or are-forgiven your the*  
 ἁμαρτίαι· ἢ, Ἡ πίστις σου σέσωκέ σε; ἢ ἄρα ἔτι ἐκείνης  
*sins or the faith your has-saved you or then still that*  
 ἀκούεις τῆς λεγούσης· Ἀποστραφήτωσαν οἱ ἁμαρτωλοὶ εἰς  
*do-you-hear the saying let-be-turned-back the sinners into*  
 τὸν ἄδην· καὶ· Δῆσατε χεῖρας καὶ πόδας· καὶ· Ἀρθήτω  
*— Hades and bind hands and feet and let-be-taken-away*  
 ὁ ἀσεβής, ἵνα μὴ ἴδῃ τὴν δόξαν Κυρίου; Τί λέγεις  
*the impious that not he-may-see the glory of-(the)-Lord what do-you-say*  
 ἀπλῶς, ἀδελφέ; εἰπὲ ἡμῖν, δυσωποῦμεν, ἵνα καὶ ἡμεῖς  
*simply brother tell us we-beseech that also we*  
 γνῶμεν, ἐν ποίοις μέλλομεν ἔσεσθαι· σοῦ γὰρ λοιπὸν  
*may-know in what-state we-are-going to-be of-you for thereafter*

ὁ καιρὸς ἐκλείσθη, καὶ ἄλλον οὐχ εὐρήσεις ἔτι εἰς  
*the time was-shut and another not you-will-find still for*  
 τὸν αἰῶνα. Πρὸς ταῦτα, οἱ μὲν τῶν κοιμωμένων,  
*the age to these(-things) the indeed of-those falling-asleep*  
 Εὐλογητὸς Κύριος, ἀπεκρίνοντο, ὃς οὐκ ἀπέστησε τὴν  
*blessed (the)-Lord answered who not removed the*  
 προσευχὴν μου, καὶ τὸ ἔλεος αὐτοῦ ἀπ' ἐμοῦ. Οἱ δὲ  
*prayer my and the mercy his from me the and*  
 πάλιν· Εὐλογητὸς Κύριος, ὃς οὐκ ἔδωκεν ἡμᾶς εἰς θήραν  
*again blessed (the)-Lord who not gave us for prey*  
 τοῖς ὀδοῦσιν αὐτῶν. Οἱ δὲ ἐκεῖνο ἐνωδύνως ἔλεγον· Ἄρα  
*to-the teeth their the and that painfully said then*  
 διέλθῃ ἡ ψυχὴ ὑμῶν τὸ ὕδωρ τῶν πνευμάτων τοῦ  
*would-pass-through the soul your the water of-the spirits of-the*  
 ἀέρος τὸν ἀνυπόστατον; Μὴ θαρρόντες ἀκμὴν, ἀλλὰ  
*air the unbearable not being-confident yet but*  
 ἀποσκοποῦντες τί ἐν τῷ λογοθεσίᾳ ἐκεῖνῳ γίνεται.  
*looking-out-for what at the accounting that happens*  
 Ἅλλοι δὲ τούτου ἐνωδυνηρότερον ἄλλο ἀπεκρίναντο,  
*others and than-this more-painfully another-thing answered*  
 καὶ ἔλεγον· Οὐαὶ ψυχῇ, τῇ μὴ φυλαξάσῃ τὸ ἐπάγγελμα  
*and said woe to-(the)-soul the not having-kept the profession*  
 ἄμωμον, ἐν τῇ ὥρᾳ ταύτῃ καὶ μόνη γνώσεται τί αὐτῇ  
*blameless in the hour this and only it-will-know what for-it*  
 ἡτοίμασται· ἐγὼ δὲ ταῦτα ἑωρακώς τε παρ' ἐκείνοις καὶ  
*has-been-prepared I and these(-things) having-seen both among them and*  
 ἀκηκοώς, μικροῦ δεῖν ἑαυτοῦ ἀπογινώσκειν ἔμελλον, ὁρῶν  
*having-beard by-a-little to-lack myself to-despair-of was-going seeing*  
 τὴν ἑαυτοῦ ἀδιαφορίαν, καὶ συγκρίνων ταύτην πρὸς τὴν  
*the own indifference and comparing it to the*  
 ἐκείνων κακοπάθειαν. Οἷα γὰρ ἦν καὶ αὐτὴ ἡ τοῦ τόπου  
*their suffering such for was also itself the of-the place*

κατάστασις καὶ κατοίκησις; Ὅλη σκοτεινή, ὅλη δυσώδης,  
state and dwelling wholly dark wholly foul-smelling  
ὅλη ῥυπῶσα καὶ αὐχμηρά. Φυλακὴ γὰρ καὶ καταδίκη  
wholly filthy and squalid prison for and condemnation  
εὐλόγως προσωνόμασται· ὥς καὶ αὐτὴν τὴν τοῦ χώρου  
reasonably it-is-named so-that also the-very the of-the place  
θέαν μετανοίας πάσης καὶ πένθους ὑπάρχειν διδάσκαλον.  
sight of-repentance all and mourning to-be teacher  
Ἄλλὰ τὰ ἑτέροις δυσχερῇ καὶ ἀκατάδεκτα, τοῖς ἐξ  
but the-things to-others hard and unacceptable to-those from  
ἀρετῆς καὶ πνευματικοῦ πλούτου ἐκπεπτωκόσι προσηνῇ καὶ  
virtue and spiritual wealth having-fallen-away kindly and  
εὐπαράδεκτα τυγχάνουσι. Ψυχὴ γὰρ παρρησίας προτέρας  
welcome are a-soul for of-boldness former  
ἐστερημένη, καὶ ἐλπίδος ἀπαθείας ἐκπεσοῦσα, καὶ σφραγίδα  
deprived and from-hope of-dispassion having-fallen-away and seal  
ἀγνείας διανοίξασα, καὶ πλούτου χαρισμάτων συληθεῖσα,  
of-purity having-broken-open and of-(the)-wealth of-gifts robbed  
θείας τε παρακλήσεως ἀλλοτριωθεῖσα, καὶ συνταγὴν  
from-divine and consolation estranged and covenant  
Κυρίου ἀθετήσασα, πυρὸς καλοῦ δακρύων ψυχικῶν  
of-(the)-Lord having-set-aside of-(the)-fire good of-tears of-(the)-soul  
ἀποσβεσθεῖσα, καὶ τῇ τούτου μνήμῃ πληττομένη, καὶ  
quenched and by-the of-it memory struck and  
ἐνωδύνως νυσομένη, οὐ μόνον τοὺς προειρημένους πόνους  
painfully pierced not only the aforesaid toils  
μετὰ πάσης καταδέξεται προθυμίας, ἀλλὰ καὶ ἑαυτὴν  
with all will-accept eagerness but also itself  
ἀναιρεῖν εὐσεβῶς δι' ἀσκήσεως ἐπιτηδεύει· εἰ ἄρα καὶ  
to-destroy piously through discipline practices if then also  
ἔστιν ἐν αὐτῇ ἐγκατάλειμμα σπινθήρος ἀγάπης, ἢ φόβου  
there-is in it a-remnant of-a-spark of-love or of-fear

Κυρίου. Οἱοι ὄντως ὑπῆρχον οἱ μακάριοι οὗτοι· ταῦτα  
*of-(the)-Lord such truly were the blessed these these(-things)*  
 γὰρ ἐν νῶ ἔχοντες, καὶ ὕψος οὗ ἐκπεπτώκασιν εἰς  
*for in mind having and (the)-height from-which they-have-fallen into*  
 νοῦν λαμβάνοντες, ἔλεγον· Ἐμνήσθημεν ἡμερῶν ἀρχαίων,  
*mind taking said we-remembered days of-old*  
 τοῦ πυρὸς ἐκείνου τῆς ἡμετέρας σπουδῆς. Ἄλλοι πρὸς  
*of-the fire that of-the our zeal others to*  
 τὸν Θεὸν ἐβόων· Ποῦ εἰσὶ τὰ ἐλέη σου τὰ ἀρχαῖα, Κύριε,  
*— God cried where are the mercies your the old Lord*  
 ᾧ ἔδειξας τῇ ψυχῇ ἡμῶν ἐν τῇ ἀληθείᾳ σου; Μνήσθητι  
*which you-showed to-the soul our in the truth your remember*  
 τοῦ ὀνειδισμοῦ καὶ τῶν μόχθων τῶν δούλων σου· ἕτερος·  
*the reproach and the labors of-the servants your another*  
 Τίς ἂν με θείῃ κατὰ μῆνας ἡμερῶν τῶν ἔμπροσθεν,  
*who — me would-put according-to months of-days the before*  
 ὧν με ἐφύλαττεν ὁ Θεός, ὅτε ἠῦγει ὁ λύχνος τοῦ  
*in-which me kept — God when shone the lamp of-the*  
 φωτὸς αὐτοῦ ὑπὲρ κεφαλῆς τῆς καρδίας μου; πῶς τε τῶν  
*light his above head of-the heart my how both the*  
 προτέρων αὐτῶν ἐμνημόνευον κατορθωμάτων, καὶ ταῦτα  
*former their they-remembered achievements and these(-things)*  
 δίκην νηπίων τεθνηκότων ἀπωδύροντο, καὶ ἔλεγον· Ποῦ  
*like infants dead lamented and said where*  
 ἡ τῆς προσευχῆς καθαρότης; ποῦ ἡ ταύτης παρρῆσια;  
*the of-the prayer purity where the of-it boldness*  
 ποῦ τὸ γλυκὺ ἀντὶ πικροῦ δάκρυον; ποῦ ἐλπίς τῆς  
*where the sweet instead-of bitter tear where hope of-the*  
 παντελοῦς ἀγνείας καὶ καθάρσεως; ποῦ ἡ προσδοκία τῆς  
*complete purity and cleansing where the expectation of-the*  
 μακαρίας ἀπαθείας; ποῦ ἡ πρὸς τὸν ποιμένα πίστις;  
*blessed dispassion where the toward the shepherd faith*

ποῦ ἢ τῆς αὐτοῦ προσευχῆς ἐν ἡμῖν εὐεργεσία; Ἀπόλωλε  
*where the of-the his prayer in us benefaction has-perished*  
 ταῦτα πάντα· καὶ ὥσπερ μὴ φανέντα, ἐκλέλοιπεν· καὶ  
*these(-things) all and as not having-appeared has-failed and*  
 ὡς μὴ ὑπάρξαντα, ἠφανίσθησαν καὶ ὥχητο. Ταῦτα μὲν  
*as not having-been vanished and is-gone these(-things) indeed*  
 λέγοντες καὶ θρηνοῦντες, οἱ μὲν, δαίμονῃν ὑῤυχοντο·  
*saying and lamenting the(-ones) indeed to-be-possessed prayed*  
 οἱ δὲ τῇ ἱερᾷ περιπεσεῖν νόσῳ, ἐδυσώπουν τὸν Κύριον·  
*the and into-the holy to-fall disease besought the Lord*  
 οἱ μὲν τὰς ὄψεις ἀποβάλλειν, καὶ ἐλεεινὸν προκεῖσθαι  
*the indeed the eyes to-lose and pitiable to-lie-before*  
 θέαμα· οἱ δὲ πάρετοι γενέσθαι, καὶ μόνον τῶν ἐκεῖ  
*sight the and paralyzed to-become and only the there*  
 μοχθηρῶν μὴ πειρασθῆναι. Ἐγὼ δέ, ὦ φίλοι, λέληθα  
*wretched-things not to-be-tried I but O friends forgot*  
 ἑμαυτὸν ἐν τῷ ἐκείνῳ ἐμφιλοχωρῶν πένθει, καὶ ὅλος τῷ  
*myself in the that lingering mourning and wholly in-the*  
 νοῦ συνηρπάγην, κατέχειν ἑμαυτὸν μὴ δυνάμενος. Ἄλλ'  
*mind was-carried-away to-restrain myself not able but*  
 ἐπανακτέον τὸν λόγον. Τοῖνυν προσμεῖνας ἐν τῇ φρουρᾷ  
*one-must-bring-back the discourse therefore having-remained in the prison*  
 ἐπὶ ἡμέρας τριάκοντα, ἐπανέρχομαι ὁ ἀνυπομόνητος εἰς  
*for days thirty I-return the impatient to*  
 τὸ μέγα κοινόβιον πρὸς τὸν μέγαν. Ὁ δὲ θεασάμενός  
*the great community to the great(-one) he but having-beheld*  
 με, ὥσπερ ἡλλοιωμένον ὅλον καὶ ἐξεστηκότα, ἔγνω ὁ  
*me as changed wholly and beside-myself knew the*  
 πάνσοφος ἀλλοιώσεως τὸν τρόπον· καὶ φησι· Τί ἐστι,  
*all-wise(-one) of-the-change the manner and says what is-it*  
 Πάτερ Ἰωάννη; Ἐώρακας τοὺς τῶν καμνόντων ἄθλους;  
*Father John have-you-seen the of-the laboring contests*

Ἐγὼ δὲ ἔφην· Καὶ ἐώρακα, Πάτερ, καὶ τεθαύμακα, καὶ  
*I but said both I-have-seen Father and have-marveled and*  
 μεμακάρικα ἔγωγε τοὺς πεπτωκότας, καὶ πενθοῦντας,  
*have-called-blessed I the fallen and mourning*  
 ὑπὲρ τοὺς μὴ πεπτωκότας, καὶ ἑαυτοὺς μὴ πενθοῦντας·  
*above those not fallen and themselves not mourning*  
 ὅτι διὰ πτώσεως ἀνέστησαν ἀνάστασιν ἀκίνδυνον. Ὁ  
*that through a-fall they-rose a-rising without-danger he*  
 δέ, Οὕτως ἔχει, φησί· καὶ διηγήσατο ἡ ἀψευδὴς αὐτοῦ  
*but thus it-is he-says and narrated the unlying his*  
 γλῶττα· Ὅτιπερ, φησί, πρὸ δέκα χρόνων, εἶχον ὧδε  
*tongue that he-says before ten years I-had here*  
 ἀδελφὸν πάνν σπουδαῖον καὶ ἐργάτην, καὶ τοιοῦτον ὥστε  
*a-brother very zealous and a-worker and such so-that*  
 με ὁρῶντα αὐτόν, οὕτως τῷ πνεύματι ζέοντα, τρέμειν  
*me seeing him thus in-the spirit boiling to-tremble*  
 ὑπὲρ αὐτοῦ τὸν τοῦ διαβόλου φθόνον, μή πως τῷ  
*for him the of-the devil envy lest somehow in-the*  
 πολλῷ δρόμῳ προσκώπῃ πρὸς λίθον τὸν πόδα· ὅπερ τοῖς  
*much running he-strike against a-stone the foot which to-those*  
 ὀξέως βαδίζουσι συμβαίνειν πέφυκεν· ὅπερ καὶ γέγονεν.  
*swiftly walking to-happen is-wont which also happened*  
 Εἴτα ἀνέρχεται πρὸς με, ἐσπέρας βαθείας, δείκνυσιν  
*then he-comes-up to me in-the-evening late shows*  
 τὸ τραῦμα γυμνόν· ζητεῖ ἔμπλαστρον, αἰτεῖται καυτῆρα,  
*the wound naked seeks a-plaster asks cautery*  
 θορυβεῖται σφοδρῶς. Εἴτα ἐπεὶ ἄξιος συμπαθείας ἦν,  
*is-troubled vehemently then since worthy of-sympathy he-was*  
 ὁρᾷ μὴ πάνν αὐτῷ αὐστηρᾷ τομῇ τὸν ἱατρὸν χρῆσασθαι  
*he-sees not very on-him severe cutting the physician to-use*  
 βουλόμενον, ρίπτων ἑαυτὸν εἰς τὸ ἔδαφος, ἐπιλαμβάνεται  
*wishing throwing himself to the floor he-seizes*

τῶν ποδῶν, λούει ἱκανῶς τούτοις τοῖς δάκρυσιν· αἰτεῖται  
*the feet washes sufficiently with-these the tears asks*  
 καταδίκην ἐν ᾗ ἑώρακας φρουρᾶ· ἀδύνατον ἐβόα μὴ  
*sentence in which you-have-seen prison impossible he-cried not*  
 ἐκεῖ με πορευθῆναι. Εἴτα βιάζεται εὖσπλαγχνίαν ἱατροῦ  
*there me to-go then he-forces (the)-compassion of-(the)-physician*  
 μετενεγκεῖν εἰς ἀποτομίαν, τὸ σπάνιον ἐν νοσοῦσι καὶ  
*to-change into severity the-thing rare among the-sick and*  
 παραδοξότατον· καταλαμβάνει θᾶπτον τοὺς μετανοοῦντας,  
*most-marvelous he-reaches quickly the repenting*  
 γίνεται κοινωνὸς καὶ συναλγός. Πληγείς οὖν τὴν καρδίαν  
*becomes partner and fellow-sufferer struck then the heart*  
 ὡς ὑπὸ ξίφους τῆς δι' ἀγάπην Θεοῦ λύπης, τῇ  
*as by a-sword of-the because-of love of-God grief on-the*  
 ὀγδῷ ἡμέρᾳ ἐκδημεῖ πρὸς Κύριον, αἰτησάμενος ταφῆς μὴ  
*eighth day he-departs to (the)-Lord having-asked burial not*  
 τυχεῖν. Ἐγὼ δὲ αὐτὸν καὶ ἐνταῦθα ἐνήνοχα, καὶ τοῖς  
*to-obtain I but him also here brought and with-the*  
 πατράσι συντέταφα ὡς ἄξιον· διὸ καὶ μετὰ τὴν ἑβδόμην  
*fathers buried as worthy therefore also after the seventh*  
 δουλικήν, τῇ ὀγδῷ λύεται ἐλεύθερος ἡμέρᾳ. Ἔστι δέ  
*slavish on-the eighth is-released free day there-is but*  
 τις ἐκεῖνο γνούς ἐναργῶς, μὴ πρότερον αὐτὸν τῶν  
*someone that having-known clearly not before he from-the*  
 εὐτελῶν καὶ ῥυπαρῶν μου ποδῶν ἀναστῆναι, πρὶν Θεὸν  
*poor and filthy my feet to-rise than God*  
 ἐξευμενίσασθαι· καὶ οὐ θαῦμα· πίστιν γὰρ ἐν καρδίᾳ τῆς  
*to-propitiate and not a-wonder faith for in heart of-the*  
 πόρνης ἐκείνης ἀναλαβὼν, τοιαύτῃ καὶ αὐτὸς πληροφορία  
*harlot that having-taken-up with-such also he-himself assurance*  
 τοὺς ἑμούςς ταπεινοὺς πόδας κατέβρεξε· Πάντα δὲ δυνατὰ  
*the my lowly feet wetted all-things and possible*



τῷ πιστεύοντι, ὁ Κύριος εἶρηκεν. Εἶδον ἀκαθάρτους  
*to-the(-one) believing the Lord has-said I-saw unclean*  
 ψυχὰς περὶ ἔρωτας σωμάτων ἐμμανῶς μαινομένας·  
*souls about loves of-bodies madly raging*  
 καὶ δὴ σκῆψιν μετανοίας προσλαβοῦσαι, ἐκ πείρας  
*and indeed occasion of-repentance having-taken from experience*  
 ἔρωτος, τὸν αὐτὸν πρὸς Κύριον μετετηνόχασιν ἔρωτα· καὶ  
*of-love the same to (the)-Lord transferred love and*  
 πάντα φόβον ὑπερπηδήσασαι, ἀπλήστως εἰς ἀγάπην Θεοῦ  
*all fear having-overleapt insatiably into love of-God*  
 ἐνεγκεντρίσθησαν. Διὰ τοῦτο καὶ ὁ Κύριος τῇ σώφρονι  
*were-grafted because-of this also the Lord to-the temperate*  
 ἐκείνῃ πόρνῃ οὐ λέγει, ὅτι ἐφοβήθη, ἀλλ' Ὅτι ἠγάπησε  
*that harlot not says that she-feared but that she-loved*  
 πολύ, καὶ ἐδυνήθη εὐχερῶς ἔρωτι ἔρωτα διακρούσασθαι.  
*much and she-was-able easily by-love love to-drive-out*  
 Οὐκ ἀγνοῶ δὲ ἐγώ, ὦ θαυμάσιοι, ὅτι τοῖσιν μὲν ἄπιστα,  
*not am-ignorant and I O wonderful(-ones) that to-some indeed incredible*  
 ἑτέροις δὲ ἀνέλπιστα· ἄλλοις δὲ ἀπόγνωσιν τίκτοντα  
*to-others and hopeless to-others and despair begetting*  
 φαίνονται, ἅπερ διηγησάμην, ἔπαθλα. Ἄνῆρ δὲ ἀνδρείος ἐκ  
*appear which I-narrated prizes a-man but brave from*  
 τούτων προσελάβετο κέντρον, καὶ βέλος πυρός, καὶ ζῆλον  
*these took-on a-goad and an-arrow of-fire and zeal*  
 ἐν καρδίᾳ ἀπῆλθε βαστάζων. Ὁ τούτου ὑποβεβηκώς,  
*in heart went-away carrying the(-one) than-this lower*  
 ἐπέγνω τὴν οἰκίαν ἀσθένειαν, καὶ ταπεινοφροσύνην  
*recognized the own weakness and humility*  
 εὐχερῶς κτησάμενος διὰ τῆς ἑαυτοῦ μέμψεως τὸν  
*easily having-acquired through the own self-blame the*  
 πρῶτον κατέδραμεν, ἀγνοῶ δὲ εἰ καὶ κατέλαβεν. Ἄνῆρ  
*first outran I-do-not-know but if also he-overtook a-man*

δὲ ἀμελῆς μὴ προσψαύσῃ τοῖς εἰρημένοις, μή πως  
*but careless not let-him-touch the-things said lest somehow*  
 καὶ αὐτὸ ὃ ἐργάζεται, ἀπογνοὺς σκορπίσει· καὶ  
*also the-very-thing which he-works having-despaired he-scatter and*  
 γένηται καὶ ἐπ' αὐτῷ τὸ φάσκον λόγιον· ἀπὸ δὲ τοῦ  
*become also in him the saying oracle from and the(-one)*  
 μὴ ἔχοντος προθυμίαν, καὶ ὃ δοκεῖ ἔχειν, ἀρθήσεται  
*not having eagerness even what he-seems to-have will-be-taken*  
 ἀπ' αὐτοῦ· οὐκ ἔστιν ἡμᾶς ἐν τῷ λάκκῳ τῶν ἀνομιῶν  
*from him not it-is-possible us in the pit of-the lawlessnesses*  
 πεπτωκότας, καὶ μὴ εἰς τὴν ἄβυσσον τῆς ταπεινώσεως  
*having-fallen and not into the abyss of-the humility*  
 τῶν μετανοούντων καταδύσαντας, ἐκεῖθεν ἐλκυσθῆναι ἄλλη  
*of-the repenting having-sunk from-there to-be-drawn-out other*  
 ἢ τῶν μετανοούντων σκυθρωπῇ ταπεινώσει, καὶ ἑτέρα  
*the of-the repenting sad humility and other*  
 τῶν ἔτι ἀμαρτανόντων τοῦ συνειδότος κατὰγνωσις· καὶ  
*of-those still sinning of-the conscience condemnation and*  
 ἄλλη ἢ τοῖς τελείοις δι' ἐνεργείας Θεοῦ προσγινομένη  
*other the to-the perfect through working of-God coming*  
 μακαρία πλουτοταπεινώσει· μὴ σκευάσωμεν τὴν τρίτην  
*blessed rich-humility not let-us-contrive the third*  
 λόγοις εὑρεῖν, μάτην γὰρ δραμούμεθα· τῆς δὲ δευτέρας  
*in-words to-find in-vain for we-will-run of-the and second*  
 σημείου, ὑπομονὴ ἀτιμίας παντελῆς· τυραννεῖ ἢ πρόληψις,  
*the-sign endurance of-dishonor complete tyrannizes the prejudice*  
 καὶ τὸν πενθοῦντα πολλάκις. Καὶ οὐ θαῦμα, ὃ περὶ  
*even the mourner often and not a-wonder the about*  
 κριμάτων, καὶ πτωμάτων λόγος σκοτεινός, καὶ πάντα  
*judgments and falls discourse dark and wholly*  
 ψυχῇ ἀκατάληπτος· ποῖα μὲν τὰ δι' ἀμελείας, ποῖα  
*to-soul incomprehensible which indeed the-ones through negligence which*

δὲ δι' ἐγκατάλειψιν οἰκονομικήν· ποῖα δὲ δι'  
*and because-of abandonment providential which and because-of*  
 ἀποστροφὴν Θεοῦ συμβαίνοντα ἡμῖν πτώματα. Πλὴν  
*turning-away of-God happening to-us falls however*  
 ἐκεῖνό μοί τις διηγῆσατο, ὅτι περ τὰ κατ' οἰκονομίαν  
*that to-me someone narrated that the-things by dispensation*  
 ἡμῖν συμβαίνοντα, ταχεῖαν τὴν ἐξ αὐτῶν ἀποστροφὴν  
*to-us happening quick the from them turning*  
 κέκτηνται· οὐ γὰρ συγχωρεῖ ὁ παραδούς, ἐπεὶ πολὺ  
*have not for allows the(-one) having-delivered-up since much*  
 κρατεῖσθαι ἡμᾶς τὸ τῆς λύπης δαίμονι. Οἱ πεσόντες  
*to-be-held us by-the of-the grief demon we-who having-fallen*  
 πρὸ πάντων μαχισώμεθα πρὸς αὐτόν· αὐτὸς γὰρ παρὰ  
*before all-things let-us-fight against him he for at*  
 τὸν καιρὸν τῆς προσευχῆς ἡμῶν παριστάμενος, καὶ τῆς  
*the time of-the prayer our standing-by and of-the*  
 προτέρας ἡμῶν παρρησίας ὑπομνησκῶν καταργῆσαι  
*former our boldness reminding to-make-idle*  
 ἡμᾶς τῆς εὐχῆς βούλεται. Μὴ θαμβηθῆς καθ' ἡμέραν  
*us from-the prayer wishes not be-amazed each day*  
 πίπτων, μηδὲ ἀποπήδα, ἀλλὰ στήθι ἀνδρείως, καὶ πάντως  
*falling nor leap-away but stand bravely and surely*  
 αἰδεσθήσεταιί σου τὴν ὑπομονὴν ὁ φυλάσσων σε ἄγγελος.  
*will-respect your the endurance the guarding you angel*  
 Ὡς νεαρὸν καὶ ζέον τὸ τραῦμα εὐΐατον εἶναι πέφυκε·  
*as fresh and hot the wound easily-bealed to-be is-wont*  
 τὰ γὰρ χρόνια καὶ ἡμελημένα καὶ κεχερσωμένα δυσίατα,  
*the for chronic and neglected and gone-to-waste hard-to-heal*  
 καὶ πολλοῦ τοῦ κόπου, καὶ σιδήρου καὶ ξηρίου, καὶ τοῦ  
*and of-much the toil and iron and powder and the*  
 πυρὸς ἐνταῦθα πρὸς ἰατρειάν δεόμενα. Πολλὰ τῷ χρόνῳ  
*fire here for healing needing many-things by-the time*

ἀνίατα, παρὰ δὲ Θεῷ πάντα δυνατά. Πρὸ μὲν τοῦ  
*incurable with but God all-things possible before indeed the*  
 πτώματος, φιλάνθρωπον· μετὰ δὲ τὸ πτώμα ἀπότομον  
*fall loving-to-man after but the fall severe*  
 τὸν Θεὸν λέγουσιν οἱ δαίμονες· μὴ πείθου τῷ λέγοντι  
 — God say the demons not obey the(-one) saying  
 μετὰ τὸ πτώμα ἐπὶ τοῖς μικροῖς ἐλαττώμασιν, εἴθε  
*after the fall for the small defects if-only*  
 τόδε μὴ ἐποίησας· τοῦτο γὰρ οὐδέν ἐστι. Πολλάκις γὰρ  
*this not you-had-done this for nothing is often for*  
 μικρὰ δῶρα πολὺν θυμὸν κριτοῦ κατέπαυσαν. Ὁ  
*small gifts great anger of-a-judge stopped the(-one)*  
 ἐν ἀληθείᾳ εὐθύνας διδούς, πᾶσαν ἡμέραν ἐν ᾗ οὐ  
*in truth account giving every day in which not*  
 πεινθεῖ, ὥς ἀπολέσας ταύτην λογίζεται. Καὶ ὅποια ἀγαθὰ  
*he-mourns as having-lost it reckons even-if what-sort good-things*  
 πεποίηκεν ἐν αὐτῇ· μηδεὶς τῶν θρηγνούντων ἐν ἐξόδῳ  
*he-has-done in it no-one of-those lamenting at departure*  
 τὴν πληροφορίαν ἐκδέξεται. Τὸ γὰρ ἄδηλον οὐ βέβαιον.  
*the assurance let-him-expect the for uncertain not secure*  
 Ἄνες μοι διὰ πληροφορίας, ἵνα ἀναψύξω πρὸ τοῦ με  
*relax me through assurance that I-may-be-refreshed before the me*  
 ἀπελθεῖν ἐντεῦθεν ἀπληροφόρητον. Ὅπου πνεῦμα Κυρίου,  
*to-depart from-here unassured where spirit of-(the)-Lord*  
 ὁ δεσμός λέλυται· ὅπου ταπεινώσις ἀνείκαστος, ὁ δεσμός  
*the bond has-been-loosed where humility incomparable the bond*  
 λέλυται. Οἱ γὰρ τῶν δύο τούτων χωρίς, μὴ πλανηθῶσι,  
*has-been-loosed those for of-the two these without not let-them-be-deceived*  
 δέδενται γάρ. Οἱ ἐν κόσμῳ καὶ μόνου τούτων ὑπάρχουσι  
*they-are-bound for those in the-world and alone of-these are*  
 ξένοι τῶν πληροφοριῶν, καὶ μάλιστα τῆς προτέρας, δι'  
*strangers of-the assurances and especially of-the former through*

ἐλεημοσύνης δέ τινες τρέχουσιν ἐν ἐξόδῳ τὸ ἑαυτῶν  
*almsgiving and some run at departure the own*  
 κέρδος γνωρίζοντες. Οὐ γνώσεται ὁ ἑαυτὸν θρηνῶν,  
*gain recognizing not will-know the(-one) himself lamenting*  
 θρῆνον, ἢ πτώμα ἄλλον, ἢ μέμψιν. Ὑπὸ θηρὸς δηχθεὶς  
*lament or fall of-another or blame by a-beast bitten*  
 κύων, ἐπὶ πλέον ἐθυμώθη κατ' αὐτοῦ, τῷ πόνῳ τῆς  
*a-dog for more was-enraged against it by-the pain of-the*  
 πληγῆς πρὸς αὐτὸν ἀσυγχωρήτως μαινόμενος· πρόσχωμεν,  
*blow at it unforgivingly raging let-us-attend*  
 μήπως οὐκ ἐκ καθαρότητος, ἀλλὰ περικακῆσαν ὥσπερ,  
*lest not from purity but having-grown-weary as-it-were*  
 τοῦ ἐλέγχειν τὸ συνειδὸς ἐπαύσατο. Σημεῖον τῆς ἐν  
*from-the to-rebuke the conscience ceased a-sign of-the in*  
 πτώματι λύσεως, τὸ διὰ παντὸς χρεώστην λογιῆσθαι.  
*a-fall release the through all(-time) a-debtor to-reckon-oneself*  
 Οὐδὲν τῶν τοῦ Θεοῦ οἰκτιρμῶν ἴσον, ἢ μείζον ὑπάρχει·  
*nothing than-the — of-God compassions equal or greater is*  
 διὸ ὁ ἀπογινώσκων, ἑαυτὸν ἔσφαξε. Σημεῖον  
*therefore the(-one) despairing himself has-slaughtered a-sign*  
 μεμεριμνημένης μετανοίας πασῶν τῶν συμβαινουσῶν  
*of-careful repentance of-all the happening*  
 ὁρατῶν καὶ ἀοράτων θλίψεων ἀξίους ἑαυτοὺς λογιῆσθαι·  
*visible and invisible afflictions worthy themselves to-reckon*  
 καὶ τούτων πλείω. Μωϋσῆς μετὰ τὸν Θεὸν ἐν τῷ βάτῳ  
*and of-these more Moses after — God in the bush*  
 ἰδέσθαι, πάλιν εἰς Αἴγυπτον, ἥγουν σκοτασμὸν πρὸς τὴν  
*to-see again into Egypt that-is darkness to the*  
 πλινθουργίαν τοῦ νοητοῦ ἴσως Φαραὼ ὑπέστρεψεν· ἀλλὰ  
*brick-making of-the spiritual perhaps Pharaoh returned but*  
 πάλιν ἀνέρχεται ἐν τῇ βάτῳ· καὶ οὐ μόνον, ἀλλὰ καὶ ἐν  
*again goes-up to the bush and not only but also on*

τῷ ὄρει. Ὁ γινὼς τὸ θεώρημα, οὐδέ ποτε ἑαυτοῦ  
*the mountain the(-one) having-known the vision not ever himself*  
 ἀπογινώσκει. Πτωχεύει ὁ μέγας Ἰώβ, ἀλλὰ πάλιν διπλῶς  
*despairs becomes-poor the great Job but again doubly*  
 ἐπλούτησεν. Ἐν τοῖς ῥαθύμοις, χαλεπὰ τὰ μετὰ τὴν  
*he-grew-rich among the indolent grievous the after the*  
 κλήσιν πτώματα, τὴν ἐλπίδα τῆς ἀπαθείας ῥάπισαντα  
*calling falls the hope of-the dispassion having-slapped*  
 καὶ εἰς μακάριον ἡγεῖσθαι πείθοντα λογιζομένους, κἄν  
*and for blessed to-hold persuading those-reckoning even*  
 τὴν τοῦ βόθρου ἀνάστασιν. Ὅρα, οὐ γὰρ πάντως δι'  
*the of-the pit rising see not for surely through*  
 ἧς ὁδοῦ ἐπλανήθημεν, ἐπιστρέφομεν· ἀλλὰ δι' ἑτέρας  
*which way we-went-astray we-return but through another*  
 συντόμου. Εἶδον δύο ὁμοτρόπως καὶ ὁμοχρόνως πρὸς  
*short I-saw two in-like-manner and at-the-same-time to*  
 Κύριον βαδίζοντας· καὶ ὁ μὲν τούτων γηραιὸς ἦν, καὶ  
*(the)-Lord walking and the-one indeed of-them old was and*  
 προύχων ἐν πόνοις· ὁ δὲ ἄλλος μαθητῆς, καὶ προέδραμε  
*pre-eminent in labors the and other a-disciple and ran-ahead*  
 τάχιον τοῦ γέροντος· καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον  
*more-quickly than-the old-man and came first to the tomb*  
 τῆς ταπεινώσεως. Πρόσχωμεν πάντες, ἐπὶ πλείω δὲ οἱ  
*of-the humility let-us-attend all for more and the*  
 πεπτωκότες, μὴ νοῆσαι ἐν καρδίᾳ τὴν τοῦ Ὁριγένους  
*fallen not to-think in heart the — of-Origen*  
 τοῦ ἀθέου νόσον· τὴν γὰρ Θεοῦ φιλανθρωπίαν, ἡ μισρὰ  
*the godless disease the for of-God love-for-man the foul*  
 προβαλλομένη, εὐπαράδεκτος ἐν τοῖς φιληδόνοις γίνεται.  
*putting-forward welcome among the pleasure-loving becomes*  
 Ἐν τῇ μελέτῃ μου, μᾶλλον δὲ ἐν τῇ μετανοίᾳ μου  
*in the meditation my rather and in the repentance my*

ἐκκαυθήσεται πῦρ προσευχῆς καιούσης ὕλην. Ὅρος σοι,  
*will-be-kindled a-fire of-prayer burning matter a-rule for-you*  
 καὶ τύπος, καὶ ὑπογραμμός, καὶ εἰκὼν πρὸς μετάνοιαν  
*and pattern and outline and image for repentance*  
 ἔστωσαν οἱ προμνημονευθέντες ἅγιοι κατάδικοι, καὶ οὐ  
*let-be the aforementioned holy convicts and not*  
 μὴ δεηθῇ βιβλίου ὅλως ἐν τῇ ζωῇ σου πάση, ἕως οὗ  
*— you-will-need a-book at-all in the life your all until —*  
 ἐπιφάνῃ σοι ὁ Χριστὸς ὁ Υἱὸς τοῦ Θεοῦ, καὶ Θεὸς  
*shines-upon you — Christ the Son — of-God and God*  
 ἐν τῇ ἀναστάσει τῆς μεμερινημένης μετανοίας. Ἀμήν.  
*in the resurrection of-the careful repentance amen*  
 Πέμπτον βαθμὸν ἀνῆλθες ὁ μετανοήσας, τὰς γὰρ 2  
*fifth step you-ascended the(-one) having-repented the for*  
 πέντε αἰσθήσεις ἐκάθηρας δι' αὐτῆς· καὶ τὴν ἀκούσιον  
*five senses you-cleansed through it and the unwilling*  
 τιμωρίαν καὶ κόλασιν δι' αὐτῆς αὐτοπροαιρέτου ἐκφυγών.  
*punishment and chastisement through it self-chosen having-escaped*

## VI • REMEMBRANCE OF DEATH

*Remembrance of death is a daily death; fear of death is natural, but trembling at it shows unrepented sin. God hid the hour of death for our salvation. Hesychius the Horebite, careless for years, returns from a brief death, walls himself in for twelve years in silent tears, and dies saying that no one who knows the remembrance of death will sin. Each day must be lived as the last.*

Παντὸς λόγου προηγείται ἔννοια. Μνήμη δὲ θανάτου 1  
*every word goes-before thought remembrance and of-death*  
 καὶ πταισμάτων προηγείται κλαυθμοῦ καὶ πένθους· διὸ  
*and of-failings goes-before weeping and mourning therefore*

κατὰ τὴν οἰκείαν τάξιν καὶ ἐν τῷ λόγῳ τέθεται.  
*according-to the proper order also in the discourse it-has-been-placed*  
 Μνήμη θανάτου ἐστὶ καθημερινὸς θάνατος, μνήμη δὲ  
*remembrance of-death is a-daily death remembrance and*  
 ἐξόδου κάθωρος στεναγμός. Δειλία μὲν θανάτου ἐστὶν  
*of-departure an-hourly groan cowardice indeed of-death is*  
 ἰδίωμα φύσεως ἐκ παρακοῆς προσγενόμενον, τρόμος δὲ  
*a-property of-nature from disobedience having-come trembling but*  
 θανάτου ἐστὶν ἀμετανοήτων πταισμάτων τεκμήριον. Δειλιᾷ  
*of-death is of-unrepented failings proof fears*  
 Χριστὸς θάνατον, οὐ τρέμει, ἵνα τῶν δύο φύσεων τὰ  
*Christ death not trembles that of-the two natures the*  
 ἰδιώματα σαφῶς ἐμφανίσῃ. Ὡς πασῶν τροφῶν ὁ ἄρτος  
*properties clearly he-may-show as of-all foods the bread*  
 ἀναγκαϊότερος, οὕτως πασῶν ἐργασιῶν ἡ τοῦ θανάτου  
*more-necessary thus of-all works the of-the death*  
 ἔννοια· μνήμη θανάτου γεννᾷ ἐν μὲν τοῖς ἐν μέσῳ  
*thought remembrance of-death begets in indeed those in the-midst*  
 πόνους καὶ ἀδολεσχίας· μᾶλλον δὲ ἀτιμίας ἡδύτητα· παρὰ  
*toils and meditations rather and of-dishonor sweetness among*  
 δὲ τοῖς ἐκτὸς θορύβου φροντίδων ἀπόθεσιν καὶ εὐχὴν  
*and those outside of-tumult of-cares laying-aside and prayer*  
 διηνεκῇ, καὶ νοδὸς φυλακῇ. Αἱ αὐταὶ δὲ αὐτῆς καὶ μητέρες  
*continual and of-mind guard the same and of-it both mothers*  
 καὶ θυγατέρες κατεστήκασιν· ὥς φανερός ὁ κασσίτηρος  
*and daughters are as clear the tin*  
 παρὰ τὸν ἄργυρον, κἂν τὴν θεωρίαν ἔοικεν, οὕτως παρὰ  
*beside the silver even-if the look it-resembles thus among*  
 τοῖς διακριτικοῖς φανερὰ καὶ δῆλη ἡ φυσικὴ, καὶ ἡ παρὰ  
*the discerning clear and plain the natural and the against*  
 φύσιν δειλία τῆς ἐξόδου. Τοῦτο ἀληθὲς τεκμήριον τῶν  
*nature cowardice of-the departure this a-true proof of-those*



ἐν αἰσθήσει καρδίας μνημονεύοντων τοῦ θανάτου, ἢ πρὸς  
*in perception of-heart remembering the death the toward*  
 πᾶσαν τὴν κτίσιν ἐκούσιος ἀπροσπάθεια, καὶ τοῦ ἰδίου  
*all the creation willing detachment and of-the own*  
 θελήματος παντελὴς ἐγκατάλειψις. Δόκιμος μὲν, ὁ  
*will complete abandonment approved indeed the(-one)*  
 τοῦτον καθ' ἡμέραν πάντως προσδεχόμενος· ἅγιος δέ, ὁ  
*it each day surely expecting holy and the(-one)*  
 τούτου καθ' ὥραν ἐφιέμενος. Οὐ πᾶσα ἐπιθυμία θανάτου  
*it each hour desiring not every desire of-death*  
 ἀγαθή. Εἰσὶ γὰρ οἱ διηλεκῶς βία ἔξεως πταίνοντες, καὶ  
*good there-are for those continually by-force of-habit failing and*  
 τοῦτον εὐχόμενοι μετὰ ταπεινώσεως· καὶ εἰσὶν αὖθις οἱ  
*it praying-for with humility and there-are again those*  
 μετανοῆσαι μὴ βουλόμενοι, καὶ τὸν θάνατον ἐξ ἀπογνώσεως  
*to-repent not wishing and the death from despair*  
 προσκαλούμενοι· καὶ εἰσὶν οἱ ἐξ οὐήσεως ἀπαθεῖς  
*calling and there-are those from conceit dispassionate*  
 ἑαυτοὺς ἔχοντες, καὶ τοῦτον μὴ δειλαινόμενοι· καὶ εἰσὶν,  
*themselves holding and it not fearing and there-are*  
 εἴπερ καὶ νῦν ἄρα εἰσὶν, οἱ δι' ἐνεργείας Πνεύματος  
*if-indeed also now then there-are those through working of-(the)-Spirit*  
 ἁγίου τὴν ἐκδημίαν ἐπιζητοῦντες τὴν ἑαυτῶν. Ζητοῦσί τινες  
*holy the departure seeking the their-own seek some*  
 καὶ διαποροῦσι, τίνος ἔνεκεν οὕτως εὐεργετούσης ἡμᾶς  
*and are-at-a-loss of-what for-the-sake thus benefiting us*  
 τῆς τοῦ θανάτου μνήμης, τὴν τούτου πρόγνωσιν ὁ Θεὸς  
*the of-the death remembrance the its foreknowledge — God*  
 ἐξ ἡμῶν ἀπέκρυψεν, μὴ γνώσκοντες ὅτι τὴν σωτηρίαν  
*from us hid not knowing that the salvation*  
 ἡμῶν ὁ Θεὸς διὰ τούτου εἰργάσατο θαυμασίως.  
*our — God through this worked wonderfully*

- 2 Οὐδεὶς γὰρ τὸν ἑαυτοῦ θάνατον προγνούς πρὸ πολλοῦ  
*no-one for the own death having-foreknown before much*  
 χρόνου τῷ βαπτίσματι, ἢ τῇ μοναδικῇ πολιτείᾳ  
*time to-the baptism or to-the monastic way-of-life*  
 προσέτρεχεν· ἀπάσας δὲ τὰς ἑαυτοῦ ἡμέρας ἐν ἀνομίαις  
*would-run all but the own days in lawlessnesses*  
 διέτριβεν, καὶ ἐν αὐτῇ τῆς ἐξόδου εἰς τὸ βάπτισμα καὶ εἰς  
*he-would-spend and on the-very of-the departure to the baptism and to*  
 τὴν μετάνοιαν προσήρχετο. Μηδέποτε πενθῶν ἀποδέξῃ, τὸν  
*the repentance he-would-come never mourning receive the*  
 κύνα ἐκέῖνον τὸν φιλάνθρωπόν σοι τὸν Θεὸν ὑποβάλλοντα·  
*dog that the loving-to-man to-you — God suggesting*  
 σκοπὸς γὰρ αὐτῷ, τὸ πένθος, καὶ τὸν φόβον τὸν ἄφοβον  
*the-aim for to-him the mourning and the fear the fearless*  
 ἐκ σοῦ ἐξέώσασθαι, εἰ μὴ τι ἂν εἰς βαθεῖαν ἀπόγνωσιν  
*from you to-drive-out if not something — into deep despair*  
 ἴδῃ σεαυτὸν κατασυρόμενον· ὁ μνήμην θανάτου,  
*he-may-see you dragged-down the(-one) remembrance of-death*  
 καὶ κρίσεως Θεοῦ ἐν ἑαυτῷ διὰ παντὸς κατέχει  
*and of-judgment of-God in himself through all(-time) to-hold*  
 βουλόμενος, καὶ φροντίσι καὶ περισπασμοῖς ὕλικοις ἑαυτὸν  
*wishing and to-cares and distractions material himself*  
 ἐκδιδούς, ὅμοιός ἐστι τῷ νηχομένῳ, καὶ τὰς ἑαυτοῦ  
*giving-over like is to-the(-one) swimming and the own*  
 χεῖρας κρατεῖν βουλομένῳ. Μνήμη θανάτου ἐναργῆς  
*hands to-hold wishing remembrance of-death clear*  
 περιέκοψε βρώματα, βρωμάτων δὲ ἐν ταπεινώσει κοπέντων  
*cut-off foods of-foods and in humility cut-off*  
 συνεξέκοπησαν πάθη. Ἀναλγησία καρδίας ἐπώρωσε νοῦν,  
*were-cut-off-with passions painlessness of-heart hardened mind*  
 βρωμάτων δὲ πλῆθος ἐξήρανε πηγὰς· δῦσα καὶ ἀγρυπνία  
*of-foods and a-multitude dried-up springs thirst and vigil*

ἐξέθλιψαν καρδίαν· καρδίας δὲ θλιβείσης ἀπεπήδησαν  
*pressed heart (the)-heart and having-been-pressed leapt-out*  
 ὕδατα. Σκληρὰ μὲν γαστρίμαργοις, ἄπιστα δὲ ῥαθύμοις  
*waters bard indeed to-gluttons incredible and to-(the)-indolent*  
 τὰ εἰρημένα. Ἄνῆρ δὲ πρακτικὸς δοκιμάσει προθύμως·  
*the-things said a-man but practical will-test eagerly*  
 ὁ πείρα εὐρηκὼς μηδιάσει ἐπὶ τούτοις· ὁ  
*the(-one) by-experience having-found will-smile at these the(-one)*  
 δὲ ἐπιζητῶν, σκυθρωπότερος ἔσται. Ὡσπερ τὴν τελείαν  
*but seeking more-sad will-be as the perfect*  
 ἀγάπην οἱ Πατέρες ἄπτωτον εἶναι ὀρίζονται, οὕτως  
*love the Fathers unfailing to-be define thus*  
 ἔγωγε τὴν τελείαν τοῦ θανάτου αἰσθήσιν ἄφοβον εἶναι  
*I the perfect of-the death perception fearless to-be*  
 ἀποφαίνομαι· πολλὰ μὲν τοῦ νοὸς τοῦ πρακτικοῦ αἰ  
*declare many indeed of-the mind of-the practical the*  
 ἐργασίαι· λέγω δὲ ἔννοια ἀγάπης, τῆς πρὸς Θεόν·  
*works I-mean and thought of-love the toward God*  
 μνήμης θανάτου, μνήμης Θεοῦ, μνήμης βασιλείας,  
*of-remembrance of-death of-remembrance of-God of-remembrance of-kingdom*  
 ζήλου τῶν ἁγίων μαρτύρων, μνήμης αὐτοῦ τοῦ Θεοῦ  
*of-zeal of-the holy martyrs of-remembrance of-himself — of-God*  
 παρόντος, κατὰ τὸν εἰπόντα· Προωρώμην τὸν Κύριον.  
*being-present according-to the(-one) having-said I-foresaw the Lord*  
 Μνήμης ἁγίων καὶ νοερῶν δυνάμεων· μνήμης ἐξόδου,  
*of-remembrance of-holy and spiritual powers of-remembrance of-departure*  
 ἀπαντήσεως, κολάσεως, ἀποφάσεως. Ἐν μεγάλοις μὲν  
*of-meeting of-punishment of-sentence in great-things indeed*  
 ἡρξάμεθα, ἀναπτώτοις δὲ κατελήξαμεν. Διηγήσατό μοί ποτε  
*we-began in-unfallen and we-ended narrated to-me once*  
 Αἰγύπτιος μοναχός, ὥς ὅτι μετὰ τὴν ἐν αἰσθήσει καρδίας  
*an-Egyptian monk as that after the in perception of-heart*

τῆς τοῦ θανάτου μνήμης παγίωσιν, θελήσαντός μου χρείας  
*of-the of-the death remembrance fixing having-wished I need*  
 καταλαβούσης μικρὸν τὸν πηλὸν παραμυθήσασθαι, ὑπὸ τῆς  
*having-come a-little the clay to-comfort by the*  
 μνήμης, ὡς ὑπὸ δικαστοῦ κεκώλυμαι. Καὶ τὸ θαυμαστόν,  
*remembrance as by a-judge I-have-been-binderd and the wonderful-thing*  
 ὅτιπερ καὶ βουληθεὶς οὐκ ἡδυνήθην ἀπώσασθαι· ἕτερός τις  
*that also having-wished not I-was-able to-thrust-it-away another some*  
 οἰκῶν ἐνταῦθα ἐν τῷ λεγομένῳ Θολῷ τόπῳ, πολλάκις ἐκ  
*dwelling here in the called Tholas place often from*  
 τῆς τοιαύτης ἐννοίας ἐξίστατο, καὶ ὡς ὀλιγοθυμήσας,  
*the such thought was-beside-himself and as having-fainted*  
 ἢ καὶ ἐπιληπτίαςας παρὰ τῶν εὐρισκομένων ἀδελφῶν,  
*or also having-had-a-fit by the present brothers*  
 ἄπνους σχεδὸν ἐβαστάζετο. Οὐ σιωπήσω σοι καὶ τὸ  
*breathless nearly he-was-carried not I-will-keep-silent to-you also the*  
 τοῦ Ἡσυχίου τοῦ Χωρηβίτου σημᾶναι διήγημα. Οὗτος αἰεὶ  
*— of-Hesychius the Horebite to-show story he always*  
 ἐν πάσῃ ἀμελείᾳ διέτριβε, τῆς ἑαυτοῦ ψυχῆς τὸ παράπαν  
*in all negligence spent of-the own soul at all*  
 μὴ ποιούμενος ἐπιμέλειαν· ἀσθενήσας οὖν ἐσχάτως τοῦ  
*not making care having-fallen-sick then extremely of-the*  
 σώματος, ὡς ἐπὶ ὥραν μίαν ἀκριβῶς ἐξεδήμησε· καὶ  
*body as for hour one exactly he-departed and*  
 εἰς αὐτὸν ἐπανελθὼν δυσωπεῖ μὲν ἡμᾶς πάντας εὐθέως  
*to himself having-come-back beseeches indeed us all at-once*  
 ἀναχωρήσαι. Καὶ τὴν θύραν τῆς κέλλης ἀνοικοδομήσας  
*to-withdraw and the door of-the cell having-walled-up*  
 ἔμεινεν ἔνδον χρόνους δύο καὶ δέκα μηδενὶ τὸ παράπαν  
*he-remained inside years two and ten with-no-one at all*  
 συντετυχηκώς, οὐ μικρόν, οὐ μέγαν λόγον, οὐχ ἑτέρου  
*having-met not small not great word not of-other*

τινός, ἀλλ' ἢ ἄρτου καὶ ὕδατος ἀπογευόμενος· μόνον  
*anything but than bread and water tasting only*  
 δὲ καθήμενος καὶ πρὸς ᾧ ἑώρακεν ἐν τῇ ἐκστάσει  
*but sitting and at what-things he-had-seen in the ecstasy*  
 ἐξεστηκώς σύννους οὕτως, ὡς μηδέποτε ἐπὶ Κυρίου τὸ  
*amazed pensive so as never before (the)-Lord the*  
 ἴδιον ἦθος ἀλλοιώσας, ἀλλ' ἔκνους αἰεί, καὶ δάκρυα  
*own manner having-changed but beside-himself always and tears*  
 θερμὰ ἀψοφητὶ καθ' ὅλου προχεόμενος. Ὅτε δὲ ἤμελλεν  
*hot silently on whole shedding when but he-was-about*  
 τελευτᾶν, ἀναφράξαντες τὴν θύραν εἰσεληλύθαμεν, καὶ πολλὰ  
*to-die having-broken-open the door we-entered and much*  
 δυσωπήσαντες, τοῦτο καὶ μόνον παρ' αὐτοῦ ἀκηκόαμεν·  
*having-besought this and only from him we-heard*  
 Συγχωρήσατε· οὐδεὶς μνήμην θανάτου ἐγνωκώς, δυνήσεται  
*pardon no-one remembrance of-death having-known will-be-able*  
 ἁμαρτησαί ποτε. Ἡμεῖς δὲ ἐθαμβούμεθα τὸν οὕτως  
*to-sin ever we but were-amazed the(-one) thus*  
 πρώην ἀμελῇ ὁρῶντες, οὕτως ἀθρόον μεταμορφωθέντα  
*formerly careless seeing thus suddenly transformed*  
 τὴν μακαρίαν ἀλλοίωσιν καὶ μεταμόρφωσιν· θάψαντες δὲ  
*the blessed change and transformation having-buried and*  
 αὐτὸν ὁσίως ἐν τῷ κοιμητηρίῳ τῷ πλησίον τοῦ κάστρου·  
*him holily in the cemetery the near the fort*  
 μεθ' ἡμέραν ἐπιζητήσαντες τὸ ἅγιον αὐτοῦ λείβανον, οὐχ  
*after a-day having-sought the holy his relic not*  
 εὑρομεν· τοῦ Κυρίου καὶ ἐν τούτῳ τὴν μεμεριμνημένην  
*we-found the Lord also in this the careful*  
 αὐτοῦ καὶ ἀξιέπαινον μετάνοιαν πληροφορήσαντος, πάντας  
*his and praiseworthy repentance assuring all*  
 τοὺς βουλομένους, καὶ μετὰ πολλὴν ἀμέλειαν διορθώσασθαι·  
*those wishing even after much negligence to-set-right*

ὥσπερ τὴν ἄβυσσον ἀπέρατον, τινὲς εἶναι ὀρίζονται· τόπον  
*as the abyss impassable some to-be define place*  
 γὰρ αὐτὴν καλοῦσιν ἀπύθμαντον. Οὕτως ἢ τοῦ θανάτου  
*for it they-call bottomless thus the of-the death*  
 ἔννοια ἄφθαρτον καὶ τὴν ἀγνείαν καὶ τὴν ἐργασίαν  
*thought imperishable both the purity and the work*  
 κέκτηται. Βεβαιοῦται δὲ τὸ εἰρημένον ὁ προειρημένος  
*possesses confirms and the-thing said the aforesaid*  
 ὅσιος. Φόβῳ φόβον διηνεκῶς οἱ τοιοῦτοι προσλαμβάνοντες,  
*holy(-one) with-fear fear continually the such(-men) taking-on*  
 οὐ παύονται ἄχρις ἂν καὶ αὕτη ἢ τῶν ὀστέων ἐκδαπανηθῇ  
*not cease until — even this the of-the bones is-spent*  
 δύναμις. Δῶρον Θεοῦ καὶ τοῦτο μετὰ πάντων ἀγαθῶν  
*power gift of-God also this with all good-things*  
 εἶναι ἑαυτοὺς πληροφορήσωμεν· ἐπεὶ πως πολλάκις καὶ  
*to-be ourselves let-us-assure since somehow often even*  
 ἐν αὐτοῖς τοῖς μνήμασι παραγενόμενοι, ἀδάκρυτοί τινες  
*at the-very the tombs being-present tearless some*  
 καὶ σκληροὶ διαμένομεν· ἐκτὸς δὲ τῆς τοιαύτης θεωρίας  
*and hard we-remain outside and of-the such sight*  
 πλειστάκις καταनुσώμεθα. Ὁ πάντων νεκρωθεὶς,  
*very-often we-are-pierced the(-one) to-all having-died*  
 οὗτος θανάτου ἐμνημόνευσεν· ὁ δὲ ἔτι σχετικός, οὐ  
*be death remembered the(-one) but still attached not*  
 σχολάσει ἑαυτῷ ἀντεπίβουλος ὢν. Μὴ θέλε πάντας διὰ  
*will-have-leisure for-himself self-plotting being not wish all through*  
 λόγον πληροφορεῖν τὴν πρὸς αὐτοὺς ἀγάπην· μᾶλλον δὲ  
*word to-assure-of the toward them love rather but*  
 Θεὸν αἰτοῦ ταύτην αὐτοῖς ἀρρήτως ἐμφανίσαι· εἰ δὲ μή,  
*God ask it to-them ineffably to-show if but not*  
 οὐκ ἐξαρκεῖ σοι ὁ χρόνος πρὸς σχέσεις καὶ κατάνυξιν.  
*not will-suffice you the time for attachments and compunction*

Μὴ ἀπατῶ, ἄφρον ἐργάτα, χρόνῳ χρόνον ἀναπληροῦν· οὐ  
*not be-deceived foolish worker with-time time to-fill-up not*  
 γὰρ ἔξαρκεῖ ἡ ἡμέρα οὐδὲ τὸ ἑαυτῆς χρέος τῷ Δεσπότῃ  
*for suffices the day not-even the its-own debt to-the Master*  
 ἀνελλιπῶς πληρῶσαι· παρὰ ἀνθρώποις οὐκ ἔστι, φησίν,  
*without-fail to-fulfill among men not it-is-possible be-says*  
 οὐκ ἔστι τὴν ἐνστώσαν ἡμέραν εὐσεβῶς διεξιέναι, εἰ μὴ  
*not it-is-possible the present day piously to-go-through if not*  
 αὐτὴν ἐσχάτην παντὸς τοῦ βίου λογισώμεθα. Καὶ θαῦμα  
*it last of-all the life we- reckon and a-wonder*  
 ὄντως πῶς καὶ Ἕλληνές τι τοιοῦτον ἐφθέγγαντο, ἐπεὶ  
*truly how even Greeks some such-thing uttered since*  
 καὶ φιλοσοφίαν τοῦτο εἶναι ὀρίζονται, μελέτην θανάτου.  
*also philosophy this to-be they-define meditation of-death*  
 Ἔκτη ἀνάβασις· ὁ ἀναβάς, οὐ μὴ λοιπὸν ἀμαρτήσῃ 3  
*sixth ascent the(-one) having-ascended not — thereafter will-sin*  
 ποτέ. «Ὑπερμυμνήσκου τὰ ἔσχατά σου, καὶ εἰς τὸν αἰῶνα  
*ever remember the last-things your and for the age*  
 οὐ μὴ ἀμάρτησ.»  
*not — you-sin*

*Mourning according to God is a golden goad that strips the soul of every attachment, and the fount of tears after baptism is greater than baptism itself. The mourner should picture the fire and the judge, avoid laughter, and keep his tears hidden. Tears come from nature, from God, from vainglory, from fornication, from love, and from the remembrance of death; only the pure ones are safe. Joyful compunction is God's gift. The hermit Stephen, dying on Sinai, answers unseen accusers about sins he had and had not committed, and his end is left in doubt. Consolation withdraws as a mother hides from her child to make it cling to her; at death we will be blamed not for working no miracles but for not mourning unceasingly.*

- 1 Πένθος κατὰ Θεόν ἐστι σκυθρωπότης ψυχῆς ἐνωδύνου  
mourning according-to God is sadness of-soul of-a-pained  
καρδίας διάθεσις, αἰεὶ τὸ διψώμενον ἐμμανῶς ζητοῦσα· καὶ  
heart a-disposition always the thirsted-for madly seeking and  
ἐν τῇ τούτου ἀποτυχία ἐμπόνως διώκουσα, καὶ ὀπισθεν  
in the of-it failure painfully pursuing and behind  
τούτου ὀδυνηρῶς ὀλολύζουσα. Ἡ οὕτως· πένθος ἐστὶ  
it painfully wailing or thus mourning is  
κέντρον χρύσειον ψυχῆς πάσης προσηλώσεως καὶ σχέσεως  
a-goad golden of-a-soul of-all fastening and attachment  
γυμνωθέν· καὶ ἐν ἐπισκοπῇ καρδίας ὑπὸ τῆς ὁσίας  
stripped and in watchfulness of-heart by the holy  
λύπης καταπηχθέν. Κατάνυξις ἐστὶν ἀένναος συνειδότης  
grief fixed compunction is a-ceaseless of-conscience  
βασανισμός, διὰ νοερᾶς ἐξαγορεύσεως τὴν ἀνάψυξιν τοῦ  
torment through spiritual confession the refreshment of-the  
πυρὸς τῆς καρδίας πραγματευόμενος. Ἐξομολόγησις ἐστὶ  
fire of-the heart working-out confession is  
λήθη φύσεως, εἴπερ ἐπελάθετό τις τοῦ φαγεῖν τὸν  
forgetfulness of-nature if-indeed forgot someone the to-eat the



ἄρτον αὐτοῦ. Μετάνοιά ἐστιν ἄθλιπτος στέρησις πάσης  
 bread his repentance is untroubled deprivation of-all  
 παρακλήσεως σωματικῆς. Τῶν μὲν προκοπτόντων ἔτι  
 comfort bodily of-those indeed advancing still  
 ἐν τῷ μακαρίῳ πένθει ἰδίωμα ἢ ἐγκράτεια καὶ σιωπὴ  
 in the blessed mourning a-property the continence and silence  
 τῶν χειλέων· τῶν δὲ προκοψάντων, ἀοργησία, καὶ  
 of-the lips of-those and having-advanced freedom-from-anger and  
 ἀμνησικακία· τῶν τελειωθέντων ταπεινοφροσύνη, ἀτιμιῶν  
 freedom-from-grudges of-those perfected humility of-disbonors  
 δίψα, θλίψεων ἀκουσίων πείνα ἐκούσιος, ἀκατακρισία  
 thirst of-afflictions unwilling hunger willing non-judgment  
 ἁμαρτανόντων, συμπάθεια ὑπὲρ δύναμιν· ἀποδεκτέοι οἱ  
 of-sinners sympathy beyond power acceptable the  
 πρῶτοι, ἀξιεπαίνετοι οἱ δεύτεροι· μακάριοι δὲ οἱ πεινῶντες  
 first praiseworthy the second blessed but those hungering-for  
 θλίψιν, καὶ διψῶντες ἀτιμίαν, ὅτι αὐτοὶ κορεσθήσονται  
 affliction and thirsting-for dishonor for they will-be-filled  
 τροφῆς ἀκορέστου. Κρατῶν πένθους πάσῃ ἰσχύϊ κράτει·  
 with-food insatiable holding mourning with-all strength hold  
 πρὸ γὰρ ποιήσεως εὐαφαίρετον λίαν εἶναι πέφυκε· καὶ  
 before for making easily-removed very to-be is-wont and  
 ἀπὸ θορύβων καὶ φροντίδων σωματικῶν καὶ τρυφῆς, καὶ  
 by tumults and cares bodily and luxury and  
 μάλιστα πολυλογίας καὶ εὐτραπελείας ὥσπερ κηρὸς ἀπὸ  
 especially much-talk and jesting as wax by  
 πυρὸς εὐχερῶς διαλυόμενον. Μείζων τοῦ βαπτίσματος  
 fire easily dissolved greater than-the baptism  
 μετὰ τὸ βάπτισμα τῶν δακρῶν πηγὴ καθέστηκεν, εἰ  
 after the baptism the of-tears spring is if  
 καὶ τολμηρόν ἐστὶ πως τὸ λεγόμενον· διότι ἐκείνο  
 even rash is somehow the-thing said because that

μὲν τῶν προγεγονότων ἐν ἡμῖν κακῶν ἔστι καθαρτήριον·  
*indeed of-the before-committed in us evils is a-cleansing*  
 τοῦτο δὲ τῶν μεταγεγονότων, καὶ κεῖνο μὲν νήπιοι  
*this and of-the after-committed and-that indeed infants*  
 λαμβάνοντες, πάντες, ἐμολύναμεν· διὰ τούτου δὲ καὶ κεῖνο  
*receiving all we-defiled through this but and-that*  
 ἀνακαθαίρομεν· ὃ εἰ μὴ δεδωρόητο φιλανθρώπως ἐκ  
*we-cleanse which if not had-been-given lovingly from*  
 Θεοῦ τοῖς ἀνθρώποις, σπάνιοι ὄντως καὶ δυσεύρετοι οἱ  
*God to-the men rare truly and hard-to-find those*  
 σωζόμενοι. Οἱ μὲν στεναγμοί, καὶ ἡ κατήφεια βοῶσι  
*being-saved the indeed groans and the dejection cry*  
 πρὸς Κύριον. Τὰ δὲ ἐκ φόβου δάκρυα πρεσβεύουσι· τὰ  
*to (the)-Lord the and from fear tears intercede the*  
 δὲ τῆς παναγίας ἀγάπης, τὴν ἱκεσίαν προσδεχθεῖσαν  
*and of-the all-holy love the supplication accepted*  
 ἡμῖν ἐμφανίζουσιν. Εἰ οὐδὲν οὕτω τῇ ταπεινοφροσύνῃ  
*to-us show if nothing so with-the humility*  
 ὥς τὸ πένθος συνέρχεται, οὐδὲν πάντως αὐτῇ ὥς ὁ  
*as the mourning comes-together nothing surely to-it as the*  
 γέλως ἀνθέστηκεν. Κατέχων κάτεχε τὴν μακαρίαν τῆς  
*laughter is-opposed holding hold the blessed of-the*  
 ὁσίας κατανύξεως χαρμολύπην· καὶ μὴ παύσῃ τῆς ἐν  
*boly compunction joyful-grief and not cease from-the in*  
 αὐτῇ ἐργασίας, ἄχρις οὗ μετάρσιον ἐκ τῶν ἐντεῦθεν  
*it work until — lifted from the-things here*  
 τῷ Χριστῷ καθαρὸν παραστήσῃ σε· ἀνατυπῶν ἐν ἑαυτῷ  
*— to-Christ pure it-presents you picturing in yourself*  
 μὴ παύσῃ καὶ διερευνῶν πυρὸς σκοτεινοῦ ἄβυσσον· καὶ  
*not cease and searching-out of-fire dark an-abyss and*  
 ἀνελεεῖς ὑπηρέτας, ἀσυμπαθῇ κριτὴν καὶ ἀσυγχώρητον,  
*merciless servants a-pitiless judge and unpardoning*

χάος τε ἀπέρατον καταχθονίου φλογός, καὶ ὑπογείων, καὶ  
*a-chaos both impassable of-subterranean flame and underground and*  
 φοβερῶν τόπων, καὶ χασμάτων τεθλιμμένας καταβάσεις,  
*fearful places and chasms narrow descents*  
 καὶ τῶν τοιούτων πάντων εἰκόνας· ὅπως τῷ πολλῷ  
*and of-the such all images so-that by-the great*  
 τρόμῳ συφθεῖσα ἡ ἐνυπάρχουσα ἡμῶν τῇ ψυχῇ  
*trembling constricted the present our in-the soul*  
 λαγνεία συναφθῇ τῇ ἀφθάρτῳ ἀγνείᾳ καὶ φωτὸς αὐλοῦ  
*lust may-be-joined to-the imperishable purity and of-light immaterial*  
 πυρὸς παντὸς πλέον ἀποστίλβοντος ἐν αὐτῇ δέξεται  
*than-fire all more shining in it may-receive*  
 τὴν ἐμφάνειαν· στήθι ἐν προσευχῇς δεήσει σύντρομος,  
*the appearance stand at of-prayer petition trembling*  
 ὡς κατὰδικος περιστάμενος δικαστῇ, ἵνα τῷ ἐκτὸς  
*as a-convict standing-before a-judge that by-the outward*  
 εἶδει, καὶ τῷ ἐντὸς ἦθι κατασβέσης θυμὸν δικαίου  
*look and by-the inward manner you-may-quench (the)-anger of-(the)-just*  
 κριτοῦ. Οὐ γὰρ φέρει ὑπερορᾶν ψυχὴν χήραν κατωδύνως  
*judge not for he-bears to-overlook a-soul widowed painfully*  
 αὐτῷ περισταμένην, καὶ κόπους τῷ ἀκόπῳ παρέχουσιν.  
*him surrounding and toils to-the untoiling providing*  
 Εἴ τις δάκρυον ψυχικὸν ἐκτήσατο, τούτῳ πᾶς τόπος  
*if anyone tear of-(the)-soul acquired for-him every place*  
 εἰς πένθος ἀρμόδιος. Εἰ δὲ μόνον διὰ τοῦ ἐκτὸς  
*for mourning suitable if but only through the outward*  
 ἐργάζεται, τοὺς τόπους καὶ τοὺς τρόπους διακρίνων οὐ μὴ  
*he-works the places and the manners discerning not —*  
 παύσεται. Ὡς ὁ κεκρυμμένος θησαυρός, τοῦ ἐπ' ἀγορᾶς  
*he-will-cease as the hidden treasure than-the on market*  
 προκειμένου ἀσυλώτερος καθέστηκεν, οὕτω καὶ τὰ  
*lying-out safer is thus also the-things*

προλεχθέντα νοήσωμεν. Μὴ γίνου ὡσεὶ νεκροὺς θάψαντες,  
*aforesaid let-us-understand not be like (the)-dead having-buried*  
 ποτὲ μὲν ἐπ' αὐτοῖς θρηνοῦντες, ποτὲ δὲ δι'  
*sometimes indeed over them lamenting sometimes and because-of*  
 αὐτοὺς μεθυσκόμενοι· ἀλλὰ γενοῦ ὡς οἱ ἐν μετάλλοις  
*them getting-drunk but become as those in mines*  
 δέσμοι, καθ' ὥραν ὑπὸ δημίων μαστιζόμενοι· ὁ  
*prisoners each hour by executioners scourged the(-one)*  
 ποτὲ μὲν πενθῶν, ποτὲ δὲ τρυφῶν, καὶ γελοιάζων,  
*sometimes indeed mourning sometimes and luxuriating and laughing*  
 ὅμοιός ἐστι τῷ μετὰ ἄρτου τὸν κύνα τῆς φιληδονίας  
*like is to-the(-one) with bread the dog of-the love-of-pleasure*  
 λιθάζοντι, ὃς τῷ μὲν σχήματι τοῦτον διώκει· τῷ δὲ  
*stoning who with-the indeed show it drives-off with-the but*  
 πράγματι παρεδρεύειν τοῦτον προτρέπεται. Γίνου σύννους  
*deed to-remain it urges be pensive*  
 ἀφιλένδεικτος, πρὸς τὴν ἑαυτοῦ καρδίαν ἐξεστηκώς.  
*not-showing-off toward the own heart withdrawn*  
 Δεδοίκασι γὰρ σύννοιαν οἱ δαίμονες, ὡς οἱ κλέπται τοὺς  
*fear for pensiveness the demons as the thieves the*  
 κύνας. Οὐκ ἔστιν ἡμῖν, ὦ οὗτοι, ἐνταῦθα ἢ τοῦ γάμου  
*dogs not is to-us O you here the of-the wedding*  
 κλήσις, οὐκ ἔστιν, οὐκουν· πάντως δὲ εἰς πένθος ἑαυτῶν  
*calling not it-is not-then surely but to mourning of-ourselves*  
 ὁ καλέσας ἡμᾶς ἐνταῦθα ἐκάλεσε. Τινὲς δακρύοντες,  
*the(-one) having-called us here called some weeping*  
 μηδὲν τὸ παράπαν ἐν τῷ καιρῷ τῷ μακαρίῳ λογιῶσθαι  
*nothing at all in the time the blessed to-reckon*  
 ἑαυτοὺς ἀκαίρως βιάζονται, μὴ λογιζόμενοι, ὅτι δάκρυον  
*themselves unseasonably force not reckoning that a-tear*  
 ἀνέννοιον ἀλόγου φύσεως ἴδιον, καὶ οὐ λογικῆς· γέννημα  
*thoughtless of-irrational nature proper and not of-rational an-offspring*

ἐννοιῶν δάκρυον· πατὴρ δὲ ἐννοίας λογισμὸς καὶ νοῦς.  
*of-thoughts a-tear father and of-thought reasoning and mind*  
 Γινέσθω σοι ἡ ἐν τῇ κλίνῃ σου ἀνάκλισις τῆς ἐν τῷ  
*let-become for-you the in the bed your reclining of-the in the*  
 τάφῳ σου κατακλίσεως τύπος, καὶ ἥττον ὑπνώσεις. Καὶ  
*grave your lying-down a-type and less you-will-sleep and*  
 αὐτῇ σοι ἡ τῆς τραπέζης ἀπόλαυσις, τῆς τῶν σκωλήκων  
*itself for-you the of-the table enjoyment of-the of-the worms*  
 ἐκεῖνων ὀδυνηρᾶς τραπέζης γενέσθω ἀνάμνησις· καὶ ἥττον  
*that painful table let-become a-reminder and less*  
 τρυφήσεις· μηδὲ τοῦ ποτοῦ τοῦ ὕδατος μεταλαμβάνων  
*you-will-luxuriate nor of-the drink of-the water partaking*  
 τῆς δίψης τῆς φλογὸς ἐκείνης ἀμνημονήσεις· καὶ πάντως  
*of-the thirst of-the flame that you-will-be-unmindful and surely*  
 βιάσῃ τὴν φύσιν. Ἐπὶ δὲ τῇ τοῦ ἐπιστατοῦντος  
*you-will-force the nature at and the of-the(-one) presiding*  
 ἡμῶν ἐντίμῳ ἀτιμῷ καὶ ἐπιπλήξει, καὶ ἐπιτιμῷ τῆς τοῦ  
*over-us honorable dishonor and rebuke and penance of-the of-the*  
 κριτοῦ φοβερᾶς ἐννοηθώμεν ἀποφάσεως· καὶ πάντως τὴν  
*judge fearful let-us-think sentence and surely the*  
 ἐπισπειρομένην ἄλογον λύπην καὶ πικρίαν πραότητι καὶ  
*sown-besides irrational grief and bitterness with-meekness and*  
 ὑπομονῇ, ὥς ἐν διστόμῳ μαχαίρᾳ κατασφάξομεν. Χρόνῳ  
*endurance as with double-edged sword we-will-slaughter by-time*  
 σπανίζεται θάλασσα, ὥς φησιν ὁ Ἰώβ, καὶ χρόνῳ καὶ  
*is-made-scarce (the)-sea as says — Job and by-time and*  
 ὑπομονῇ κατὰ μικρὸν τὰ εἰρημένα ἐν ἡμῖν προσγίνεται  
*endurance by little the-things said in us come*  
 καὶ τελειοῦται. Πυρὸς αἰωνίου μνήμη καθ' ἑσπέραν  
*and are-perfected of-fire eternal (the)-remembrance each evening*  
 συγκοιμηθήτω σοι, καὶ συναναστήτω σοι· καὶ οὐ μὴ σου  
*let-lie-down-with you and let-rise-with you and not — your*

ῥαθυμία ἐν καιρῷ ψαλμωδίας κυριεύση ποτέ. Πεισάτω σε  
*indolence at (the)-time of-psalmody will-master ever let-persuade you*  
 πρὸς ἐργασίαν πένθους, κὰν αὐτό σου τὸ ἔνδυμα. Πάντες  
*to (the)-work of-mourning even-if itself your the garment all*  
 γὰρ οἱ νεκροὺς θρηνοῦντες, μέλανα περιβάλλονται. Εἰ  
*for those the-dead lamenting black put-on if*  
 μὲν οὐ πενθεῖς, διὰ τοῦτο πένθει· εἰ δὲ πενθεῖς, διὰ  
*indeed not you-mourn because-of this mourn if but you-mourn because-of*  
 τοῦτο θρήνει μᾶλλον, ὅτι ἐξ ἀπόνου τάξεως εἰς ἐπίπονον  
*this lament more that from untoiled rank into toilsome*  
 ἑαυτὸν κατήγαγες διὰ τῶν σῶν πταισμάτων· κρίνεται  
*yourself you-brought-down through the your failings is-judged*  
 πάντως παρὰ τῷ καλῷ καὶ δικαίῳ ἡμῶν κριτῇ, ὡς  
*surely with the good and just our judge as*  
 ἐν ᾗπασι, καὶ ἐν τοῖς δάκρυσι ἢ τῆς φύσεως δύναμις.  
*in all-things also in the tears the of-the nature power*  
 Εἶδον γὰρ μικρὰς σταγόνας δίκην αἵματος μετὰ πόνου  
*I-saw for small drops like blood with toil*  
 προχομένας· καὶ εἶδον πηγὰς ἀπόνως προχομένας, καίπερ  
*shed and I-saw springs without-toil shed although*  
 ἔγωγε κατὰ τὸν πόνον μᾶλλον, καὶ οὐ κατὰ τὸ  
*I according-to the toil rather and not according-to the*  
 δάκρυν τούτους κάμνοντας ἔκρινα· οἶμαι δὲ καὶ ὁ Θεός. Οὐχ  
*tear those laboring judged I-think and also — God not*  
 ἀρμόζει πενθοῦσι θεολογία· διαλύειν γὰρ αὐτῶν τὸ πένθος  
*befits mourners theology to-dissolve for their the mourning*  
 πέφυκεν. Ὁ μὲν γὰρ τῷ ἐπὶ θρόνου καθημένῳ  
*it-is-wont the-one indeed for to-the(-one) on a-throne sitting*  
 διδασκαλικῶ ἔοικεν· ὁ δέ, τῷ ἐπὶ κοπρίας καὶ  
*teacherly is-like the-other and to-the(-one) on dungbill and*  
 σάκκου διατρίβοντι. Καὶ τοῦτό ἐστιν, ὡς οἶμαι, ὅπερ καὶ  
*sackcloth living and this is as I-think what also*

Δαυΐδ, εἰ καὶ διδάσκαλος καὶ σοφὸς ὑπῆρχεν, ἡνίκα ἐπένθει,  
*David if even teacher and wise he-was when he-mourned*  
 πρὸς τοὺς ἐρωτῶντας ἀπεκρίνατο· Πῶς ἄσω τὴν ᾠδὴν  
*to those asking answered how shall-I-sing the song*  
 Κυρίου ἐπὶ γῆς ἀλλοτρίας; ἤγουν, ἐμπαθείας. Καὶ ἐπὶ τῆς  
*of-(the)-Lord in land foreign that-is of-passion both in the*  
 κτίσεως, καὶ ἐπὶ τῆς κατανύξεώς ἐστιν αὐτοκίνητος καὶ  
*creation and in the compunction there-is self-moved and*  
 ἑτεροκίνητος. Ὅταν ἡ ψυχὴ, καὶ ὑμῶν μὴ σπευσάντων,  
*other-moved when the soul even you not having-hastened*  
 μηδὲ ἐπιτηδευσάντων δακρυώδης καὶ κάθυγρος καὶ ἡπία  
*nor having-contrived tearful and moist and gentle*  
 γένηται, δράμωμεν, ὁ γὰρ Κύριος ἀκλήτως ἐλήλυθε·  
*becomes let-us-run the for Lord unbidden has-come*  
 σπόγγον ἡμῖν διδούς λύπης θεοφιλοῦς, καὶ ὕδωρ ἀναψύξεως  
*a-sponge to-us giving of-grief God-loving and water of-refreshment*  
 δακρύων θεοσεβῶν πρὸς τὴν ἐξάλειψιν τῶν ἐν τῷ χάρτῃ  
*of-tears God-fearing for the wiping-out of-the in the paper*  
 πταισμάτων, φύλαξον ταύτην ὡς κόρην ὀφθαλμοῦ ἄχρισ  
*failings guard it as (the)-pupil of-(the)-eye until*  
 οὗ ὑποχωρήσῃ· πολλὴ γὰρ ἡ ἰσχὺς τούτου, ὑπὲρ τὴν τοῦ  
*— it-withdraw great for the strength of-this beyond the of-the*  
 ἐξ ἡμετέρας σπουδῆς καὶ ἐπινοίας προσγινομένου· οὐχ  
*from our zeal and contrivance coming not*  
 ὅτε βούλεται ὁ πενθῶν, οὗτος κάλλος πέφθακε πένθους·  
*when wishes the mourner he beauty has-attained of-mourning*  
 ἀλλ' ὁ ἐν οἷς ἐὰν βούληται· καὶ οὐδὲ ἐν οἷς  
*but the(-one) in whatever — he-wishes and not-even in whatever*  
 ἂν βούληται, ἀλλ' ὁ καθὼς Θεὸς βούλεται. Πολλάκις  
*— he-wishes but the(-one) as God wishes often*  
 τῷ κατὰ Θεὸν πένθει τὸ τῆς κενοδοξίας ἀχαρίτων  
*with-the according-to God mourning the of-the vainglory graceless*

συμπλέκεται δάκρυον. Τοῦτο δὲ δοκίμως καὶ εὐσεβῶς  
*is-interwoven tear this but approvedly and piously*  
 ἐπιγινώσμεθα, ὅποταν πενθοῦντας καὶ πονηρευομένους  
*we-will-recognize when mourning and doing-evil*  
 ἑαυτοὺς ἴδωμεν. Κατάνυξις κυρία ἐστίν, ἀμετεώριστος  
*ourselves we-see compunction proper is an-undistracted*  
 ὀδύνη ψυχῆς μηδεμίαν ἑαυτῇ παρηγορίαν παρέχουσα, μόνην  
*pain of-soul no to-itself consolation providing only*  
 δὲ τὴν ἑαυτῆς ἀνάλυσιν καθ' ὥραν φανταζομένη, καὶ  
*but the own dissolution each hour picturing and*  
 τὴν τοῦ παρακαλοῦντος Θεοῦ τοὺς ταπεινοὺς μοναχοὺς  
*the of-the consoling God the lowly monks*  
 παράκλησιν ὡς ὕδωρ ψυχρὸν προσδεχομένη. Ὅσοι ἐν  
*consolation as water cold receiving as-many-as in*  
 αἰσθήσει καρδίας πένθος ἐκτήσαντο, οὗτοι καὶ αὐτὴν τὴν  
*perception of-heart mourning acquired they also the-very the*  
 ἑαυτῶν ζωὴν ἐμίσησαν· τὸ δὲ ἑαυτῶν σῶμα, ὡς ἐχθρὸν  
*own life hated the and own body as an-enemy*  
 ἀπεστράφησαν. Ὅποταν ἐν τοῖς κατὰ Θεὸν πενθεῖν  
*turned-from when in those according-to God to-mourn*  
 δοκοῦσιν ὀργὴν καὶ ὑπερηφανίαν θεασώμεθα, τούτων τὰ  
*seeming anger and pride we-behold their the*  
 δάκρυα ἐναντία λογισώμεθα· Ποία γὰρ κοινωνία φωτὶ  
*tears contrary let-us-reckon what for fellowship to-light*  
 πρὸς σκότος; Γέννημα μὲν νεοθευμένης κατανύξεως,  
*with darkness offspring indeed of-counterfeit compunction*  
 οἴησις, ἐπαινουμένης δὲ παράκλησις· ὥσπερ ἀναιρετικὸν  
*conceit of-praised and consolation as destructive*  
 τὸ πῦρ καλάμης, οὕτω τὸ δάκρυον τὸ ἀγνὸν παντὸς  
*the fire of-straw thus the tear the pure of-every*  
 φαινομένου, καὶ νοουμένου ῥύπου. Ὁ περὶ τῶν δακρύων  
*visible and intelligible filthy the about the tears*



λόγος παρὰ πολλοῖς τῶν Πατέρων σκοτεινός τις καὶ  
*discourse among many of-the Fathers dark some and*  
 δυσεύρετος, ἐν τοῖς εἰσαγωγικοῖς μάλιστα εἶναι ὀρίζεται,  
*hard-to-find in the beginners especially to-be is-defined*  
 καὶ ἐκ πολλῶν καὶ διαφόρων τρόπων ταῦτα τίκτεσθαι.  
*and from many and various ways these(-things) to-be-born*  
 Λέγω δὴ ἐκ φύσεως, ἐκ Θεοῦ, ἐκ θλίψεως ἐναντίας·  
*I-mean indeed from nature from God from affliction contrary*  
 ἐξ ἐπαινουμένης, ἐκ κενοδοξίας, ἐκ πορνείας, ἐξ  
*from praised from vainglory from fornication from*  
 ἀγάπης, ἐκ μνήμης θανάτου, καὶ ἐτέρων πολλῶν· τοὺς  
*love from remembrance of-death and others many the*  
 δὲ τούτων ἀπάντων τρόπους φόβῳ Θεοῦ γυμνάσαντες,  
*and of-these all ways by-fear of-God having-exercised*  
 τὰ τῆς ἡμετέρας ἀναλύσεως καθαρὰ καὶ ἄδολα ἑαυτοῖς  
*the of-the our dissolution pure and guileless for-ourselves*  
 περιποιησώμεθα δάκρυα· οὐ γάρ ἐστιν ἐν αὐτοῖς κλοπὴ ἢ  
*let-us-gain tears not for is in them theft or*  
 οἷσις. Κάθαρσις δὲ μᾶλλον καὶ ἀγάπης τῆς εἰς Θεὸν  
*conceit cleansing but rather and of-love the toward God*  
 προσκοπή, καὶ ἀμαρτίας ἔκπλυσις, καὶ παθῶν ἀπάθεια. Τὸ  
*advance and of-sin washing-out and of-passions dispassion the*  
 μὲν γὰρ ἐξ ἀγαθῶν ἄρξασθαι τοῦ πένθους δακρύων, καὶ  
*indeed for from good-things to-begin of-the mourning tears and*  
 εἰς πονηρὰ καταλῆξαι, οὐ θαῦμα. Τὸ δὲ ἐξ ἐναντίων ἢ  
*in evil-things to-end not a-wonder the but from contrary or*  
 φυσικῶν εἰς πνευματικὰ μετεγκεντρίσαι ἀξίεπαινον· τοῦτο  
*natural into spiritual to-graft-over praiseworthy this*  
 δὲ τὸ πρόβλημα οἱ περὶ τὴν κενοδοξίαν ἐπὶ ῥέπῳ  
*and the problem those about the vainglory inclined*  
 ἔχοντες, σαφῶς ἐπίστανται. Μὴ πίστευε σαῖς πηγαῖς πρὸ  
*being clearly understand not trust your springs before*

τελείας καθάρσεως· οὐ γὰρ ἔχει πίστιν οἶνος εὐθέως ἐκ  
 perfect cleansing not for has trust wine immediately from  
 τῶν ληνῶν ἐγκλειόμενος. Ὅτι μὲν ἅπαντα τὰ κατὰ  
 the presses shut-in that indeed all the according-to  
 Θεὸν ἡμῶν δάκρυα ὠφέλημα, ὁ ἀντιλέγων οὐδεὶς·  
 God our tears a-benefit the(-one) contradicting no-one  
 τίς δὲ ἐκ τούτων προσγινόμενη ὄνησις, ἐν καιρῷ τῆς  
 what and from these coming profit at time of-the  
 ἐξόδου γνωσόμεθα. Ὅστις ἐν πένθει διηνεκεῖ κατὰ  
 departure we-will-know whoever in mourning continual according-to  
 Θεὸν πορεύεται, οὗτος καθ' ἡμέραν ἐορτάζων οὐ παύεται.  
 God goes he each day feasting not ceases  
 Ὃς σωματικῶς ἐορτάζων οὐ παύεται, τοῦτον πένθος  
 who bodily feasting not ceases him mourning  
 αἰώνιον μέλλει διαδέχεσθαι. Οὐκ ἔστι καταδίκους ἐν  
 eternal is-about to-receive not is for-convicts in  
 φυλακῇ χαρμονή, καὶ οὐκ ἔστι μοναχοῖς ἀληθινοῖς ἐπὶ  
 prison joy and not is for-monks true on  
 γῆς ἐορτή. Καὶ ἴσως διὰ τοῦτο ἐκείνος ὁ καλλίπενθος  
 earth feast and perhaps because-of this that the fair-mourner  
 στενάζων ἔλεγεν· Ἐξάγαγε ἐκ φυλακῆς τὴν ψυχὴν  
 groaning said lead-out from prison the soul  
 μου, τοῦ ἀγαλλιασθῆναι λοιπὸν ἐν τῷ ἀρρήτῳ φωτὶ  
 my for-the to-rejoice thereafter in the ineffable light  
 σου. Γενοῦ ὡς βασιλεὺς ἐν τῇ σῇ καρδίᾳ, ὑψηλὸς ἐν  
 your become as a-king in the your heart high in  
 ταπεινώσει καθημένος, καὶ κελεύων τῷ γέλωτι Πορεύου,  
 humility sitting and commanding to-the laughter go  
 καὶ πορεύεται· καὶ τῷ κλαυθμῷ τῷ γλυκεῖ· Ἔρχου,  
 and it-goes and to-the weeping the sweet come  
 καὶ ἔρχεται· καὶ τῷ δούλῳ ἡμῶν, καὶ τυράννῳ σώματι·  
 and it-comes and to-the slave our and tyrant body

Ποίησον τοῦτο, καὶ ποιεῖ. Εἴ τις τὸ μακάριον καὶ  
*do this and it-does if anyone the blessed and*  
 κεχαριτωμένον πένθος ὥσπερ διπλοῖδα νυμφικὴν ἐνεδύσατο,  
*grace-filled mourning as a-cloak bridal put-on*  
 οὗτος τὸν τῆς ψυχῆς πνευματικὸν ἐγνώρισε γέλωτα. Τίς  
*he the of-the soul spiritual knew laughter who*  
 ἄρα τοιοῦτός ἐστιν ὃς τὸν ἑαυτοῦ χρόνον ἅπαντα τὸν  
*then such is who the own time all the*  
 ἐν τῇ μοναδικῇ πολιτείᾳ οὕτως δεδαπάνηκεν εὐσεβῶς,  
*in the monastic way-of-life so has-spent piously*  
 ὥς μὴ ἡμέραν, μὴ ὥραν, μὴ ῥοπήν ζημιωθεῖν ποτε,  
*as not a-day not an-hour not a-moment to-lose ever*  
 ἀλλὰ τῷ Κυρίῳ ταύτην ἐξαναλῶσαι, λογιζόμενος ὡς οὐκ  
*but to-the Lord it to-spend-wholly reckoning that not*  
 ἔστι τὴν αὐτὴν ἡμέραν δις ἐν τῷ βίῳ θεάσασθαι.  
*it-is-possible the same day twice in the life to-see*  
 Μακάριος μὲν μοναχός, ὁ τοῖς τῆς ψυχῆς ὄμμασιν  
*blessed indeed monk the(-one) with-the of-the soul eyes*  
 ταῖς νοεραῖς δυνάμεσιν ἐνατενίζειν δυνάμενος· ἄπτωτος  
*on-the spiritual powers to-gaze able unfallen*  
 δὲ ἀληθῶς ὁ τὰς ἑαυτοῦ παρειὰς τοῖς αἰσθητοῖς  
*and truly the(-one) the own cheeks with-the sensible*  
 ὄμμασιν ἐκ μνήμης θανάτου καὶ πταισμάτων διηνεκῶς  
*eyes from remembrance of-death and failings continually*  
 καταβρέχων τοῖς ζῶσι δάκρυσι· κοπιῶ δὲ πιστεύειν ὡς  
*wetting with-the living tears I-labor but to-believe that*  
 χωρὶς τῆς δευτέρας καταστάσεως, ἢ προτέρα ἐβάδισεν.  
*without the second state the first walked*  
 Εἶδον ἐγὼ προσαίτας, καὶ πτωχοὺς ἀναιδεῖς, ἀστείους τισὶ  
*I-saw I beggars and poor shameless with-witty some*  
 ῥήμασι, καὶ αὐτὰς τὰς βασιλέων καρδίας εἰς συμπάθειαν  
*words even the-very the of-kings hearts to sympathy*

συντόμως κατακλίναντας. Καὶ εἶδον πτωχοὺς καὶ πένητας  
*quickly having-bent and I-saw poor and needy*  
 τῶν ἀρετῶν οὐκ ἀστείους, ἀλλὰ μᾶλλον ταπεινοῖς τισι,  
*of-the virtues not with-witty but rather lowly some*  
 καὶ σκοτεινοῖς, καὶ ἑξαπόροις ῥήμασιν ἐκ βαθείας καὶ  
*and dark and perplexed words from deep and*  
 ἀπεγνωσμένης καρδίας πρὸς τὸν ἐπουράνιον βασιλέα  
*despairing heart to the heavenly king*  
 ἀναισχύντως καὶ ἐπιμόνως ἀνακράζοντας· καὶ τῇ αὐτῶν  
*shamelessly and persistently crying-out and by-the their*  
 βία τὴν ἀβίαστον αὐτοῦ βιασαμένους εὐσπλαγχνίαν καὶ  
*violence the unforceable his having-forced compassion and*  
 φύσιν· ὁ ἐπὶ τοῖς ἑαυτοῦ δάκρυσιν ψυχικῶς φυσιοῦμενος,  
*nature the(-one) at the own tears in-soul puffed-up*  
 καὶ τοὺς μὴ δακρύνοντας ἐν ἑαυτῷ κατακρίνων, ὅμοιός ἐστι  
*and those not weeping in himself condemning like is*  
 τῷ ὄπλῳ κατὰ τοῦ ἑαυτοῦ ἐχθροῦ ἐκ τοῦ βασιλέως  
*to-the(-one) a-weapon against the own enemy from the king*  
 αἰτησαμένῳ, ἑαυτὸν δὲ ἐν τούτῳ διαχειρισαμένῳ. Οὐ  
*having-asked himself but with it having-made-away-with not*  
 δέεται, ὦ οὔτοι, οὐδὲ βούλεται Θεὸς ἄνθρωπον ἐξ ὀδύνης  
*needs O you nor wishes God a-man from pain*  
 καρδίας πεινεῖν· ἀλλὰ μᾶλλον ἐξ ἀγάπης πρὸς αὐτὸν  
*of-heart to-mourn but rather from love toward him*  
 ἐν γέλωτι ψυχῆς ἀγάλλεσθαι. Ἄνελε τὴν ἁμαρτίαν, καὶ  
*in laughter of-soul to-rejoice take-away the sin and*  
 περιττὸν τὸ κατώδυνον δάκρυον τοῖς αἰσθητοῖς ὅμμασιν.  
*superfluous the painful tear to-the sensible eyes*  
 Οὐδὲν γὰρ ξηρίου μὴ παρόντος μόλωπος. Οὐκ ἦν ἐν τῷ  
*nothing for of-powder not being-present of-wound not was in —*  
 Ἀδὰμ πρὸ τῆς παραβάσεως δάκρυον· ὥσπερ οὐδὲ μετὰ  
*Adam before the transgression tear as nor after*

τὴν ἀνάστασιν λοιπὸν καταργουμένης τῆς ἁμαρτίας· Εἴπερ  
*the resurrection thereafter being-abolished of-the sin if-indeed*  
 ἀπέδρα ὀδύνη τότε, λύπη καὶ στεναγμός. Εἶδον ἔν τισι  
*fled pain then grief and groaning I-saw in some*  
 πένθος, καὶ εἶδον ἐν ἑτέροις διαπορίαν πένθους· πένθος  
*mourning and I-saw in others perplexity of-mourning mourning*  
 καίπερ ἔχοντες, ὡς μὴ κατέχοντες διάκεινται· καὶ διὰ τῆς  
*although having as not holding they-are-disposed and through the*  
 καλῆς ἀγνείας ἄσυλοι διαμένουσι. Καὶ οὗτοί εἰσι, περὶ ὧν  
*good purity unrobbed remain and these are about whom*  
 εἴρηται· Κύριος σοφοῖ τυφλοῦς. Πέφυκε πολλάκις τοὺς  
*it-has-been-said (the)-Lord makes-wise blind is-wont often the*  
 κουφοτέρους καὶ τὸ δάκρυον ἐπαίρει· διόπερ καὶ τισιν οὐ  
*lighter(-ones) even the tear to-exalt therefore also to-some not*  
 δίδονται· οἵτινες ἐπὶ τῇ τούτου ζητήσει, ἑαυτοὺς ταλανίζουσι,  
*it-is-given who at the of-it seeking themselves call-wretched*  
 καὶ καταδικάζουσι, στεναγμοῖς καὶ κατηφείᾳ καὶ λύπη  
*and condemn with-groans and dejection and grief*  
 ψυχῆς καὶ βαθείᾳ σκυθρωπότητι, καὶ ἑξαπορίᾳ, ἅπερ  
*of-soul and deep sadness and perplexity which*  
 ἀναπληροῦν τὸν τοῦ δακρύου τόπον ἀκινδύνως πεφύκασιν,  
*to-fill-up the of-the tear place without-danger are-wont*  
 εἰ καὶ εἰς οὐδὲν παρ' αὐτοῖς συμφερόντως λογιζονται.  
*if even for nothing by them profitably they-are-reckoned*  
 Ἐπιτηρήσοντες πολλάκις εὐρήσομεν γελοῖον πικρὸν  
*watching often we-will-find a-laughable-thing bitter*  
 παρ' αὐτοῖς δαίμοσι καθ' ἡμῶν γινόμενον. Κορεσθέντας  
*by them demons against us happening filled*  
 γὰρ ἡμᾶς κατανύσσουσι, καὶ νηστεύοντας σκληρύνουσι,  
*for us they-pierce and fasting they-barden*  
 ἵνα τοῖς νόθοις δάκρυσιν ἀπατηθέντες τῇ μητρὶ τῶν  
*that by-the counterfeit tears deceived to-the mother of-the*

παθῶν τροφή, ἑαυτοὺς ἐκδώσωμεν· οἷσισιν οὐ πείθεσθαι  
*passions food ourselves we-may-give-over whom not to-obey*  
 δεῖ· μᾶλλον δὲ τοῦναντίον ποιεῖν. Ἐγὼ δὲ καὶ αὐτὴν  
*one-must rather but the-opposite to-do I but also the-very*  
 τὴν τῆς κατανύξεως ποιότητα ἐννοῶν ἐξίσταμαι· πῶς δὲ  
*the of-the compunction quality considering am-amazed how and*  
 πένθος, καὶ λύπη λεγομένη τὴν χαρὰν καὶ τὴν εὐφροσύνην  
*mourning and grief called the joy and the gladness*  
 ἔνδοθεν ὥσπερ μελικηρίῳ συμπεπλεγμένην κέκτηται. Τί  
*within as in-a-honeycomb interwoven possesses what*  
 δὲ ἐκ τούτου μανθάνομεν; Ὅτι κυρίως Κυρίου δῶρον ἡ  
*and from this do-we-learn that properly of-(the)-Lord gift the*  
 τοιαύτη κατάνυξις καθέστηκεν· οὐκ ἔστιν ἐν τῇ ψυχῇ τότε  
*such compunction is not is-there in the soul then*  
 ἀνῆδονος ἡδονή, τοῦ Θεοῦ λεληθότως παρακαλοῦντος τοὺς  
*joyless pleasure — God secretly consoling the*  
 συντεθλασμένους τῇ καρδίᾳ· πρὸς δὲ ὄντως πένθους  
*crushed in-the heart to and truly of-mourning*  
 ἐναργεστάτου, καὶ ὁδύνης ὀνησιφόρου ὑπόθεσιν ἀκούσωμεν  
*most-manifest and of-pain profitable a-subject let-us-hear*  
 ψυχωφελοῦς καὶ ἐλεεινοτάτου διηγήματος. Στέφανός τις  
*a-soul-profitng and most-pitiable story Stephen a-certain*  
 οἰκῶν ἐνταῦθα, τὸν ἐρημικὸν καὶ ἡσύχιον ἀσπαζόμενος βίον  
*dwelling here the solitary and still embracing life*  
 χρόνους τε ἱκανοὺς ἐν μοναδικῇ διατριβῇ παλαιστρα,  
*years both sufficient in monastic having-spent wrestling-school*  
 νηστεαῖς τε μάλιστα καὶ δάκρυσι κατακεκοσμημένος, καὶ  
*with-fasts both especially and tears adorned and*  
 ἐτέροις ἀγαθοῖς πλεονεκτήμασι περινηθισμένος ὑπάρχων,  
*other good advantages flowered-with being*  
 ἐκέκτητο τὴν κέλλαν πρὸς τῇ καταβάσει τοῦ ἁγίου καὶ  
*bad the cell at the descent of-the holy and*

θεόπτου Ἡλίου ἐν τῷ ἁγίῳ τούτῳ ὄρει· οὗτός τε, οὗτος  
*God-seeing Elijah on the holy this mountain he and this*  
 ὁ αἰοίδιμος κατείληφε σκοπῶ πρὸς σκοπὸν ἐνεργεστέρας  
*the celebrated(-one) took with-aim for an-aim more-active*  
 καὶ στενοτέρας, καὶ ἐπιπόνου μετανοίας, τὸν τόπον τῶν  
*and narrower and laborious of-repentance the place of-the*  
 ἀναχωρητῶν, τὸν καλούμενον Σίδδην, πεποιηκώς τε ἐκείσε  
*anchorites the called Siddes having-spent and there*  
 ἐν στενοτάτῃ καὶ ἐπιτεταγμένῃ διαίτῃ χρόνους τινάς,  
*in narrowest and strict diet years some*  
 ἐπεὶ ἀπαράκλητος ὁ τύπος καὶ πάσης ἀνθρώπου διόδου  
*since without-consolation the place and to-every man's passage*  
 ἀνεπίβατος, ὡς ἔτυχεν ἂν ἀπὸ ἑβδομήκοντα μιλίων τοῦ  
*untrodden as it-happened — about seventy miles from-the*  
 κάστρου, ἀνέρχεται περὶ τὰ ἑαυτοῦ ἔσχατα ἐν τῷ ἰδίῳ  
*fort goes-up about the own last-days in the own*  
 κελλίῳ ἐν τῇ ἁγίᾳ κορυφῇ ὁ γέρων. Εἶχε δὲ ἐκεῖ καὶ δύο  
*cell on the holy summit the old-man he-had and there also two*  
 μαθητὰς Παλαιστινοὺς εὐλαβεῖς πάν· οἱ καὶ ἐφύλαττον  
*disciples Palestinians pious very who also guarded*  
 τὸ κελλίον τοῦ γέροντος. Ποιήσας οὖν ὀλίγας ἡμέρας ὁ  
*the cell of-the old-man having-spent then few days the*  
 γέρων ἀσθενεῖ ἀσθένειαν, ἐν ᾗ καὶ ἐπιτελειώθη. Πρὸ οὖν  
*old-man falls-sick with-a-sickness in which also he-was-finished before then*  
 μίᾱς ἡμέρας τοῦ ἀναλῦσαι, ἐξίσταται τῷ νοῦ καὶ τῶν  
*one day of-the to-depart he-is-rapt in-the mind and the*  
 ὀφθαλμῶν ἀνεωγμένων κατενόει εἰς τὰ δέξια, καὶ εἰς τὰ  
*eyes opened he-looked to the right and to the*  
 ἀριστερὰ τῆς κλίνης· καὶ ὡς ὑπὸ τινων λογοθετούμενος,  
*left of-the bed and as by some called-to-account*  
 ἔλεγε πάντων ἀκούνων τῶν περισταμένων, ποτὲ  
*he-said all bearing the(-ones) standing-around sometimes*

μέν· Ναί, ὄντως, ἀλήθεια, ἀλλ' ἐνήστευσα τοσούτους  
*indeed yes truly true but I-fasted so-many*  
 χρόνους ὑπὲρ τούτου· εἶτα πάλιν· Οὐχί, ὄντως ψεύδεσθε,  
*years for this then again no truly you-lie*  
 τοῦτο οὐκ ἐποίησα· καὶ πάλιν· Ναί, ἀληθῶς τοῦτο, ναί·  
*this not I-did and again yes truly this yes*  
 ἀλλ' ἔκλαυσα, ἀλλὰ διηκόνησα· καὶ πάλιν· Οὐχί, ὅλως  
*but I-wept but I-served and again no at-all*  
 κατηγορεῖτέ μου. Ἦστι δὲ ὅτε εἰς τινα ἔλεγε· Ναί,  
*you-accuse me there-is but when to some he-said yes*  
 ἀληθῶς, ναί· καὶ πρὸς τοῦτο τί εἰπεῖν οὐκ οἶδα· ἐν τῷ  
*truly yes and to this what to-say not I-know in —*  
 Θεῷ ἐστιν ἔλεος. Καὶ ἦν ἀληθῶς θέαμα φρικτὸν καὶ  
*God is mercy and it-was truly a-sight dreadful and*  
 φοβερὸν, ἀόρατον καὶ ἀσυγχώρητον λογοθέσιον· καὶ τὸ  
*fearful invisible and unpardoning accounting and the*  
 φοβερώτερον, ὅτι καὶ ἃ οὐκ ἐποίησε, κατηγοροῦν αὐτοῦ.  
*more-fearful that also what not he-did they-accused him*  
 Βαβαί, ὁ ἡσυχαστῆς καὶ ἀναχωρητῆς ἔλεγεν εἰς τινα τῶν  
*alas the solitary and anchorite said to some of-the*  
 ἑαυτοῦ πταισμάτων, ὅτι Πρὸς ταῦτα εἰπεῖν οὐκ οἶδα,  
*own failings that to these(-things) to-say not I-know*  
 ἔχων που λοιπὸν περὶ τὰ τεσσαράκοντα ἔτη μοναχός,  
*having somewhere thereafter about the forty years monk*  
 καὶ ἔχων τὸ δάκρυον. Οἷ μοι, οἷ μοι, ποῦ ἦν τότε ἡ τοῦ  
*and having the tear woe me woe me where was then the —*  
 Ἰεζεκιὴλ φωνή, ἵνα εἴπῃ πρὸς αὐτούς, ὅτι Ἐν ᾧ εὗρω  
*of-Ezekiel voice that it-might-say to them that in what I-find*  
 σε, ἐν αὐτῷ καὶ κρινῶ σε, εἶπεν ὁ Θεός. Ὅντως οὐδὲν  
*you in it also I-will-judge you said — God truly nothing*  
 τοιοῦτον εἰπεῖν ἠδυνήθη· τίνος χάριν δόξα τῷ μόνῳ  
*such to-say he-was-able of-what for-the-sake glory to-the only*



γινώσκοντι· τινὲς δέ μοι, ὡς ἐπὶ Κυρίου διηγῆσαντο, ὅτι  
*knowing(-one) some and to-me as before (the)-Lord narrated that*  
 καὶ λεοπάρδω ἀπὸ χειρὸς παρέβαλεν εἰς τὴν ἔρημον· καὶ  
*even a-leopard from hand he-fed in the desert and*  
 οὕτω λογοθετούμενος, τοῦ σώματος ἐχωρίσθη, τί τὸ  
*thus being-called-to-account from-the body he-was-separated what the*  
 κρῖμα, ἢ τὸ πέρασ, ἢ ἀπόφασις αὐτοῦ, ἢ τὸ τέλος τοῦ  
*judgment or the end or sentence his or the end of-the*  
 λογοθεσίου κατάδηλον μὴ ποιησάμενος. "Ὡσπερ χήρα τὸν  
*accounting clear not having-made as a-widow the*  
 ἑαυτῆς ἄνδρα ἀποβαλοῦσα, καὶ μονογενῇ υἱὸν κεκτημένη  
*own husband having-lost and an-only-begotten son having*  
 μετὰ Κύριον, ἐκείνον μόνον παραμυθίαν κέκτηται· οὕτω  
*after (the)-Lord him alone as-consolation has thus*  
 καὶ ψυχῆς πεσοῦσης οὐκ ἔστι παραμυθία τις ἑτέρα ἐν  
*also of-a-soul having-fallen not is-there consolation any other at*  
 καιρῷ ἐξόδου, ὡς οἱ κόποι τοῦ λαμοῦ, καὶ τὸ δάκρυον.  
*time of-departure as the toils of-the gullet and the tear*  
 Οὐ μελωδήσουσιν οἱ τοιοῦτοί ποτε, οὐδὲ ἀλαλᾷζουσιν ἐν  
*not will-sing the such(-ones) ever nor raise-a-shout in*  
 ὕμνοις πρὸς ἑαυτούς· λυμαντικὰ γὰρ τὰ τοιαῦτα τοῦ  
*hymns to themselves destructive for the such(-things) of-the*  
 πένθους καθεστήκασιν. Ἄν διὰ τούτων προσκαλεῖσθαι  
*mourning are if through these to-summon*  
 αὐτὸ ἐπιτηδεύης, ἔτι πόρρω ἀπὸ σου ἀφέστηκε τὸ ἔργον·  
*it you-practice still far from you has-stood-off the work*  
 πένθος γὰρ ἐστὶν πεποιωμένον ἄλγημα ψυχῆς ἐμπύρου·  
*mourning for is a-settled pain of-a-soul fiery*  
 πρόδρομον ἐν πολλοῖς τῆς μακαρίας ἀπαθείας τὸ πένθος  
*forerunner in many of-the blessed dispassion the mourning*  
 γέγονε, προευντρεπίσαν, καὶ προσαρῶσαν, καὶ ἀναλώσαν  
*has-become having-prepared-beforehand and having-plowed and having-consumed*

τὴν ὕλην. Διηγήσατό μοί τις τούτου τοῦ καλοῦ ἐργάτης  
*the matter narrated to-me someone of-this the good a-worker*  
 δόκιμος, ὅτι περ, φησίν, ἐπιτηδεύοντί μοι πολλάκις πρὸς  
*approved that indeed he-says practicing me often toward*  
 κενοδοξίαν, ἢ ὀργήν, ἢ γαστρὸς κόρον ἐκφέρεσθαι, ὁ τοῦ  
*vainglory or anger or of-belly surfeit to-be-carried the of-the*  
 πένθους ἔσωθεν διεμαρτύρατό μοι λογισμός, καί φησι·  
*mourning within testified to-me thought and says*  
 «Μὴ κενοδοξήσης, ἐπὶ ἀναχωρῶ σου, ὁμοίως καὶ ἐπὶ  
*not be-vainglorious on withdrawal your likewise also on*  
 τῶν ἄλλων παθῶν.» Ἐγὼ δὲ πρὸς αὐτὸν ἔλεγον· Οὐ μὴ  
*the other passions I but to him said not —*  
 σου παρακούσω ποτέ, ἄχρις οὗ τῷ Χριστῷ παραστήσης.  
*you I-will-disobey ever until — — to-Christ you-present(-me)*  
 Ἄβυσσος μὲν πένθους παράκλησιν ἐθεάσατο, καθαρότης  
*abyss indeed of-mourning consolation beheld purity*  
 δὲ καρδίας ἐδέξατο ἑλλαμψιν. Ἐλλαμψίς ἐστιν ἄρρητος  
*but of-heart received illumination illumination is ineffable*  
 ἐνέργεια, νοουμένη ἀγνώστως, καὶ ὁρωμένη ἀοράτως·  
*working perceived unknowingly and seen invisibly*  
 παράκλησίς ἐστιν ἐνωδύνου ψυχῆς ἀνάψυξις, νηπίου δίκην  
*consolation is of-a-pained soul refreshment infant like*  
 ἐν αὐτῇ κλαυθμηριζομένης ἅμα καὶ φαιδρῶς μειδιώσης.  
*in itself whimpering at-once and brightly smiling*  
 Ἀντίληψίς ἐστι ψυχῆς ἀνανέωσις, καταπεσοῦσης λύπη, τὸ  
*help is of-soul renewal having-fallen grief the*  
 ἐνώδυνον δάκρυον εἰς ἀνώδυνον θαυμασίως μεταποιήσασα.  
*painful tear into painless wonderfully having-changed*  
 Δάκρυα ἐξόδου ἀπέτεκεν φόβον· φόβου δὲ τεκόντος  
*tears of-departure begot fear fear and having-begotten*  
 ἀφοβίαν, ἐπιφαίνει χαρά, χαρὰς δὲ ἀκαταλίκτου ληξάσης  
*fearlessness shines joy joy and unceasing having-ceased*

τῆς ὁσίας ἀγάπης, ἀνέτειλε τὸ ἄνθος. Ἀπόθου ὡς οὐκ  
*of-the holy love rose the flower put-away as not*  
 ἄξιος ἐν χειρὶ ταπεινώσεως ἐπιδημοῦσαν χαράν, ἵνα  
*worthy in (the)-hand of-humility visiting joy that*  
 μὴ εὐπαράδεκτος ὢν, δέξῃ λύκον ἀντὶ ποιμένος. Μὴ  
*not easily-receiving being you-receive a-wolf instead-of a-shepherd not*  
 πρόστρεχε θεωρίᾳ ἐν οὐ καιρῷ θεωρίας, ἵνα σου τοῦ  
*run-toward contemplation in not time of-contemplation that your the*  
 κάλλους τῆς ταπεινώσεως καταδιώξῃται, καὶ καταλήψῃται,  
*beauty of-the humility may-pursue and may-overtake*  
 καὶ εἰς αἰῶνα αἰώνων συναφθήσεται σοι ἐν πανάγνω  
*and for age of-ages will-be-joined to-you in all-pure*  
 γάμῳ. Ἐν ἀρχαῖς μὲν αὐταῖς γνωρίζων ὁ νήπιος  
*marriage in beginnings indeed very knowing the infant*  
 τὸν πατέρα, χαρᾶς ὅλος πεπληρωμένος γίνεται· τούτου  
*the father with-joy wholly filled becomes this-one*  
 δὲ πρὸς χρόνον οἰκονομικῶς ἀποδημοῦντος, εἶτα πάλιν  
*and for a-time providentially being-away then again*  
 ἐπιδημοῦντος, χαρᾶς ὁ παῖς καὶ λύπης ἀνάμεστος γίνεται·  
*being-present of-joy the child and of-grief full becomes*  
 χαρᾶς μὲν, ὡς τὸν ποθούμενον ἰδὼν· λύπης δέ, διὰ  
*of-joy indeed as the longed-for having-seen of-grief but because-of*  
 τὴν τοῦ τοσοῦτου χρόνου τοῦ καλοῦ κάλλους στέρησιν.  
*the of-the so-long time of-the good beauty deprivation*  
 Κρύπτει μήτηρ ἑαυτὴν τοῦ νηπίου, καὶ τούτου ἐνωδύνως  
*hides a-mother herself from-the infant and it painfully*  
 ἐπιζητοῦντος αὐτὴν ὁρῶσα, τέρπεται, παιδεύουσα, αὐτὸ  
*seeking her seeing is-delighted teaching it*  
 διηνεκῶς προσκολλᾶσθαι αὐτῇ· καὶ τὸ φίλτρον αὐτοῦ τὸ  
*continually to-cling to-her and the affection its the*  
 πρὸς ἑαυτὴν σφοδρῶς ἀναφλέγουσα. Ὁ ἔχων ὦτα  
*toward herself vehemently inflaming the(-one) having ears*

ἀκούειν, ἀκουέτω, φησὶν ὁ Κύριος. Οὐ μεριμνήσει ὁ  
*to-hear let-him-hear says the Lord not will-be-concerned-with the*  
 τὴν ἀπόφασιν εἰληφὼς κατὰδικος τὰς θεάτρων διοικήσεις·  
*the sentence having-received convict the of-theaters arrangements*  
 καὶ οὐ μὴ προσχῇ ὁ ἐναργῶς θρηνῶν, τρυφῇ, ἢ  
*and not — will-attend the(-one) manifestly lamenting to-luxury or*  
 δόξῃ, ἢ ὀργῇ, ἢ ὀξυχολία ποτέ. Πένθος ἐστὶ πεποιωμένη  
*to-glory or to-anger or to-quick-temper ever mourning is a-settled*  
 ὀδύνη μετανοούσης ψυχῆς, καθ' ἡμέραν ὀδύναις ὀδύναις  
*pain of-a-repenting soul each day pains to-pains*  
 προστιθεῖσα, ὡς ἡ τίκτουσα καὶ ὀδύνουσα. Δίκαιος  
*adding as the(-woman) giving-birth and in-pain just*  
 καὶ ὅσιος ὁ Κύριος· καὶ τὸν λόγῳ ἡσυχάζοντα,  
*and holy the Lord both the(-one) in-reason being-still*  
 λόγῳ κατανύσσων· καὶ τὸν λόγῳ ὑποτασσόμενον καθ'  
*with-reason piercing and the(-one) in-reason submitting each*  
 ἡμέραν εὐφραίνων. Ὁ θάτερον τρόπον οὐκ ἀνοθεύτως  
*day gladdening the(-one) either way not uncounterfeitly*  
 μετερχόμενος τοῦ πένθους ἀπήλλακται. Ἀπόθου τὸν κύνα  
*pursuing from-the mourning has-been-freed put-away the dog*  
 τὸν ἐν τῷ πένθει τῷ βαθυτάτῳ προσερχόμενον· καὶ τὸν  
*the in the mourning the deepest approaching and —*  
 Θεὸν ἄσπλαγχνον καὶ ἀσυμπαθεῖ ὑποβάλλοντα. Ἐπιτηρήσας  
*God merciless and unsympathetic suggesting having-watched*  
 γὰρ αὐτόν, εὐρήσεις πρὸ τῆς ἁμαρτίας φιλόανθρωπον,  
*for him you-will-find before the sin loving-to-man*  
 καὶ συμπαθεῖ τὸν Θεὸν καὶ συγχωρητὴν προσαγορεύοντα.  
*and sympathetic — God and pardoning calling*  
 Ἀδολεσχία γεννᾷ συνέχειαν, αὐτὴ δὲ καταλήγει εἰς  
*meditation begets continuity it and ends in*  
 αἴσθησιν· τὸ δὲ ἐν αἰσθήσει ποιούμενον, δυσφαίρετον, κἂν  
*perception the and in perception done hard-to-remove even-if*

ὅποίας ἂν ἡμῶν τὰς πολιτείας μεγάλας μετερχώμεθα, τὴν  
*what-sort — our the ways-of-life great we-pursue the*  
 δὲ καρδίαν ἐνώδυνον οὐ κεκτήμεθα, νόθοι αὐται καὶ ἔωλοι  
*but heart pained not we-have counterfeit these and stale*  
 κατεστήκασιν· δεῖ γὰρ ὄντως, δεῖ, ἵν' οὕτως εἴπω,  
*are one-must for truly one-must that thus I-may-say*  
 τοὺς μετὰ τὸ λούτρον πάλιν μολυνθέντας, πυρὶ καρδίας  
*those after the washing again defiled with-fire of-heart*  
 ἀνενδότῳ, καὶ ἐλαίῳ Θεοῦ τὰς ἑαυτῶν ἀποπισσῶσαι χεῖρας.  
*unyielding and oil of-God the own to-cleanse-of-pitch hands*  
 Εἶδον ἐγὼ ὄρον ἐν τισι πένθους τὸν ἀκρότατον· αἷμα  
*I-saw I (the)-bound in some of-mourning the highest blood*  
 γὰρ αὐτοὺς αἰσθητῶς ἐκ τῆς κατωδύνου καὶ πεπληγμένης  
*for them sensibly from the painful and struck*  
 καρδίας ἔθεασάμην προχέοντας ἐκ τοῦ στόματος· καὶ  
*heart I-beheld shedding from the mouth and*  
 ἐνεθυμήθην τοῦ φήσαντος· Ἐπλήγην ὥσει χόρτος, καὶ  
*I-remembered the(-one) having-said I-was-struck like grass and*  
 ἐξηράνθη ἡ καρδιά μου. Τὰ μὲν ἐκ φόβου δάκρυα,  
*was-withered the heart my the indeed from fear tears*  
 αὐτὰ ἐφ' ἑαυτοῖς τὸν τρόμον καὶ τὴν φυλακὴν κέκτηται·  
*themselves in themselves the trembling and the guard have*  
 τὰ δὲ τῆς ἀγάπης πρὸ τῆς τελείας ἀγάπης ἴσως καὶ  
*the but of-the love before the perfect love perhaps also*  
 εὐσυλα ἔν τισιν καθεστήκασιν. Οὐκ οἶδα εἰ μὴ γε ἂν  
*easily-robbed in some are not I-know if not at-least —*  
 πολὺ τὸ ἀείμνηστον πῦρ ἐν τῷ καιρῷ τῆς ἐνεργείας τὴν  
*much the ever-remembered fire in the time of-the working the*  
 καρδίαν ἀνεξάψιει. Καὶ θαῦμα εἰπεῖν, πῶς τὸ ταπεινότερόν  
*heart should-kindle and a-wonder to-say how the lowlier*  
 ἐστὶν ἀσφαλέστερον ἐν καιρῷ αὐτοῦ. Εἰσὶν ὕλαι τὰς  
*is safer in time its there-are materials the*

πηγὰς ἡμῶν ξηραίνουσαι καὶ εἰσιν ἕτεροι καὶ βόρβορον  
*springs our drying and there-are others both mud*  
 ἐν αὐτοῖς, καὶ θηρία ἀποτίκτουσαι· καὶ διὰ μὲν τῶν  
*in them and beasts begetting and through indeed the*  
 προτέρων ὁ Ἄωτ ταῖς θυγατράσι παρανόμως συνεγένετο·  
*former — Lot with-the daughters lawlessly lay*  
 διὰ δὲ τῶν δευτέρων ὁ διάβολος ἐξ οὐρανοῦ πέπτωκε.  
*through and the second the devil from heaven has-fallen*  
 Πολλὴ παρ' αὐτοῖς ἐχθροὶς ἡμῶν ἡ κακία, πῶς τὰς  
*great among them (the)-enemies our the malice how the*  
 μητέρας τῶν ἀρετῶν, μητέρας κακιῶν ἀπεργάζονται,  
*mothers of-the virtues mothers of-vices they-make*  
 καὶ τὰς ποιητικὰς τῶν ταπεινώσεων ὕλας, ὑπερηφανίας  
*and the productive of-the humilities materials of-pride*  
 δημιουργοὺς ἀποδεικνύουσι. Πεφύκασιν πολλάκις, καὶ αὐταὶ  
*makers they-show are-wont often also themselves*  
 τῶν οἰκητηρίων ἡμῶν αἱ καταμοναὶ καὶ θέαι τὸν νοῦν  
*of-the dwellings our the solitudes and sights the mind*  
 ἡμῶν εἰς κατάνυξιν προσκαλεῖσθαι· καὶ πεισάτωσαν ἴσως  
*our to compunction to-call and let-persuade perhaps*  
 καὶ Ἡλίας, καὶ Ἰωάννης καθ' ἑαυτοὺς προσευχόμενοι.  
*also Elijah and John by themselves praying*  
 Εἶδον ἐν πόλεσι καὶ θορύβοις πολλάκις κινηθέντα δάκρυα,  
*I-saw in cities and tumults often moved tears*  
 ἵν' ὥς μηδὲν ἐκ τῶν θορύβων ἀδικεῖσθαι οἰόμενοι, τῷ  
*so-that as nothing from the tumults to-be-wronged thinking to-the*  
 κόσμῳ πλησιάσωμεν· σκοπὸς γὰρ οὗτος τοῖς πονηροῖς  
*world we-may-draw-near aim for this for-the wicked*  
 δαίμοσιν· εἷς μὲν λόγος πολλάκις πένθος διέλυσε· θαῦμα  
*demons one indeed word often mourning dissolved a-wonder*  
 δέ, εἴπερ καὶ εἷς αὐτὸ συνήγαγεν. Οὐκ ἐγκληθησόμεθα,  
*and if-indeed also one it gathered not we-will-be-accused*

ὦ οὗτοι, οὐκ ἐγκληθισόμεθα ἐν ἐξόδῳ ψυχῆς, διότι οὐ  
*O you not we-will-be-accused at departure of-soul because not*  
 τεθνατουργήκαμεν· οὐδ' ὅτι οὐ τεθεολογήκαμεν· οὐδ' ὅτι  
*we-have-worked-wonders nor that not we-have-theologized nor that*  
 θεωρητικοὶ οὐ γεγόναμεν, ἀλλὰ λόγον πάντως δώσομεν  
*contemplatives not we-have-become but account surely we-will-give*  
 τῷ Θεῷ διότι ἀδιαλείπτως οὐ πεπενθήκαμεν.

— *to-God because unceasingly not we-have-mourned*

Βάσις ἑβδόμη· ὁ ἀξιωθεὶς καὶ μοι βοηθείτω· 2  
*base seventh the(-one) having-been-deemed-worthy me-too let-bim-help*  
 αὐτὸς γὰρ ἤδη βεβοήθηται, διὰ τοῦ ἑβδόμου βαθμοῦ  
*he for already has-been-helped through the seventh step*  
 τὰς τοῦ αἰῶνος τούτου κηλίδας ἀπονιψάμενος.  
*the of-the age this stains having-washed-off*

## VIII • FREEDOM FROM ANGER, AND MEEKNESS

*As water quenches flame, the tears of true mourning quench temper. John defines freedom from anger, meekness, anger, quick temper, and bitterness, and warns that a quick temper grinds the soul's grain like a mill. A temper can be rubbed round in a hard community like a stone among stones. He tells of three monks insulted together: one stung and silent, one glad for himself but grieved for the other, one weeping for his neighbor's harm. Temper, brought to trial, names its mothers, vainglory, avarice, gluttony, and sometimes fornication, its father, conceit, and the one who plots against it, humility.*

Ὡς περ ὕδατος ἐν φλογὶ κατὰ μικρὸν προστιθεμένου, 1  
*as water on a-flame by little being-added*  
 τελείως ἡ φλόξ ἀποσβέννυται, οὕτω καὶ τοῦ ἀληθινοῦ  
*completely the flame is-quenched thus also of-the true*  
 πένθους τὸ δάκρυον πᾶσαν τὴν φλόγα τοῦ θυμοῦ καὶ  
*mourning the tear all the flame of-the temper and*

ὀξύχολίας ἀποκτείνειν πέφυκε· διὸ αὐτὸ καὶ ἀκολουθῶς  
*quick-temper to-kill is-wont therefore it also in-sequence*  
 τετάχαμεν. Ἀοργησία τοῖνυν ἐστὶν ἔφεσις ἀτιμίας  
*we-have-placed freedom-from-anger therefore is a-desire of-dis-honor*  
 ἀκόρεστος, ὡς ἐν τοῖς κενოდόξοις εὐφημίας ἀπέραντος.  
*insatiable as in the vainglorious of-acclaim unlimited*  
 Ἀοργησία ἐστὶ φύσεως ἡττα, ἐν ἀναισθησίαις ὕβρεων  
*freedom-from-anger is of-nature a-defeat in insensibilities of-insults*  
 ἐξ ἀγώνων καὶ ἰδρώτων προσγινομένη. Πραότης ἐστὶν  
*from struggles and sweats coming meekness is*  
 ἀκίνητος ψυχῆς κατάστασις, ἐν ἀτιμίαις καὶ εὐφημίαις  
*an-unmoved of-soul state in dishonors and acclaims*  
 ὡσαύτως ἔχουσα. Ἀρχὴ μὲν ἀοργησίαις, σιωπῇ  
*alike being (the)-beginning indeed of-freedom-from-anger silence*  
 χειλέων ἐν ταραχῇ καρδίας· μεσότης δὲ σιωπῇ λογισμῶν  
*of-lips in trouble of-heart the-middle and silence of-thoughts*  
 ἐν ψιλῇ ταραχῇ ψυχῆς· τέλος δὲ πεπηγμένη γαλήνη  
*in bare trouble of-soul (the)-end and fixed calm*  
 ἐν πνοῇ ἀνέμων ἀκαθάρτων. Ὀργὴ ἐστὶν ὑπόμνησις  
*in blast of-winds unclean anger is a-reminder*  
 κεκρυμμένου μίσους, ἥγουν μνησικακίας. Ὀργὴ ἐστὶν  
*of-bidden hatred that-is of-grudge-bearing anger is*  
 ἐπιθυμία κακώσεως τοῦ παροξύνοντος. Ὀξύχολία ἐστὶν  
*desire of-harm of-the(-one) provoking quick-temper is*  
 ἔξαψις καρδίας ἀχρόνως γινομένη. Πικρία ἐστὶν ἀνήδονος  
*a-kindling of-heart instantly happening bitterness is a-joyless*  
 κίνησις ἐν ψυχῇ συγκαθημένη. Θυμὸς ἐστὶν εὐμετάβολος  
*movement in (the)-soul sitting-with temper is a-changeable*  
 κίνησις ἡθῶν, καὶ ψυχῆς ἀσχημοσύνη. Ὡς φωτὸς  
*movement of-manners and of-soul unseemliness as light*  
 φανέντος ὑποχωρεῖ τὸ σκότος· οὕτως καὶ ἐξ ὁσμῆς  
*having-appeared withdraws the darkness thus also from (the)-scent*



ταπεινώσεως πάσα πικρία καὶ θυμὸς ἐξαφανίζεται. Τινὲς  
*of-humility all bitterness and temper vanishes some*  
 εὐμετάβλητοι ἐκ θυμοῦ ὑπάρχοντες, ἀμελῶς περὶ τὴν  
*changeable from temper being carelessly about the*  
 τούτου θεραπείαν καὶ ἐπιμέλειαν διάκεινται, μὴ ἐννοοῦντες  
*of-it healing and care are-disposed not considering*  
 οἱ τάλανες τοῦ εἰπόντος· Ἡ ροπή τοῦ θυμοῦ αὐτοῦ,  
*the wretched(-ones) the(-one) having-said the turn of-the temper his*  
 πτώσις αὐτῷ. Ἔστι κίνησις μύλου ὀξεῖα ἐν μιᾷ ροπῇ  
*a-fall to-him there-is a-movement of-a-mill swift in one turn*  
 ὑπὲρ τὴν τοῦ ἑτέρου ἡμέραν, σίτον ψυχῆς, καὶ καρπὸν  
*beyond the of-the other day grain of-soul and fruit*  
 συντριβουσα καὶ ἐξαφανίζουσα· διὸ προσεκτέον νουνεχῶς.  
*grinding and destroying therefore one-must-attend wisely*  
 Ἔστι φλογὸς ἑξαψις συντόμως ὑπὸ σφοδροῦ πνεύματος  
*there-is of-flame a-kindling quickly by vehement wind*  
 ἀναπτομένη, καὶ ὑπὲρ φλόγα χρονίζουσιν τὸν ἀγρὸν  
*kindled and beyond flame lingering the field*  
 τῆς καρδίας ἀνεμπιπρῶσα, καὶ ἀπολλύουσα. Οὐδὲ τοῦτο  
*of-the heart burning and destroying not-even this*  
 ἡμᾶς λανθάνειν ὀφείλει, ὦ φίλοι, ὅτι περ ἐν καιρῷ οἱ  
*us to-escape ought O friends that indeed in time the*  
 πονηροὶ δαίμονες ἑαυτοὺς συντόμως ὑποστέλλουσιν, ἵν'  
*wicked demons themselves quickly withdraw so-that*  
 ὡς μικρῶν τῶν μεγάλων παθῶν ἀμελήσαντες, ἀνίατα  
*as small the great passions having-neglected incurably*  
 λοιπὸν νοσήσωμεν. Ὡς περ λίθος ὀξύγωνος, καὶ ἀπόκροτος  
*thereafter we-may-be-sick as a-stone sharp-angled and rugged*  
 ἑτέροις λίθοις συγκρουόμενος καὶ συνδαιρόμενος, ἅπασαν  
*with-other stones striking and grinding-together all*  
 αὐτοῦ τὴν ὀξύγωνον καὶ ἀπόκροτον καὶ στεῖρῶν διάπλασιν  
*its the sharp-angled and rugged and hard form*

διαθρύπτεται, καὶ στρογγυλοειδῇ ἀπεργάζεται· οὕτως καὶ  
*breaks-off and round becomes thus also*  
 ψυχῇ ὀξεῖα καὶ ἀπότομος συμμιγνυμένη καὶ συνδιάγουσα  
*a-soul sharp and severe mixing and living-with*  
 σκληροῖς τισι, δυεῖν θάτερον ὑπομένει· ἢ ἐκ τῆς  
*hard some of-two the-one endures either from the*  
 ὑπομονῆς τὸ ἴδιον τραῦμα θεραπεύσει, ἢ ὑποχωρήσασα  
*endurance the own wound it-will-beal or having-withdrawn*  
 τὴν ἰδίαν πάντως ἀσθένειαν γνωρίσει· τῆς φυγῆς τῆς  
*the own surely weakness it-will-recognize the flight the*  
 δειλάνδρου ταύτην αὐτῇ, ὥσπερ ἔσοπτρον φανερώσασθης.  
*cowardly it to-it as a-mirror having-revealed*  
 Θυμώδης ἐστὶν ἐπιληπτικός ἐκούσιος, ἐξ ἀκουσίου  
*(the)-temper-prone is an-epileptic willing from unwilling*  
 προλήψεως, καταρρήγνυμενος καὶ ρασσόμενος. Οὐδὲν οὕτω  
*habit being-dashed-down and being-thrown nothing so*  
 τοῖς μετανοοῦσιν ἀνοίκειον ὥς θυμὸς ταρασσόμενος, εἴπερ  
*to-the repenting unsuited as temper being-troubled if-indeed*  
 ἡ ἐπιστροφή πολλῆς δεῖται τῆς ταπεινώσεως. Ὁ δὲ πάσης  
*the conversion much needs the humility it but of-all*  
 οἰήσεως ὑπάρχει τεκμήριον. Εἰ τοῦτο ὅρος ἀκροτάτης  
*conceit is proof if this (the)-bound of-highest*  
 πραότητος, τὸ καὶ παρόντος τοῦ ἐρεθίζοντος γαληνῶς  
*meekness the even present the(-one) provoking calmly*  
 τῇ καρδίᾳ καὶ ἀγαπητικῶς πρὸς αὐτὸν διακεῖσθαι,  
*in-the heart and lovingly toward him to-be-disposed*  
 πάντως τοῦτο ὅρος ἀκροτάτου θυμοῦ, τὸ καὶ καθ'  
*surely this (the)-bound of-highest temper the even by*  
 ἑαυτὸν διάγοντα μόνον, λόγοις καὶ σχήμασι πρὸς τὸν  
*himself living alone with-words and gestures against the(-one)*  
 λυπήσαντα διαμάχεσθαι, καὶ θηριοῦσθαι. Εἰ τὸ πνεῦμα  
*having-grieved to-fight and to-become-beastly if the spirit*

τὸ ἅγιον εἰρήνη ψυχῆς καὶ ὀρίζεται, καὶ ὑπάρχει ἡ δὲ  
*the holy peace of-soul both is-defined and is the but*  
 ὀργή, ταραχή καρδίας καὶ ὑπάρχει καὶ λέγεται.

*anger trouble of-heart both is and is-called*

Οὐκ οὖν οὐδὲν οὕτω τὴν αὐτοῦ παρουσίαν ἐν ἡμῖν, ὥς 2  
*not then anything so the his presence in us as*  
 θυμὸς ὑποτειχίζειν πέφυκε.

*temper to-undermine is-wont*

Πάμπολλα καὶ χαλεπὰ αὐτοῦ τὰ γεννήματα γνωρίζοντες· 3  
*very-many and grievous its the offspring recognizing*

ἓνα καὶ μόνον ἀκούσιον ἀπόγονον, εἰ καὶ νόθον, ὅμως  
*one and only unwilling descendant if even bastard nevertheless*

ὠφέλημον ἐπεγνώκαμεν. Εἶδον μανικῶς ἐξαφθέντας, καὶ τὴν  
*useful we-have-recognized I-saw madly inflamed and the*

χρονίαν καὶ ἐναπόθετον μνησικακίαν ἐμέσαντας, καὶ διὰ  
*chronic and stored-up grudge having-vomited and through*

πάθους, πάθους ἀπαλλαγέντας· περὶ τῆς χρονίου λύπης  
*passion from-passion freed about the chronic grief*

ἢ μετάνοιαν, ἢ πληροφορίαν ἐκ τοῦ λελυπηκότος  
*either penitence or satisfaction from the(-one) having-grieved*

κομισαμένους. Καὶ εἶδον τὸ δοκεῖν μακροθυμήσαντας  
*having-received and I-saw the seeming having-been-long-suffering*

ἀλόγως, καὶ ἐκ τῆς σιωπῆς μνησικακίαν ἔνδον ἀποθεμένους,  
*irrationally and from the silence a-grudge within having-stored*

καὶ τῶν μαινομένων μᾶλλον αὐτοὺς ἐταλάνισα, ὥς διὰ  
*and than-the raving rather them I-called-wretched as through*

μέλανος τὸ τῆς περιστερᾶς λευκὸν ἀφανίσαντας. Πολλῆς  
*blackness the of-the dove white having-destroyed much*

ἡμῖν πρὸς τὸν ὄφιν δεῖ τοῦτον τῆς ἐπιμελείας· τὴν γὰρ  
*for-us against the serpent is-needed this of-the care the for*

φύσιν καὶ αὐτός, ὥς καὶ ὁ τῶν σωματῶν συνεργοῦσαν  
*nature also it as also the of-the bodies working-with*

αὐτῷ, κέκτηται. Εἶδον ὀργισθέντας, καὶ ἐκ πικρίας  
*it has I-saw angered and from bitterness*  
 τὴν τροφὴν ἀπωσαμένους, καὶ μέντοι ἰὼν ἰῶ διὰ  
*the food having-refused and yet poison to-poison through*  
 τῆς ἀλόγου ἐγκρατείας προσελάβοντο. Καὶ εἶδον ἑτέρους  
*the irrational continence they-added and I-saw others*  
 ἀφορμῆς δῆθεν εὐλόγου τοῦ θυμοῦ δραξαμένους, καὶ  
*of-an-occasion supposedly reasonable of-the temper having-seized and*  
 γαστριμαργία ἑαυτοὺς μεθοδεύσαντας, καὶ ἐκ βοθύνου εἰς  
*by-gluttony themselves having-led-astray and from a-ditch into*  
 κρημνὸν περιπεσόντας. Ἑτέρους δὲ ἐχέφρονας τεθέαμαι, ὡς  
*a-cliff having-fallen others and sensible I-have-beheld as*  
 καλοὺς ἰατροὺς ἀμφότερα συγκεράσαντας, καὶ τὰ μέγιστα  
*good physicians both having-mixed and the greatest*  
 ἐκ τῆς συμμέτρου παρακλήσεως ὠφεληθέντας. Ποτὲ μὲν  
*from the moderate consolation having-benefited sometimes indeed*  
 ἡ μελωδία τὸν θυμὸν ἀρίστως διαλύει, ἡ σύμμετρος·  
*the melody the temper excellently dissolves the moderate*  
 ποτὲ δὲ τῇ φιληδονίᾳ συνέρχεται, ἥγε ἄμετρος καὶ  
*sometimes and with-the love-of-pleasure comes-together that-at-least immoderate and*  
 ἄκαιρος. Τοὺς οὖν καιροὺς κανονίζοντες, οὕτως ἐχρησάμεθα.  
*untimely the then times ruling thus we-have-used*  
 Ἦκουσα παρακαθήμενος ἔξω κατὰ τινα χρεῖαν ἀνδρῶν  
*I-heard sitting-by outside for some need of-men*  
 ἡσυχάζοντων, ὡς περδίκων ἐν τῇ κέλλῃ ἐκ πικρίας καὶ  
*being-still like partridges in the cell from bitterness and*  
 θυμοῦ καθ' ἑαυτοὺς κλοβομαχούντων, τῷ προσώπῳ δὲ  
*temper by themselves fighting-in-cages at-the face and*  
 ὡς παρόντος τοῦ λελυπηκότος ἐπιπηδώντων· οἷς  
*as present the(-one) having-grieved leaping-on to-whom*  
 ἔγωγε τὸ μὴ ἀπιδιάζειν εὐσεβῶς συμβεβούλευκα, ἵνα  
*I the not to-go-apart piously have-advised that*

μὴ ἐξ ἀνθρώπων δαίμονες κατασταθῶσι. Καὶ τεθέαμαι  
*not from men demons they-become and I-have-beheld*  
 πάλιν λάγνους καὶ βρωμώδεις καρδίας, πρᾶους τινὰς  
*again lustful and foul-smelling of-hearts meek some*  
 καὶ κόλακας, καὶ φιλαδέλφους, καὶ φιλοκαλλιπροσώπους  
*and flatterers and brother-loving and lovers-of-fair-faces*  
 ὑπάρχοντας, οὓς τὴν ἡσυχίαν ὡς ξύριον μισόλαγνον, καὶ  
*being whom the stillness as a-razor lust-bating and*  
 μισόβρωμον μετιέναι παρεσκεύασα, ἵνα μὴ ἐκ λογικῆς εἰς  
*stench-bating to-pursue I-prepared that not from rational into*  
 ἄλογον φύσιν ἐλεεινῶς μετατεθῶσιν. Ἐπεὶ δέ μοί τινες ἐν  
*irrational nature pitiably they-be-transposed since but to-me some in*  
 ἀμφοτέροις ἑαυτοὺς ἔλεγον οἰκτίστως ἐκφέρεσθαι, τούτους  
*both themselves said most-pitiably to-be-carried-away these*  
 ἔγωγε πάντα αὐτεξουσίως πορεύεσθαι κεκώλυκα. Τοῖς  
*I wholly by-their-own-authority to-go have-bindered to-the*  
 μέντοι αὐτῶν ἐπιστατοῦσι τοῦτο φιλικῶς ὑποθέμενος·  
*however their superiors this in-friendly-fashion having-suggested*  
 ποτὲ μὲν αὐτοῖς τοῦ χρόνου ταύτην, ποτὲ δὲ ἐκείνην  
*sometimes indeed to-them of-the time this sometimes and that*  
 τὴν τάξιν ἐπιτρέπειν μετέρχεσθαι· ὅμως τὸ πᾶν τῷ  
*the rank to-allow to-pursue nevertheless the all to-the(-one)*  
 κρατοῦντι πάντα κρατοῦντι, τὸν αὐχένα δούς. Ὁ μὲν  
*ruling all-things ruling the neck having-given the indeed*  
 φιλήδονος ἑαυτόν, ἴσως δὲ καὶ ἕτερον ἓνα φιλομύστην  
*pleasure-lover himself perhaps and also another one fellow-initiate*  
 αὐτοῦ λυμαίνεσθαι πέφυκεν· ὁ δὲ θυμώδης ὥσπερ λύκος  
*his to-defile is-wont the but temper-prone as a-wolf*  
 πᾶσαν πολλάκις τὴν ποίμνην διετάραξε, καὶ πολλὰς  
*all often the flock troubled and many*  
 ψυχὰς ταπεινώσας διέθλιψε· χαλεπὸν μὲν τὸν τῆς καρδίας  
*souls having-bumbled afflicted grievous indeed the of-the heart*

ὀφθαλμὸν ἐκ θυμοῦ ταραῖαι, κατὰ τὸν εἰπόντα·  
 eye by temper to-trouble according-to the(-one) having-said  
 Ἐταράχθη ἀπὸ θυμοῦ ὁ ὀφθαλμός μου· χαλεπώτερον δὲ τὸ  
 was-troubled by temper the eye my more-grievous but the  
 διὰ χειλέων τὴν τῆς ψυχῆς ὁρμὴν ἐνδείξασθαι· τὸ διὰ  
 through lips the of-the soul impulse to-show the through  
 χειρῶν πάντα που τῆς μοναδικῆς, καὶ ἀγγελικῆς, καὶ  
 hands wholly somewhere of-the monastic and angelic and  
 θεϊκῆς πολιτείας ἐχθρὸν καὶ ἀλλότριον. Εἰ κάρφος ἑτέρου  
 divine way-of-life hostile and alien if a-mote of-another  
 ἰάσασθαι θέλεις, μᾶλλον δὲ νομίζεις μὴ ἀντὶ μήλης  
 to-heal you-wish rather and you-think not instead-of a-probe  
 δοκῶ τοῦτον ἀποchrύσης, ἢ ἀποστύψης· δοκὸς βαρὺς  
 with-a-beam it you-anoint or you-sting beam heavy  
 λόγος, σχήματα ἀπρεπῆ· τὸ δὲ ἕτερον ἐπιεικῆς διδασκαλία,  
 word gestures unseemly the and other gentle teaching  
 καὶ μακρόθυμος ἐπιτιμία. Ἐλεγε, φησὶν, ἐπιτίμησον,  
 and long-suffering rebuke reprove he-says rebuke  
 παρακάλεσον· οὐ μέντοι καὶ τύψον. Εἰ δὲ καὶ τοῦτο  
 exhort not however also strike if but even this  
 δέοι, σπανίως καὶ οὐ δι' ἑαυτοῦ. Ἐπισκεψώμεθα  
 should-be-needed rarely and not through yourself let-us-consider  
 καὶ ἐν τοῖς πολλοῖς τῶν θυμικῶν τὴν ἀγρυπνίαν  
 also in the many of-the temper-prone the vigil  
 προθύμως, καὶ τὴν νηστείαν καὶ ἡσυχίαν ἐπιτελουμένην  
 eagerly and the fasting and stillness performed  
 θεασόμεθα. Σκοπὸς γὰρ τῷ δαίμονι τὰς αὐξητικὰς τοῦ  
 we-will-behold aim for for-the demon the increasing of-the  
 πάθους ὕλας, προφάσει δὴθεν μετανοίας, καὶ πένθους  
 passion materials under-pretext supposedly of-repentance and mourning  
 αὐτοῖς ὑποτίθεσθαι. Εἰ εἰς λύκος, ὡς προέφημεν, δύναται  
 to-them to-suggest if one wolf as we-said-before can

ἐκταράξαι ποίμνην, δαίμονα συνεργὸν κεκτημένος, πάντως  
*to-trouble a-flock a-demon as-fellow-worker having surely*  
 καὶ εἰς ἀδελφὸς σοφώτατος, ὥσπερ ἄσκος χρηστός  
*also one brother most-wise as a-wineskin good*  
 ἐλαίου μεστός τὸ κύμα παρενέγκαι καὶ γαληνιάσαι ποιεῖν  
*of-oil full the wave to-divert and to-grow-calm to-make*  
 τὴν ὀλκάδα, ἄγγελον συνεργὸν κεκτημένος, κατὰ  
*the ship an-angel as-fellow-worker having according-to*  
 τὸ μέγεθος τοῦ προτέρου κρίματος, οὗτος ἐκ Θεοῦ  
*the greatness of-the former judgment this-one from God*  
 μισθὸν κομισόμενος, καὶ τύπος ὠφελείας πᾶσι γινόμενος.  
*reward going-to-receive and a-pattern of-benefit to-all becoming*  
 Ἀρχὴ τῆς μακαρίας ἀνεξικακίας ἐν πικρίᾳ καὶ ὀδύνῃ  
*(the)-beginning of-the blessed forbearance in bitterness and pain*  
 ψυχῆς τὰς ἀτιμίας καταδέχεσθαι. Μεσότης δὲ ἀλύπως  
*of-soul the dishonors to-accept the-middle and without-grief*  
 ἐν ταύταις διακεῖσθαι· τελείωσις δέ, εἴπερ καὶ ἔστιν,  
*in them to-be-disposed perfection and if-indeed also it-is*  
 ὡς εὐφημίας ταύτας λογιζεσθαι. Χαίροις ὁ πρότερος,  
*as acclaims them to-reckon rejoice the first*  
 ἔρρωσο ὁ δεύτερος, μακάριος ἐν Κυρίῳ καὶ ἀγαλλιῶ  
*be-strong the second blessed in (the)-Lord and exult*  
 ὁ τρίτος· ἐλεεινὸν ἐπεσημηνάμην ἐν ὀργίλοις θέαμα,  
*the third a-pitiable I-noted among (the)-irascible sight*  
 ἐξ οἰήσεως λεληθότως αὐτοῖς συμβαῖνον, ὀργιζόμενοι γὰρ  
*from conceit secretly to-them happening being-angry for*  
 διὰ τὴν ἥτταν, πάλιν ὠργίζοντο· καὶ πτώματι πτώμα  
*because-of the defeat again they-were-angry and by-fall fall*  
 ἐκδιωκόμενον ὁρῶν ἐθαύμαζον· καὶ ἁμαρτίαν ἁμαρτία  
*pursued seeing I-marveled and sin by-sin*  
 διεκδικοῦντας ἠλέουν θεώμενος, καὶ δαιμόνων πανουργίαν  
*avenging I-pitied beholding and of-demons villainy*

ἐκπληττόμενος, τῆς ἑαυτοῦ ζωῆς μικροῦ δεῖν ἀπεγίνωσκον.

*being-astounded of-the own life by-a-little to-lack I-was-despairing*

Εἴ τις ἑαυτὸν ἀπὸ οἰήσεως καὶ ὀξυχολίας, πονηρίας

*if anyone himself by conceit and quick-temper wickedness*

τε καὶ ὑποκρίσεως εὐχερῶς ἡττώμενον θεάσοιτο, καὶ

*both and hypocrisy easily defeated should-behold and*

οὕτως τὴν μάχαιραν τῆς πραότητος καὶ ἀνεξικακίας

*thus the sword of-the meekness and forbearance*

δίστομον καθ' αὐτῶν ἐσκέψατο σπάσασθαι, οὗτος πορευθεὶς

*double-edged against them considered to-draw be having-gone*

παραγένηται, ὥσπερ ἐν κναφείῳ σωτηρίας, ἐν συνοδίᾳ

*let-him-come as in a-fuller's-shop of-salvation in company*

ἀδελφῶν, καὶ μάλιστα σκληροτάτων, εἶπερ αὐτὰ τελείως

*of-brothers and especially hardest if-indeed them completely*

ἐκδύσασθαι βούλεται, ἵνα ἐκεῖσε ἐξ ὕβρεων καὶ ἀτιμιῶν,

*to-put-off he-wishes that there from insults and dishonors*

καὶ τρικυμῶν τῶν ἀδελφῶν τεινόμενος, καὶ νοερῶς

*and billows of-the brothers stretched and spiritually*

τυπτόμενος, ἢ τάχα που καὶ αἰσθητῶς ξεόμενος, καὶ

*beaten or perhaps somewhere even sensibly scraped and*

πατούμενος καὶ λακτιζόμενος, τὸν ῥύπον τὸν ἐνυπάρχοντα

*trodden and kicked the filth the present*

αὐτοῦ τῇ αἰσθήσει τῆς ψυχῆς ἀποπλύνῃ· αὐτὴ σε ἢ

*his in-the perception of-the soul he-may-wash-off itself you the*

δημῳδῆς φωνὴ πεισάτω πλυντήριον τὸν ὀνειδισμόν τῶν

*popular saying let-persuade a-washing-place the reproach of-the*

τῆς ψυχῆς παθῶν καθίστασθαι· φασὶ γάρ τινες τῶν

*of-the soul passions to-be they-say for some of-those*

ἐν τῷ κόσμῳ ἡνίκα τινὰ κατὰ πρόσωπον ἀτιμίας

*in the world when someone to face with-dishonors*

περιβάλλουσι, καυχώμενοι πρὸς ἑτέρους, ὅτι τὸν δεῖνα

*they-clothe boasting to others that the so-and-so*



ἀπέπλυνα. Ὁ τι καὶ ἀληθὲς καθέστηκεν. Ἄλλη ἐστὶν ἡ  
*I-washed which thing also true is other is the*  
 ἐκ πένθους ἐν τοῖς εἰσαγωγικοῖς ἀοργησία, καὶ ἑτέρα,  
*from mourning in the beginners freedom-from-anger and other*  
 ἡ ἐν τοῖς τελείοις ὑπάρχουσα ἀκινήσια· καὶ ἡ μὲν,  
*the in the perfect being motionlessness and the-one indeed*  
 ὥσπερ χαλινῷ τινι τῷ δακρύῳ δέδεταί. Ἡ δέ, ὥσπερ  
*as with-a-bridle some the tear is-bound the-other and as*  
 ὄφιν ὑπὸ τῆς ἀπαθείας, ὡς ὑπὸ μαχαίρας, τεθανάτωται.  
*a-serpent by the dispassion as by a-sword has-been-killed*  
 Τρεῖς ἔγωγε ὁμοθυμαδὸν ἑώρακα μοναχοὺς ἀτιμασθέντας·  
*three I with-one-mind have-seen monks dishonored*  
 καὶ ὁ μὲν δέδηκται, καὶ ἐσιώπησεν· ὁ δὲ ἐχάρη ἑαυτοῦ  
*and the indeed was-stung and kept-silent the and rejoiced of-himself*  
 χάριν, λελύπηται δὲ περὶ τοῦ λοιδορήσαντος· ὁ δὲ  
*for-the-sake was-grieved but for the(-one) having-reviled the and*  
 τρίτος τὴν τοῦ πλησίον βλάβην ἀνατυπώσας ἐδάκρυσεν  
*third the of-the neighbor harm having-pictured wept*  
 θερμῶς· καὶ ἦν ἰδεῖν φόβον, καὶ μισθοῦ, καὶ  
*hotly and it-was-possible to-see of-fear and of-reward and*  
 ἀγάπης ἐργάτας. Ὡσπερ ὁ τῶν σωμάτων πυρετός, εἰς  
*of-love workers as the of-the bodies fever one*  
 μὲν ἐστὶ, πολλὰς δὲ καὶ οὐ μίαν τῆς αὐτοῦ ζέσεως  
*indeed is many but and not one of-the its heat*  
 τὴν ἀφορμὴν κέκτηται· οὕτως καὶ ἡ τοῦ θυμοῦ ζέσις,  
*the occasion has thus also the of-the temper heat*  
 καὶ κίνησις, καὶ τῶν λοιπῶν ἡμῶν παθῶν πολλὰς καὶ  
*and movement and of-the rest our passions many and*  
 διαφόρους αἰτίας ἔχουσα καθεστήκασι. Διὸ καὶ ἀδύνατον  
*various causes having are therefore also impossible*  
 κατὰ τούτων μονοτρόπως ὀρίσασθαι. Γνώμην δὲ δίδωμι  
*about these in-one-way to-define opinion and I-give*

μᾶλλον ἐν ἐκάστου λοιπὸν τῶν νοσοῦντων μεμεριμνημένη  
*rather in of-each thereafter of-the sick careful*  
 σπουδῇ τῆς ἰατρείας τὴν θεραπείαν ἐπιζητεῖν. Πρώτη  
*zeal of-the medicine the healing to-seek first*  
 δ' ἂν εἴη θεραπεία, τῆς αὐτοῦ ἀλγηδόνης τὴν αἰτίαν  
*and — would-be healing of-the his pain the cause*  
 ἐπιγινῶναι, ἵνα τῆς αἰτίας εὐρεθείσης πρὸς αὐτήν, καὶ τὴν  
*to-recognize that the cause having-been-found against it also the*  
 ἔμπλαστρον ἐκ προνοίας Θεοῦ καὶ ἰατρῶν πνευματικῶν  
*plaster from providence of-God and of-physicians spiritual*  
 λήψεται, ὡς ἐν ὑποδείγμασιν οἱ βουλόμενοι ἡμῖν ἐν  
*he-may-receive as in examples those wishing with-us in*  
 Κυρίῳ εἰς τὸ νοερὸν καὶ προβεβλημένον δικαστήριον  
*(the)-Lord into the spiritual and set-forth court*  
 συνεισελθεῖν, συνεισελθέτωσαν, καὶ ἀμυδρῶς πως περὶ  
*to-enter-with let-them-enter-with and dimly somehow about*  
 τῶν προειρημένων παθῶν ἢ αἰτιῶν βασανίσωμεν. Δεθῆτω  
*the aforesaid passions or causes let-us-examine let-be-bound*  
 λοιπὸν θυμὸς ὡς τύραννος ἐν δεσμοῖς πραότητος, καὶ  
*thereafter temper as a-tyrant in bonds of-meekness and*  
 τυπτόμενος ὑπὸ μακροθυμίας ἐκσυρόμενός τε ὑπὸ τῆς  
*beaten by long-suffering dragged and by the*  
 ἀγίας ἀγάπης ἐν τῷ βήματι τούτῳ τοῦ λόγου παραστὰς  
*boly love at the tribunal this of-the discourse standing*  
 τὰ προσήκοντα ἐξεταζέσθω. Λέγε ἡμῖν, ὦ παράφρον καὶ  
*the fitting-things let-it-be-examined tell us O senseless and*  
 ἄσμενε, τὴν τε τοῦ γεγεννηκότος προσηγορίαν, καὶ  
*indecent the both of-the(-one) having-begotten(-you) name and*  
 τῆς κακῶς τεκούσης σε προσωινυμίαν, τῶν σῶν τε  
*of-the(-one) badly having-borne you surname of-the your both*  
 υἱῶν καὶ θυγατέρων μαρῶν τὰ ὀνόματα· οὐ μόνον δέ,  
*sons and daughters foul the names not only and*

ἀλλὰ καὶ τῶν πολεμούντων καὶ ἀποκτεινούντων σε τὰς  
 but also of-those warring-against and killing you the  
 σημασίας. Ὁ δὲ πρὸς ἡμᾶς ἀποκρινόμενος ἔλεγεν. Αἱ ἐμὲ  
 significations he but to us answering said those me  
 γεννήσασαι πολλαί, καὶ ὁ ἐμὸς πατὴρ οὐχ εἷς. Αἱ δὲ  
 having-begotten many and the my father not one the and  
 μητέρες μου κενοδοξία, φιλαργυρία, γαστριμαργία· ἔστι  
 mothers my vainglory avarice gluttony there-is  
 δὲ ὅτε καὶ πορνεία· ὁ ἐμὲ γεγεννηκὼς προσηγορεύεται  
 and when also fornication the(-one) me having-begotten is-called  
 τῷφος. Αἱ δὲ ἐμαὶ θυγατέρες μνησικακίαι, μίσος, ἔχθρα,  
 conceit the and my daughters grudges hatred enmity  
 δικαιολογία· αἱ ἐμοῦ δὲ ἀντίδικοι, ὑφ' ὧν νῦν περιέχομαι  
 self-justification the of-me and adversaries by whom now I-am-held  
 δέσμιος, αἱ τούτων ἀντικείμεναι, ἀοργησία καὶ πραότης.  
 prisoner the of-these opposites freedom-from-anger and meekness  
 Ἡ δὲ ἐμὴ ἐπίβουλος, ταπεινοφροσύνη προσαγορεύεται. Τίς  
 the and my plotter humility is-called who  
 δὲ ὁ τετοκὼς ἐκείνην, ἐν ἰδίῳ καιρῷ αὐτὴν ἐρωτήσατε.  
 and the(-one) having-borne her in own time her ask  
 Ἐν ὀγδόῳ τινὶ βαθμῷ ὁ τῆς ἀοργησίας κείται στέφανος, 4  
 in eighth some step the of-the freedom-from-anger lies crown  
 καὶ ὁ μὲν ἐκ φύσεως τούτων περικείμενος, ἴσως  
 and the(-one) indeed from nature these wearing perhaps  
 οὐ περίκειται ἕτερον· ὁ δὲ ἐξ ἰδρώτων, εἰς ἅπαν  
 not wears another the(-one) but from sweats in all  
 τοὺς ὀκτὼ νενίκηκεν.  
 the eight has-conquered

*The virtues are like Jacob's ladder and the vices like the chain that fell from Peter, each binding the next. The remembrance of wrongs is the end of anger, poison of the soul and a nail fixed in it; it may keep a man free of fornication once hatred has broken the bond. Apologize to the enemy, at least with the mouth, until conscience makes the peace real; healing shows when one grieves at his misfortune as one's own. The sufferings of Jesus heal it, and it reaches even spiritual men.*

- 1 Αἱ μὲν ὅσαι ἀρεταί, τῇ τοῦ Ἰακώβ κλίμακι παρεοίκασιν,  
*the indeed holy virtues to-the — of-Jacob ladder are-like*  
 αἱ δὲ ἀνόσιοι κακίαι, τῇ ἀλύσει τῇ ἐκπεσούσῃ ἐκ Πέτρου  
*the and unholy vices to-the chain the having-fallen from Peter*  
 τοῦ κορυφαίου. Διὸ αἱ μὲν μία τῇ μιᾷ συνδεθεῖσαι εἰς  
*the chief therefore the indeed one to-the one bound-together to*  
 οὐρανὸν τὸν προαιρούμενον ἀναφέρουσιν· αἱ δὲ ἑτέρα  
*heaven the(-one) choosing carry-up the and one*  
 τὴν ἑτέραν γεννᾶν καὶ συσφίγγειν πεφύκασιν. Διὸ καὶ  
*the other to-beget and to-bind-together are-wont therefore also*  
 ἠκούσαμεν νῦν τοῦ ἀσυνέτου θυμοῦ γέννημα αὐτοῦ οἰκεῖον  
*we-beard now the senseless temper offspring its own*  
 τὴν μνησικακίαν ὑπάρχειν φήσαντος, ὅθεν καὶ καιροῦ νῦν  
*the grudge-bearing to-be having-said whence also time now*  
 καλοῦντος ἀρτίως περὶ αὐτῆς εἰπωμεν. Μνησικακία ἐστὶ  
*calling just-now about it let-us-speak grudge-bearing is*  
 θυμοῦ κατάληξις, ἀμαρτημάτων φύλαξ, δικαιοσύνης μῖσος,  
*of-temper (the)-end of-sins a-guard of-righteousness hatred*  
 ἀρετῶν ἀπώλεια, ἰὸς ψυχῆς, σκώληξ νοός, προσευχῆς  
*of-virtues ruin poison of-soul a-worm of-mind of-prayer*  
 αἰσχύνῃ, δεήσεως ἐκκοπή· ἀγάπης ἀλλοτρίωσις, ψυχῆς  
*shame of-supplication a-cutting-off of-love estrangement of-soul*  
 ἥλος πεπηγώς, ἀνόδυνος αἰσθησις ἐν ἡδύτητι πικρίας  
*a-nail fixed painless perception in sweetness of-bitterness*

ἀγαπωμένη, διηνεκὴς ἁμαρτία, αὔπνους παρανομία, κάθωρος  
 loved continual sin sleepless lawlessness hourly  
 κακία. Ἐν καὶ τοῦτο σκοτεινόν, καὶ ἀηδὲς πάθος,  
 vice one also this dark and unpleasant passion  
 λέγω δὴ τὸ τῆς μνησικακίας τῶν γεννωμένων καὶ οὐ  
 I-mean indeed the of-the grudge-bearing of-those begotten and not  
 γεννώντων, ἢ καὶ γεννώντων καθέστηκεν· ὅθεν περὶ αὐτοῦ  
 begetting or even begetting is whence about it  
 οὐ πλεῖστα λέγειν βουλόμεθα. Ὁ παύσας ὀργὴν  
 not very-many-things to-say we-wish the(-one) having-stopped anger  
 ἀνείλε μνησικακίαν· τοῦ γὰρ πατρὸς ζώντος τεκνογονία  
 killed grudge-bearing of-the for father living child-bearing  
 γίνεται· ὁ κτησάμενος ἀγάπην, ἐξενίτευσε μῆνιδος·  
 happens the(-one) having-acquired love has-gone-into-exile from-wrath  
 ὁ δὲ ἐχθραίνων, κόπους ἀκαίρους ἐαυτῷ συναθροίζει·  
 the(-one) but being-hostile toils untimely for-himself gathers  
 τράπεζα ἀπρόσεκτος μήτηρ παρρησίας, καὶ διὰ θυρίδος  
 a-table unheeded mother of-license and through (the)-window  
 ἀγάπης εἰσπηδήσει γαστρυμαργία. Εἶδον μῖσος πορνείας  
 of-love will-leap-in gluttony I-saw hatred of-fornication  
 δεσμὸν χρόνιον διαρρήξαν, καὶ μνησικακίαν ἐκεῖ ἄδεσμον  
 a-bond long-standing having-broken and grudge-bearing there unbound  
 αὐτὸν τοῦ λοιποῦ παραδόξως διατηρήσασαν· θαυμαστὸν  
 him for-the rest marvelously having-kept wonderful  
 ὄραμα, δαίμονα τὸν δαίμονα ἰόμενον. Τοῦτο δὲ ἴσως ἔργον  
 vision a-demon the demon healing this but perhaps work  
 Θεοῦ οἰκονομικῶς, καὶ οὐ δαιμόνων καθέστηκεν. Μακρὰν  
 of-God providentially and not of-demons is far  
 ἀπὸ ἀγάπης στερῶς φυσικῆς μνησικακία, εὐχερῶς δὲ  
 from love firm natural grudge-bearing easily but  
 πορνεία πλησιάζει αὐτῇ· καὶ λεληθότως ὁρᾷς ἐν περιστερᾷ  
 fornication draws-near to-it and secretly you-see on a-dove

φθεῖραν. Μνησικακῶν μνησικάκει δαίμοσι, καὶ ἐχθραίνων  
*a-louse bearing-grudges bear-grudges against-demons and being-hostile*  
 ἔχθραινε τῷ σώματι διὰ παντός. Ἀγνώμων καὶ δόλως  
*be-hostile to-the body through all(-time) ungrateful and deceitfully*  
 φίλος ἢ σάρξ· καὶ θεραπευομένη, μειζόνως ἀδικεῖ· γραφικὸς  
*friend the flesh and cared-for more wrongs a-scriptural*  
 ὑφηγητὴς μνησικακία· πρὸς τὴν ἰδίαν εἶδησιν τὰ τοῦ  
*guide grudge-bearing to the own knowledge the of-the*  
 Πνεύματος λόγια ἀλληγορῶν. Αἰσχυνέτω αὐτὸν Ἰησοῦ ἢ  
*Spirit oracles allegorizing let-shame it of-Jesus the*  
 προσευχή, ἣν λέγειν σὺν αὐτῷ οὐ δυνάμεθα· ὅποταν πολλὰ  
*prayer which to-say with it not we-can when much*  
 πυκτεύσας τὸ σκῶλον διαλῦσαι εἰς τέλος οὐ δύνασαι,  
*having-boxed the stake to-pull-out to (the)-end not you-can*  
 μετανόει τῷ ἐχθρῷ, κὰν τῷ στόματι, ἵν' ἐπὶ πολὺ  
*make-penitence to-the enemy at-least with-the mouth so-that for long*  
 ὑπόκρισιν τὴν πρὸς αὐτὸν αἰδεσθεῖς, τελείως ἀποδέξῃ  
*hypocrisy the toward him ashamed-of perfectly you-may-accept(-him)*  
 ὑπὸ τοῦ συνειδότος, ὡς ὑπὸ πυρὸς νυττόμενος· τότε  
*by the conscience as by fire pricked then*  
 γνώσῃ ἑαυτὸν τῆς σηπεδόνης ταύτης ἀπαλλαγέντα· οὐχ  
*you-will-know yourself from-the rottenness this freed not*  
 ὅταν ὑπὲρ τοῦ λυπήσαντος εὔξῃ· οὐδ' ὅταν αὐτὸν δώροις  
*when for the(-one) having-grieved you-pray nor when him with-gifts*  
 ἀνταμείβῃ· οὐδ' ὅταν ἐπὶ τράπεζαν ἄγῃς· ἀλλ' ὅταν αὐτὸν  
*you-repay nor when to table you-bring but when him*  
 ἢ ἐν τοῖς κατὰ ψυχὴν, ἢ σωματικὴν συμφορὰν  
*either in the-things according-to soul or bodily misfortune*  
 δεξάμενον ἀκούσης· καὶ ὡς ἐφ' ἑαυτῷ, ὀδυνηθῇ καὶ  
*having-received you-bear and as for yourself you-are-pained and*  
 δακρύσῃς. Μνησικάκος ἡσυχαστῆς ἐμφωλεύουσα ἀσπίς, ἰὼν  
*weep a-grudge-bearing solitary a-lurking asp poison*

θανατηφόρον ἐν ἑαυτῇ περιφέρουσα· μνήμα παθημάτων  
*deadly in itself carrying-about remembrance of-(the)-sufferings*  
 Ἰησοῦ ἰάσεται μνησικακίαν ἐκ τῆς αὐτοῦ ἀνεξικακίας  
*of-Jesus will-heal grudge-bearing by the his forbearance*  
 ἰσχυρῶς αἰσχυνομένην. Ξύλῳ σαθρῷ ἔνδοθεν ἐναποτίκτονται  
*mightily shamed in-wood rotten within are-bred*  
 σκώληκες· καὶ πραοτάτοις καὶ ἡσυχίοις νόθοις συγκολλᾶται  
*worms and to-(the)-meekest and still counterfeit is-glued*  
 μῆνις. Ὁ ἀποβάλλων αὐτὴν εἶρεν ἄφεσιν, ὃ δὲ  
*wrath the(-one) casting-away it found forgiveness the(-one) but*  
 προσκολλώμενος αὐτῇ. Ἐστερήθη οἰκτιρμῶν· εἰς πόνους  
*cleaving to-it was-deprived of-compassions to toils*  
 καὶ ἰδρωτάς διὰ συγχώρησιν ἑαυτοῦς τινες ἐκδεδώκασιν·  
*and sweats because-of pardon themselves some have-given-over*  
 ἀμνησικάκος δὲ ἀνὴρ προκατελάβετο τούτους· εἵπερ  
*free-of-grudges but man anticipated them if-indeed*  
 «ἄφετε συντόμως, καὶ ἀφεθήσεται ἡμῖν πλουσίως·» τῆς  
*forgive quickly and will-be-forgiven to-us richly of-the*  
 γνησίας ἢ ἀμνησικακία τεκμήριον· ὃ δὲ ταύτην  
*genuine the freedom-from-grudges proof the(-one) but it*  
 κατέχων, καὶ μετανοεῖν δοκῶν, ὁμοίός ἐστι τῷ  
*holding and to-repent seeming like is to-the(-one)*  
 καθ' ὕπνου τρέχειν δοκοῦντι. Εἶδον μνησικάκους περὶ  
*in sleep to-run seeming I-saw grudge-bearers about*  
 ἀμνησικακίας· ἄλλοις μνησικάκοις παραινέσαντες καὶ τοὺς  
*freedom-from-grudges to-other grudge-bearers having-exhorted and at-the*  
 οἰκείους λόγους ἐντραπέντες, τοῦ πάθους ἐπαύσαντο.  
*own words having-been-shamed from-the passion they-ceased*  
 Μηδεὶς ψιλὸν πάθος τὴν ἐσκοτισμένην ταύτην ὑπονοήσοιτο·  
*let-no-one bare passion the darkened this suspect*

πέφυκε γὰρ πολλάκις καὶ μέχρι τῶν πνευματικῶν ἀνδρῶν  
*it-is-wont for often even as-far-as the spiritual men*  
 ἐπεκτείνεσθαι.

*to-extend*

- 2 Βαθμὸς ἕννατος ὁ κτησάμενος, παρρησίᾳ λοιπὸν τὴν  
*step ninth the(-one) having-acquired with-boldness thereafter the*  
 λύσιν τῶν πταισμάτων αἰτείτω παρὰ τοῦ Σωτῆρος Ἰησοῦ.  
*release of-the failings let-him-ask from the Savior Jesus*

## X • SLANDER

*Slander is born of hatred and the remembrance of wrongs, and hides behind the plea of love and care. John tells slanderers to pray for the fallen instead, recalling that Judas was among the disciples and the thief among the murderers. A man he condemned as a fornicator had repented secretly and was temperate before God. To judge is to seize God's dignity, and those who search out their neighbors' faults fall into the same. The good grape-picker eats the ripe grapes and leaves the sour.*

- 1 Οὐδεὶς τῶν εὐφρονούντων ἀντείπη, οἶμαι, μὴ ἐκ μίσους  
*no-one of-those thinking-rightly would-deny I-think not from hatred*  
 καὶ μνησικακίας τὴν καταλαλιὰν τίκτεσθαι· διὸ καὶ  
*and grudge-bearing the slander to-be-born therefore also*  
 μετὰ τοὺς αὐτῆς προγόνους ὥς ἐν εἰρμῷ τέτακται.  
*after the its ancestors as in sequence it-has-been-placed*  
 Καταλαλιά ἐστὶν ἀποκύημα μίσους· λεπτή νόσος, παχεία,  
*slander is an-offspring of-hatred a-subtle disease thick*  
 κεκρυμμένη καὶ λανθάνουσα βδέλλα, ἀγάπης ἐκδανῶσα  
*hidden and escaping-notice a-leech of-love consuming*  
 καὶ ἐξαφανίζουσα αἷμα· ἀγάπης ὑπόκρισις· καρδίας ρύπου  
*and destroying (the)-blood of-love hypocrisy of-heart of-filth*  
 καὶ βάρους πρόξενος· ἀφανισμὸς ἀγνείας. Ὡσπερ εἰσὶ  
*and burden cause destruction of-purity as there-are*



νεάνιδες ἀπηρυθριασμένως τὰ κακὰ πράττουσαι· εἰσὶ  
*young-women shamelessly the evil-things doing there-are*  
 δὲ ἕτεραι λεληθότως καὶ αἰδεστικώτερος χαλεπώτερα  
*and others secretly and more-modestly worse*  
 τῶν προτέρων ἐπιτελοῦσαι· οὕτως καὶ ἐπὶ τῶν παθῶν  
*than-the former accomplishing thus also in the passions*  
 τῆς ἀτιμίας ἔστιν ἰδεῖν. Αἱ πλείους ὕπουλοι νεάνιδες  
*of-the dishonor it-is-possible to-see the most insidious young-women*  
 ὑπόκρισις, πονηρία, λύπη, μνησικακία, καταλαλιὰ καρδίας,  
*hypocrisy wickedness grief grudge-bearing slander of-heart*  
 ἄλλα μὲν τῷ δοκεῖν ὑποτιθέμεναι, ἄλλα δὲ  
*other-things indeed in-the seeming suggesting other-things and*  
 ἀποβλέπουσαι. Ἦκουσα καταλαλούντων, καὶ ἔπληξα, καὶ  
*looking-at I-heard slanderers and I-rebuked and*  
 τοῦτο πρὸς ἀπολογίαν οἱ τοῦ κακοῦ ἐργάται ἀπεκρίναντο·  
*this for defense the of-the evil workers answered*  
 ὡς ἐξ ἀγάπης καὶ φροντίδος τοῦ καταλαλουμένου  
*that from love and care of-the(-one) slandered*  
 τοῦτο ποιοῦσιν. Ἐγὼ δὲ αὐτοῖς· Παύσασθε, ἔφην, τῆς  
*this they-do I and to-them stop I-said from-the*  
 τοιαύτης ἀγάπης· ἵνα μὴ ψεύσῃται ὁ εἰρηκώς· Τὸν  
*such love that not may-lie the(-one) having-said the(-one)*  
 καταλαλοῦντα λάθρα τὸν πλησίον αὐτοῦ, τοῦτον ἐξεδίδων.  
*slandering secretly the neighbor his him I-drove-out*  
 Εἰ λέγεις ἀγαπᾶν, εὐχου λεληθότως, καὶ μὴ σκῶπτε τὸν  
*if you-say to-love pray secretly and not mock the*  
 ἄνδρα· οὗτος γὰρ ὁ τρόπος δεκτὸς παρὰ Κυρίῳ. Μὴ δὲ  
*man this for the way acceptable with (the)-Lord not and*  
 τοῦτό σε λανθανέτω, καὶ πάντως ἐκνήψεις τοῦ μὴ  
*this you let-escape and surely you-will-become-sober from-the not*  
 κρίνειν τὸν παταίοντα. Ἰούδας ἐν τῷ χορῷ τῶν μαθητῶν  
*to-judge the(-one) failing Judas in the band of-the disciples*

ἦν, ὁ δὲ ληστής ἐν τῷ χορῷ τῶν φονευτῶν· καὶ θαῦμα  
*was the but robber in the band of-the murderers and a-wonder*  
 πῶς ἐν μιᾷ ῥοπῇ ἡ ἀντικαταλλαγὴ γέγονεν. Εἴ τις  
*how in one turn the exchange happened if anyone*  
 καταλαλιᾷς πνεῦμα νικῆσαι βούλεται, μὴ τῷ πταίοντι,  
*of-slander (the)-spirit to-conquer wishes not to-the(-one) failing*  
 ἀλλὰ τῷ ὑποβάλλοντι δαίμονι τὴν μέμψιν ἐπιγραφέτω·  
*but to-the suggesting demon the blame let-him-ascribe*  
 οὐδεὶς γὰρ θέλει εἰς Θεὸν ἀμαρτῆσαι, εἰ καὶ ἀβίαστος  
*no-one for wishes against God to-sin if even unforced*  
 πᾶς ἡμῶν τυγχάνει. Εἶδον προφανῶς ἀμαρτήσαντα, καὶ  
*every of-us happens-to-be I-saw openly having-sinned and*  
 λεληθότως μετανόησαντα, καὶ ὃν κατέκρινα ὡς πόρνον, ἦν  
*secretly having-repented and whom I-condemned as a-fornicator was*  
 λοιπὸν παρὰ Θεῷ σώφρων διὰ τῆς ἐπιστροφῆς γνησίως  
*thereafter with God temperate through the turning genuinely*  
 αὐτὸν ἐξευμενισάμενος· μηδέποτε αἰδεσθῆς τὸν πρὸς  
*him having-propitiated never respect the(-one) to*  
 σὲ τὸν πλησίον καταλαλοῦντα· μᾶλλον δὲ λέγε· Παῦσαι,  
*you the neighbor slandering rather but say stop*  
 ἀδελφέ· ἐγὼ καθημέραν ἐν χαλεπωτέροις πταίω, καὶ πῶς  
*brother I each-day in worse-things fail and how*  
 ἐκεῖνον κατακρίνειν δύναμαι; Δύο γὰρ ταῦτα κερδανεῖς ἐν  
*him to-condemn can-I two for these(-things) you-will-gain with*  
 μιᾷ ἐμπλάστρῳ, καὶ σεαυτὸν, καὶ τὸν πλησίον ἰασάμενος·  
*one plaster both yourself and the neighbor having-bealed*  
 μία καὶ αὕτη τῶν συντόμως ὁδῶν πρὸς τὴν ἄφεσιν  
*one also this of-the quickly ways to the forgiveness*  
 τῶν πταισμάτων καθέστηκεν ὁδηγουσῶν· λέγω δὲ τὸ μὴ  
*of-the failings is leading I-mean but the not*  
 κρίνειν· Εἴπερ μὴ κρίνετε, καὶ οὐ μὴ κριθῇτε. Ἀλλότριον  
*to-judge if-indeed not judge and not — you-will-be-judged alien*

τὸ πῦρ τοῦ ὕδατος, ὥσπερ τὸ κρίνειν τῷ μετανοεῖν  
*the fire to-the water as the to-judge to-the(-one) to-repent*  
 βουλομένῳ· κὰν ἐν αὐτῇ τῇ ἐξόδῳ τινὰ θεάσῃ παταίνοντα,  
*wishing even-if at the-very the departure someone you-see failing*  
 μὴ τότε αὐτὸν κατάκριε. Ἄδηλον γὰρ ἀνθρώποις τὸ τοῦ  
*not then him condemn unclear for to-men the —*  
 Θεοῦ κρίμα καθέστηκεν. Ἐπταισάν τινες μεγάλα προφανῶς·  
*of-God judgment is failed some greatly openly*  
 εἰργάσαντο δὲ ἀγαθὰ μείζονα κρυπτῶς· καὶ ἡπατήθησαν  
*worked but good-things greater secretly and were-deceived*  
 οἱ φιλοσκῶπται καπνὸν ἀντὶ ἡλίου κατέχοντες. Ἀκούσατέ  
*the mockers smoke instead-of sun holding hear*  
 μου, ἀκούσατε, πάντες οἱ κακοὶ τῶν ἀλλοτρίων λογοθέται·  
*me hear all the evil of-the others' auditors*  
 εἰ ἀληθές, ὥσπερ καὶ ἀληθές, ὅτι Ἐν ᾧ κρίματι κρίνετε,  
*if true as also true that with what judgment you-judge*  
 κριθήσεσθε, πάντως ἐν οἷς ἂν μεμψόμεθα τὸν πλησίον,  
*you-will-be-judged surely in what-things — we-blame the neighbor*  
 ἐν αὐτοῖς περιπεσούμεθα· καὶ ἀλλοίως οὐκ ἔστιν, εἴτε  
*in them we-will-fall and otherwise not it-is whether*  
 σωματικοῖς, εἴτε ψυχικοῖς. Οἱ ὀξεῖς καὶ ἀκριβεῖς λογοθέται  
*bodily or of-(the)-soul the sharp and exact auditors*  
 τῶν τοῦ πλησίον πλημμελημάτων ὑπάρχοντες, τοῦτο  
*of-the of-the neighbor faults being this*  
 τὸ πάθος ὑφίστανται, ἐπειδὴ μήπω περὶ τῶν οἰκείων  
*the passion undergo since not-yet about the own*  
 πταισμάτων τελείαν καὶ ἀρέμβαστον μνήμην καὶ φροντίδα  
*failings perfect and undistracted remembrance and care*  
 ἐποίησαντο. Εἰ γὰρ τις τὰ ἑαυτοῦ κακὰ ἀπὸ τοῦ  
*they-made if for anyone the own evils from the*  
 τῆς φιλαυτίας περικαλύμματος ἀκριβῶς θεάσειτο, οὐδενὸς  
*of-the self-love covering exactly should-behold of-nothing*

λοιπὸν ἄλλου τῶν ἐν τῷ βίῳ φροντίδα ποιήσοιτο,  
*thereafter else of-the-things in the life care he-would-make*  
 λογιζόμενος μηδὲ πρὸς τὸ οἰκείον πένθος ἐξαρκεῖν αὐτῷ  
*reckoning not-even for the own mourning to-suffice him*  
 τὸν ἑαυτοῦ χρόνον, καὶ ἑκατὸν ἔτη ζήσειεν· καὶ τὸν  
*the own time even-if hundred years he-should-live even-if the*  
 Ἰορδάνην ποταμὸν ὅλον δάκρυον ἐκ τῶν ἑαυτοῦ ὀφθαλμῶν  
*Jordan river whole tear from the own eyes*  
 ἴδοι ἐκπορευόμενον. Ἐπεσημνήαμην τὸ πένθος, καὶ  
*he-should-see going-forth I-observed the mourning and*  
 οὐχ εὑρον ἐν αὐτῷ ἵχνος καταλαλιᾶς, ἢ κατακρίσεως.  
*not I-found in it trace of-slander or of-condemnation*  
 Ἡ ἀμαρτῆσαι ἡμᾶς οἱ δαίμονες προτρέπονται· ἢ μὴ  
*either to-sin us the demons urge or not*  
 ἀμαρτήσαντας, τοὺς ἀμαρτάνοντας κρίνειν· ἵνα διὰ τοῦ  
*having-sinned the sinning to-judge that through the*  
 δευτέρου τὸ πρῶτον μολύνωσιν οἱ φόνιοι. Γίνωσκε  
*second the first they-may-defile the murderous(-ones) know*  
 καὶ τοῦτο τῶν μνησικάκων καὶ βασκάνων εἶναι τεκμήριον·  
*also this of-the grudge-bearing and envious to-be a-proof*  
 ὅτι τὰς διδαχάς, ἢ πράγματα, ἢ κατορθώματα ἡδέως  
*that the teachings or deeds or achievements gladly*  
 καὶ εὐχερῶς τοῦ πλησίον ψέγουσιν, ὑπὸ πνεύματος μίσους  
*and easily of-the neighbor they-blame by (the)-spirit of-hatred*  
 καταβαπτίζονται. Εἰδὼν τινὰς λεληθότως καὶ ἀδημοσιεύτως  
*drenched I-saw some secretly and unpublicly*  
 πάνδενα διαπράττοντας πταίσματα· καὶ τῇ ὑπολήψει  
*most-terrible committing failings and in-the supposition*  
 τῆς ἑαυτῶν καθαρότητος χαλεπῶς ἐπεμβαίνοντας τοῖς  
*of-the own purity grievously attacking those*  
 ψιλὰ πταίοσι, καὶ δημοσιευόμενοις. Κρίναί ἐστιν τῆς τοῦ  
*slightly failing and published to-judge is of-the —*

Θεοῦ ἀξίας ἀναιδῆς ἀρπαγμός· κατακρίναι δὲ τῆς ἑαυτοῦ  
*of-God dignity a-shameless seizure to-condemn and of-the own*  
 ψυχῆς ὄλεθρος. Ὡσπερ ἡ οἷσις καὶ χωρὶς ἑτέρου πάθους  
*soul destruction as the conceit even without other passion*  
 ἀπολέσαι τὸν ἄνθρωπον ἰσχύει· οὕτως καὶ τὸ κρίνειν  
*to-destroy the man is-strong thus also the to-judge*  
 καθ' ἑαυτὸ καὶ μόνον ἐν ἡμῖν ὑπάρχον τελείως ἀπολέσαι  
*by itself and alone in us being perfectly to-destroy*  
 ἡμᾶς δύναται· εἴπερ ὁ Φαρισαῖος ἐκεῖνος ἐκ τούτου  
*us can if-indeed the Pharisee that from this*  
 καταδεδίκασται. Ὁ καλὸς ῥαγολόγος τὰς πεπείρους ῥάγας  
*was-condemned the good grape-gatherer the ripe grapes*  
 ἐσθίων, οὐδὲν περὶ τῶν ὀμφάκων ἐπιραγολογήσει· καὶ ὁ  
*eating nothing about the unripe will-glean and the*  
 εὐγνώμων καὶ ἐχέφρων νοῦς, ὅσας μὲν ἔν τισιν ἀρετὰς  
*grateful and sensible mind as-many-as indeed in some virtues*  
 ὄψεται, ταῦτα σπουδαίως σημειώσεται· ὁ δὲ ἄφρων  
*it-will-see these(-things) zealously will-note the but fool*  
 τὰς μέμψεις καὶ τὰς ἐλλείψεις ἐξερευνήσει, περὶ οὗ καὶ  
*the blames and the defects will-search-out about whom also*  
 εἴρηται· Ἐξηρεύνησαν ἀνομίαν, ἐξέλιπον ἐξερευνῶντες  
*it-has-been-said they-searched-out lawlessness they-failed searching*  
 ἐξερευνήσεις. Μηδὲ τοῖς σοῖς ὀφθαλμοῖς ὁρῶν, κατάκρινε·  
*searchings nor with-the your eyes seeing condemn*  
 πολλάκις γὰρ καὶ αὐτοὶ πεπλάνηνται.  
*often for even they have-been-deceived*  
 Ἀνάβασις δεκάτη, ἣν ὁ νικῆσας ἀγάπης ἐργάτης 2  
*ascent tenth which the(-one) having-conquered of-love worker*  
 ἡ πένθους καθέστηκεν.  
*or of-mourning is*

*Talkativeness is the seat of vainglory, the door of slander, and the dissolution of compunction; silence with knowledge is the mother of prayer and the guard of the thoughts. Jesus' silence shamed Pilate, and Peter wept after one word. A questioner tells John that talkativeness comes from habit, from vainglory, or from gluttony, which is why fasting often curbs the tongue. The one who knows the scent of the fire above flees crowds as a bee flees smoke.*

- 1 Εἶρηται μὲν ἡμῖν βραχέως ἐν τοῖς φθάσασιν, ὡς  
*it-has-been-said indeed by-us briefly in the preceding-things that*  
 ἐπισφαλὲς λίαν, καὶ αὐτοῖς τοῖς πνευματικοῖς εἶναι δοκοῦσι  
*dangerous very even to-those the spiritual to-be seeming*  
 παρεισδύνον τὸ κρίνειν· μᾶλλον δὲ τὸ κρίνεσθαι, καὶ ὑπὸ  
*creeping-in the to-judge rather but the to-be-judged and by*  
 γλώττης κολάζεσθαι· νυνὶ δὲ λοιπὸν καὶ τὴν αἰτίαν, καὶ τὴν  
*(the)-tongue to-be-punished now but thereafter both the cause and the*  
 θύραν δι' ἧς εἰσέρχεται, μᾶλλον δὲ ἐξέρχεται, ἀκόλουθον  
*door through which it-enters rather but goes-out consequent*  
 ἐν λόγοις τάξει. Πολυλογία ἐστὶ κενοδοξίας καθέδρα,  
*in words to-set talkativeness is of-vainglory a-seat*  
 δι' ἧς αὐτὴν ἐμφανίζειν καὶ ἀναπομπεύειν πέφυκε.  
*through which itself to-show and to-parade it-is-wont*  
 Πολυλογία ἐστὶν ἀγνωσίας τεκμήριον, καταλαλιᾶς θύρα,  
*talkativeness is of-ignorance proof of-slander door*  
 εὐτραπείας χειραγωγός, ψεύδους ὑπουργός, κατανύξεως  
*of-jesting guide of-falsehood servant of-compunction*  
 διάλυσις, ἀκηδίας κλήτωρ, ὕπνου πρόδρομος, συννοίας  
*dissolution of-listlessness summoner of-sleep forerunner of-recollection*  
 σκορπισμός, φυλακῆς ἀφανισμός, θερμῆς ψυχρηστήριον,  
*scattering of-watchfulness destruction of-warmth cooler*  
 προσευχῆς ἀμαύρωσις σιωπῇ ἐν γνώσει· μήτηρ προσευχῆς,  
*of-prayer darkening silence with knowledge mother of-prayer*

αἰχμαλωσίας ἀνάκλησις, πυρὸς φυλακή, λογισμῶν ἐπίσκοπος,  
*of-captivity recall of-fire guard of-thoughts overseer*  
 σκοπὸς πολεμίων, πένθους δεσμοτήριον, δακρύων φίλη,  
*watcher of-enemies of-mourning prison of-tears friend*  
 θανάτου μνήμης ἐργάτης, κολάσεως ζωγράφος, κρίσεως  
*of-death of-remembrance worker of-punishment painter of-judgment*  
 φιλοπράγμων, ἀδμονίας ὑπουργός, παρῤῥσίας ἔχθρα,  
*diligent-seeker of-distress servant of-license enemy*  
 ἡσυχίας σύζυγος, φιλοδιδασκαλίας ἀντίπαλος, γνώσεως  
*of-stillness spouse of-love-of-teaching adversary of-knowledge*  
 προσθήκη, θεωρημάτων δημιουργός, ἀφανὴς προκοπή,  
*increase of-contemplations maker hidden advance*  
 λεληθυῖα ἀνάβασις. Ὁ ἐπιγνούς παραπτώματα,  
*secret ascent the(-one) having-recognized falls*  
 ἐκράτησε γλώσσης· ὁ δὲ πολὺλογος οὐπω ἐπέγνω  
*mastered (the)-tongue the(-one) but talkative not-yet recognized*  
 ἑαυτὸν ὥς δεῖ. Ὁ σιωπῆς φίλος προσεγγίζει Θεῷ,  
*himself as he-must the(-one) of-silence friend draws-near to-God*  
 καὶ λεληθότως συνομιλῶν φωτίζεται παρὰ τοῦ Θεοῦ.  
*and secretly conversing is-enlightened by — God*  
 Ἰησοῦ σιωπὴ ἐνέτρεψε Πιλάτον, καὶ ἀνδρὸς ἡσυχία φωνῆς  
*of-Jesus silence shamed Pilate and of-a-man stillness of-voice*  
 κατήργησε κενοδοξίαν. Λόγον εἰπὼν Πέτρος ἐθρήνησε  
*abolished vainglory a-word having-said Peter wept*  
 πικρῶς ἀμνημονήσας τοῦ εἰπόντος· Εἶπα· Φυλάξω τὰς  
*bitterly having-forgotten the(-one) having-said I-said I-will-guard the*  
 ὁδοὺς μου τοῦ μὴ ἁμαρτάνειν με ἐν γλώσσῃ μου, καὶ  
*ways my for-the not to-sin me in tongue my and*  
 τοῦ ἑτέρου φήσαντος, Κρεῖττον πεσεῖν ἀπὸ ὕψους εἰς γῆν,  
*the other having-said better to-fall from height to earth*  
 ἢ ἀπὸ γλώσσης. Καὶ πολλὰ περὶ τούτων ἔγωγε γράφειν  
*than from tongue and much about these I to-write*

οὐ βούλομαι, κὰν αἱ τοῦ παθῶν πανουργαί τοῦτο ποιῶν  
*not wish even-if the of-the passions villainies this to-do*  
 προτρέπωνται. Πλὴν ἤκουσά ποτέ τινος περὶ ἡσυχίας  
*urge however I-heard once someone about stillness*  
 στόματος πρὸς με φιλοπευστοῦντος, ὃς ἔλεγε, τὴν μὲν  
*of-mouth to me inquiring who said the indeed*  
 πολυλογίαν ἐξ ἑνὸς τούτων τίκτεσθαι πάντως, ἢ ἐξ  
*talkativeness from one of-these to-be-born surely either from*  
 ἀναστροφῆς καὶ συνηθείας πονηρᾶς καὶ ἀκρατοῦς· μέλος  
*conduct and habit evil and unrestrained member*  
 γὰρ ὃν φυσικὸν ἢ γλῶσσα τοῦ σώματος, καθ' ὃ  
*for being natural the tongue of-the body according-to which*  
 λοιπὸν παιδευθῇ συνηθειαν ἀπαιτήσκειν, ἢ πάλιν ἐν τοῖς  
*thereafter it-is-trained custom would-demand or again in those*  
 ἀγωνιζομένοις, καὶ μάλιστα ἐκ τῆς κενοδοξίας· ἔστι δὲ  
*contending and especially from the vainglory there-is and*  
 ὅτε καὶ ἐκ τῆς γαστριμαργίας. Διόπερ πολλάκις πολλοὶ  
*when also from the gluttony therefore often many*  
 χαλινοῦντες τὴν γαστέρα, βία τινὶ καὶ ἀτονίᾳ συγκλείουσι  
*bridling the belly with-force some and weakness shut-in*  
 καὶ τὴν γλῶτταν καὶ τὴν πολυπέειαν. Ὁ μερμηνήσας  
*also the tongue and the wordiness the(-one) having-cared-for*  
 ἐξόδου περιέκοψε λόγους· καὶ ὁ κτησάμενος πένθος  
*departure cut-off words and the(-one) having-acquired mourning*  
 ψυχῆς, ὡς πῦρ ἀπεστράφη πολυλογίαν. Ὁ ἀγαπήσας  
*of-soul as fire turned-from talkativeness the(-one) having-loved*  
 ἡσυχίαν, ἀπέκλεισε στόμα, ὃ δὲ χαίρων ταῖς προόδοις,  
*stillness shut (the)-mouth the(-one) but rejoicing in-the goings-out*  
 ὑπὸ τοῦ πάθους ἐκ τῆς κέλλης διώκεται. Ὁ γνοὺς  
*by the passion from the cell is-driven the(-one) having-known*  
 ὁσμὴν πυρὸς ὑψίστου, ὡς μέλισσα καπνόν, ἀνθρώπων  
*the-scent of-fire most-high as a-bee smoke of-men*



φεύγει σύνοδον· τὴν μὲν γὰρ ὁ καπνὸς διώκει· τῷ

flee (the)-company the-one indeed for the smoke drives-off to-the(-other)

δὲ ἀνθρώπων σύνοδος ἀντιπράττει. Ὀλίγων λίαν τὸ ὕδωρ

but of-men company opposes of-few very the water

ἄφρακτον κωλύει· ὀλιγωτέρων δὲ στόμα ἀκρατὲς δαμάσαι.

unfenced to-binder of-fewer but a-mouth unrestrained to-tame

Βαθμὸν ἐνδέκατον ὁ κινήσας, πλῆθος κακῶν ὑφ' ἑν 2

step eleventh the(-one) having-moved a-multitude of-evils at once

περιέκοψεν.

cut-off

## XII · LYING

*Lying is the offspring of talkativeness and jesting, and perjury is a denial of God. John has seen men pride themselves on jokes that destroy their hearers' mourning, and tells the monk to leave or break up such gatherings with talk of death and judgment. Hypocrisy is the mother of lying. Lies differ by motive, from fear of punishment to plotting against a brother, and the liar who pleads economy like Rahab only excuses his own ruin; only one wholly cleansed of lying may use it, with fear and when occasion calls. An infant knows no lie, and the one drunk with compunction cannot lie.*

Γέννημα μὲν σιδήρου καὶ λίθου πῦρ· γέννημα δὲ πολυλογίας 1

offspring indeed of-iron and stone fire offspring and of-talkativeness

καὶ εὐτραπείας ψεῦδος. Ψεῦδός ἐστιν ἀγάπης ἀφανισμός·

and jesting falsehood falsehood is of-love destruction

ἐπιπορκία δὲ Θεοῦ ἄρνησις. Μηδεὶς τῶν εὐφρονούντων

perjury and of-God denial let-no-one of-those thinking-rightly

μικράν τινα τὴν τοῦ ψεύδους ἁμαρτίαν εἶναι ὑπονοήσει·

small some the of-the falsehood sin to-be suppose

φοβερᾷ γὰρ ὑπὲρ πάντα ἀποφάσει κατὰ τούτου τὸ πανάγιον

fearful for beyond all-things sentence against it the all-holy

Πνεῦμα ἐχρήσατο. Εἰ ἀπολεῖς πάντας τοὺς λαλοῦντας  
*Spirit used if you-will-destroy all those speaking*  
 τὸ ψεῦδος, ὡς φησιν ὁ Δαυὶδ πρὸς τὸν Θεόν, τί λοιπὸν  
*the falsehood as says — David to — God what thereafter*  
 πείσονται οἱ μεθ' ὄρκων τὸ ψεῦδος συρράπτοντες; Εἰδὼν  
*will-suffer those with oaths the falsehood stitching-together I-saw*  
 τινες ἐπὶ ψεύδει σεμνυνομένους, καὶ δι' εὐτραπείας,  
*some in falsehood priding-themselves and through jesting*  
 καὶ ἀργολογίας γελοῖα ἐξυφαίνοντας· καὶ τὰ τῶν  
*and idle-talk laughable-things weaving and the of-the*  
 προσακρωμένων πένθη ἐλεεινῶς ἐξαφανίζοντας ὁπότεν  
*listeners mournings pitifully destroying when*  
 οἱ δαίμονες ἴδωσιν ἡμᾶς ὡς ἐκ λοιμικῆς νόσου τῆς τῶν  
*the demons see us as from pestilential disease from-the of-the*  
 ἀστείων ἀκροάσεως μετὰ τὴν προκάταρξιν τοῦ χαλεποῦ  
*witticisms hearing after the start of-the grievous*  
 ὑφηγητοῦ ἀναχωρεῖν δοκιμάζοντας, τότε λοιπὸν δυσὶν ἡμᾶς  
*guide to-withdraw trying then thereafter with-two us*  
 δελεάζειν ἐπιχειροῦσι λογισμοῖς· Μὴ λυπήσῃς τὸν ἐξηγητήν,  
*to-entice they-attempt thoughts not grieve the storyteller*  
 ὑποβάλλοντες ἡμῖν· ἢ, Μὴ φανερώσῃς σεαυτὸν φιλοθεώτερον  
*suggesting to-us or not show yourself more-God-loving*  
 τῶν παρόντων· ἀποπήδα, μὴ χρονίσῃς. Εἰ δὲ μή, ἐν τῇ  
*than-those present leap-away not linger if but not in the*  
 προσευχῇ σου ἔννοιαν γελοίων ἀνατυπώσεις. Μὴ μόνον  
*prayer your thought of-laughable-things you-will-picture not only*  
 φεύγε, ἀλλὰ καὶ τὸν πονηρὸν συνακτῆριον εὐσεβῶς διάλυε,  
*flee but also the wicked gathering piously dissolve*  
 θανάτου καὶ κρίσεως εἰς μέσον ὑπόμνησιν προβαλλόμενος·  
*of-death and of-judgment into the-midst reminder putting-forward*  
 ἄμεινόν σε γὰρ ἐκ τούτου ἴσως καὶ μικρᾷ κενῇ δόξῃ  
*better you for from this perhaps also with-little empty glory*

ῥαντισθῆναι, καὶ μόνον πᾶσι πρόξενον ὠφελείας εὐρεθῆναι.  
*to-be-sprinkled and only for-all cause of-benefit to-be-found*  
 Ὑπόκρισις μήτηρ ψεύδους πολλάκις, καὶ ὑπόθεσις· οὐδὲν  
*hypocrisy mother of-falsehood often and foundation nothing*  
 γάρ τινες ὑπόκρισιν ὀρίζονται, ἀλλ' ἢ ψεύδους μελέτην  
*for some hypocrisy define but than of-falsehood a-practice*  
 καὶ δημιουργὸν κεκολασμένον καὶ συμπεπλεγμένον· ὁ  
*and maker punished and interwoven the(-one)*  
 φόβον Κυρίου κτησάμενος, ἐξενίτευσε ψεύδους, δικαστὴν  
*fear of-(the)-Lord having-acquired has-gone-into-exile from-falsehood a-judge*  
 ἀδέκαστον ἔχων τὴν ἰδίαν συνείδησιν. Ὡςπερ ἐν πᾶσι  
*incorruptible having the own conscience as in all*  
 τοῖς πάθεσι διαφορὰν βλάβης γνωρίζομεν, οὕτως καὶ  
*the passions difference of-harm we-recognize thus also*  
 ἐπὶ τοῦ ψεύδους. Ἄλλο μὲν γὰρ τὸ κρῖμα τοῦ  
*in the falsehood other indeed for the judgment of-the(-one)*  
 διὰ φόβον κολάσεως ψευδομένου· καὶ ἕτερον τό,  
*because-of fear of-punishment lying and other the*  
 κινδύνου μὴ προκειμένου ψεῦδεσθαι. Ἄλλος διὰ τρυφήν  
*danger not lying-ahead to-lie one because-of luxury*  
 ἐψεύσατο, ἕτερος διὰ φιληδονίαν· ἄλλος ἵνα τοῖς παροῦσι  
*lied another because-of love-of-pleasure another that to-those present*  
 προξενήσῃ γέλωτα, ἕτερος δὲ ἵνα τῷ ἀδελφῷ ἐπιβουλεύσῃ,  
*he-might-provide laughter another and that the brother he-might-plot-against*  
 καὶ τοῦτον κακοποιήσῃ. Ἐκ βασάνων ἀρχόντων ἐξαλείφεται  
*and him harm from tortures of-rulers is-wiped-out*  
 ψεῦδος· ἐκ δὲ δακρύων πλήθους εἰς τέλος ἀπόλλυται  
*falsehood from and of-tears multitude to (the)-end it-is-destroyed*  
 προφασίζεται οἰκονομίας ὁ ψεύδους προβολεύς, καὶ  
*pleads dispensations the of-falsehood promoter and*  
 δικαιοσύνας πολλάκις λογίζεται τὰς ψυχῆς ἀπωλείας. Τῆς  
*righteous-deeds often reckons the of-soul destructions —*

Ῥαὰβ μιμητὴν ἑαυτὸν τεκμαίρεσθαι ψευδοπλάστης ἀνὴρ,  
*of-Rahab an-imitator himself to-judge a-lie-forgers man*  
 καὶ δι' ἀπωλείας οἰκείας τὴν ἑτέραν σωτηρίαν λέγει  
*and through destruction own the other's salvation he-says*  
 πραγματεύεσθαι. Ὅποταν ψεύδους εἰς ἅπαν καθαρεύωμεν,  
*to-work-out when from-falsehood in all we-are-purified*  
 τότε αὐτὸ μετὰ φόβου καὶ καιροῦ καλοῦντος ὑπέλθωμεν.  
*then it with fear and time calling let-us-undertake*  
 Οὐκ οἶδεν νήπιον ψεύδος· οὐδὲ ψυχὴ πονηρίας ἐστερημένη.  
*not knows an-infant falsehood nor a-soul of-wickedness deprived*  
 Ὁ οἶνω εὐφρανθεὶς ἀκουσίως ἀληθεύσῃ εἰς πάντα·  
*the(-one) with-wine gladdened unwillingly tells-truth in all-things*  
 καὶ ὁ μεθυσθεὶς κατανύξει οὐ δυνήσεται ψεύσασθαι.  
*and the(-one) drunk with-compunction not will-be-able to-lie*  
 2 Ἀνάβασις δωδεκάτῃ· ὁ ἐπιβεβηκὼς ρίζαν τῶν καλῶν  
*ascent twelfth the(-one) having-set-foot the-root of-the good-things*  
 κέκτηται.  
*has*

## XIII · LISTLESSNESS

*Listlessness, a child of talkativeness, is the soul's paralysis and a slanderer of God as merciless. It seldom troubles the obedient man in a community but is the lifelong spouse of the solitary, visiting him at midday. It urges hospitality, almsgiving, and visits to the sick, brings a three-hour shivering and headache, lifts its head at the ninth hour, and leaps from the bed when the table is set. Called to account, it names its summoners, its offspring, and the one that kills it: prayer with firm hope.*

- 1 Εἷς καὶ οὗτος πολλάκις τῶν τῆς πολυλογίας κλάδων, ὡς  
*one also this often of-the of-the talkativeness branches as*  
 καὶ ἤδη φθάσαντες εἶπομεν, ἐστί, καὶ πρῶτος ἀπόγονος,  
*also already having-anticipated we-said is and first descendant*

λέγω δὴ ὁ τῆς ἀκηδίας. Διὸ καὶ ἀρμόζουσιν αὐτῷ τάξιν  
*I-mean indeed the of-the listlessness therefore also fitting to-it place*  
 ἐν τῇ πονηρᾷ ἀλύσει ἀπενείμαμεν. Ἀκηδία ἐστὶ πάρεσις  
*in the wicked chain we-assigned listlessness is paralysis*  
 ψυχῆς, καὶ νοὸς ἔκλυσις, ὀλιγωρία ἀσκήσεως, μῖσος τοῦ  
*of-soul and of-mind slackening neglect of-discipline hatred of-the*  
 ἐπαγγέλματος, κοσμικῶν μακαρίστρια, Θεοῦ διαβλήτωρ,  
*profession of-worldlings a-blessor of-God a-slanderer*  
 ὡς ἀσπλάγχνου καὶ ἀφιλανθρώπου, ἀτονία ψαλμωδίας,  
*as merciless and unloving-to-man slackness of-psalmody*  
 ἐν προσευχῇ ἀσθενοῦσα, ἐν διακονίᾳ σιδηρᾷ, ἐν ἐργοχείρῳ  
*in prayer weak in service iron in handiwork*  
 ἄοκνος, ἐν ὑπακοῇ δόκιμος. Ἄνηρ ὑποτακτικὸς ἀγνώριστος,  
*unhesitating in obedience approved a-man obedient unacquainted*  
 διὰ τῶν αἰσθητῶν τὰ νοητὰ κατορθωκώς. Κοινόβιον  
*through the sensible-things the intelligible having-achieved a-community*  
 ἀκηδίας ἀντίπαλον· ἀνδρὶ δὲ ἡσυχαστῇ σύζυγος αἰώνιος,  
*to-listlessness an-adversary to-a-man but solitary a-spouse eternal*  
 πρὸ θανάτου αὐτοῦ οὐ μὴ ἀποστήσεται· καὶ πρὸ τελευτῆς  
*before death his not — it-will-depart and before end*  
 αὐτοῦ καθημέραν παλαίσει. Κέλλαν ἀναχωρητοῦ ἰδοῦσα  
*his each-day it-will-wrestle a-cell of-an-anchorite having-seen*  
 ἐμειδίασε, καὶ προσεγγίσασα αὐτῷ πλησίον ἐσκήνωσεν.  
*it-smiled and having-drawn-near to-him near it-camped*  
 Ἰατρὸς νοσοῦντας ἔωθεν ἐπισκέπτεται· καὶ ἀκηδία  
*a-physician (the)-sick at-dawn visits and listlessness*  
 ἀσκοῦντας περὶ μέσον ἡμέρας. Ξενοδοχεῖα ἀκηδίας  
*those-practicing-discipline about the-middle of-day hospices of-listlessness*  
 ὑποβολή, καὶ ἐλεημοσύνας δι' ἐργοχείρων δυσωπεῖ  
*suggestion and almsgivings through handiworks it-beseeches*  
 ἐργάζεσθαι. Ἐπισκέπτεσθαι ἀσθενοῦντας προτρέπειται  
*to-work to-visit (the)-sick it-urges*

προθύμως, ὑπομμνήσκουσα τοῦ λέγοντος· Ἀσθενὴς  
*eagerly reminding of-the(-one) saying sick*  
 ἡμην καὶ ἦλθετε πρὸς με. Πρὸς ἀθυμοῦντας καὶ ὀλιγοψύχους  
*I-was and you-came to me to (the)-despondent and faint-hearted*  
 δυσωπεῖ ἀπέρχεσθαι παρακαλεῖν τε τοὺς ὀλιγοψύχους  
*it-beseeches to-go-away to-comfort and the faint-hearted*  
 ἢ ὀλιγόψυχος ὑποβάλλουσα· ἐν προσευχῇ σταθέντας  
*the faint-hearted(-one) suggesting at prayer standing*  
 ἀναγκαίων πραγμάτων ὑπομμνήσκει, καὶ πᾶσαν μηχανὴν  
*of-necessary things it-reminds and every device*  
 ποιεῖ ἐκεῖθεν ἡμᾶς φορβιᾷ εὐλόγῳ ἀποσύραι ἢ ἄλογος.  
*makes from-there us with-a-balter reasonable to-drag-away the unreasonable(-one)*  
 Τρίωρον φρίκην καὶ κεφαλαλγίαν, πρότερόν τε καὶ στροφήον  
*three-hour shivering and headache earlier both and colic*  
 ἀκηδίας δαίμων πεποίηκε. Τῆς ἐνάτης καταλαβούσης  
*of-listlessness (the)-demon made the ninth having-come*  
 μικρὸν ἀνένευσε· τῆς τε τραπέζης τεθείσης, τῆς  
*a-little it-raised-its-head the and table having-been-set from-the*  
 στρωμνῆς ἐπήδησε· καὶ τῆς εὐχῆς καταλαβούσης πάλιν  
*bedding it-leapt and the prayer having-come again*  
 τὸ σῶμα βεβάρηται. Ἐν προσευχῇ σταθέντα τῷ ὕπνῳ  
*the body is-weighed-down at prayer standing in-the sleep*  
 ἐβάπτισε, καὶ χάσμοις ἀκαίροις τοῦ στόματος τὸν στίχον  
*it-drenched and with-yawns untimely of-the mouth the verse*  
 διήρπασεν. Τὰ μὲν λοιπὰ πάθη μὲν τινι ἀρετῇ ἕκαστον  
*it-snatched the indeed other passions by-one some virtue each*  
 αὐτῶν κατήργηται. Ἀκηδία δὲ τῷ μοναχῷ περιεκτικὸς  
*of-them has-been-abolished listlessness but to-the monk an-all-embracing*  
 θάνατος· ἀνδρεία ψυχῇ νοῦν ἀποθανόντα ἀνέστησεν· ἀκηδία  
*death a-brave soul mind having-died raised listlessness*  
 δὲ καὶ ὀκνηρία ὅλον τὸν πλοῦτον ἐσκόρπισεν. Ἐνὸς καὶ  
*but and sloth all the wealth scattered one also*

τούτου καὶ πάντων βαρυτάτου τῶν ὀκτὼ τῆς κακίας  
*this and of-all heaviest of-the eight of-the vice*  
 προστατῶν ὑπάρχοντος κατὰ τὴν ἐκείνων ἀκολουθίαν,  
*champions being according-to the of-those sequence*  
 καὶ ἐν τούτῳ ποιήσωμεν. Πλὴν καὶ ἐκεῖνο προσθήσομεν·  
*also in this let-us-do however and-that we-will-add*  
 ψαλμωδίας μὴ παρούσης, ἀκηδία οὐ φαίνεται καὶ κανόνος  
*psalmody not being-present listlessness not appears and canon*  
 τελεσθέντος ὀφθαλμοὶ διηνοιχθῆσαν. Ἐν καιρῷ ἀκηδίας  
*having-been-completed eyes were-opened in time of-listlessness*  
 οἱ βιασταὶ φαίνονται· οὐδὲν γὰρ στεφάνους προξενεῖ  
*the violent(-ones) appear nothing for crowns procures*  
 ὡς ἀκηδία μοναχῷ. Κατανόησον, καὶ εὕρήσεις ἐν τῇ  
*as listlessness to-a-monk consider and you-will-find in the*  
 στάσει τῶν ποδῶν παλαίουσιν καὶ ἐν καθέδρᾳ ἀνακλίνειν  
*standing of-the feet wrestling and in sitting to-recline*  
 δοκιμᾶζει, τῷ τοίχῳ τὸν κέλλης παρακύπτειν προτρέπεται,  
*it-tries on-the wall the of-the-cell to-peep-out it-urges*  
 ψόφους καὶ κτύπους ποδῶν ποιούσα· ὁ ἑαυτοῦ πενθῶν  
*noises and beats of-feet making the(-one) himself mourning*  
 ἀκηδίαν οὐκ οἶδεν. Δεσμεῖσθω καὶ οὗτος ὁ τύραννος  
*listlessness not knows let-be-bound also this the tyrant*  
 ὑπὸ μνήμης πταισμάτων, καὶ τυπτέσθω ὑπ' ἐργοχείρου·  
*by remembrance of-failings and let-it-be-struck by handiwork*  
 συρόμενός τε ὑπὸ ἐννοίας τῶν μελλόντων ἀγαθῶν, καὶ  
*dragged both by thought of-the coming good-things and*  
 παραστὰς τὰ προσήκοντα ἐρωτάσθω. Λέγε λοιπὸν σύ,  
*standing the fitting-things let-it-be-asked tell thereafter you*  
 ὦ παρεμμένε καὶ ἔκλυτε, τίς ὁ τετοκῶς σε κακῶς;  
*O paralyzed and slack who the(-one) having-borne you badly*  
 τίνες οἱ σοὶ ἀπόγονοι; τίνες δὲ οἱ σε πολεμοῦντες;  
*who the your descendants who and those you warring-against*

καὶ τίς ὁ σοῦ ἀναιρέτης; Ὁ δέ φησιν, Ἐν τοῖς μὲν  
*and who the your destroyer he but says in the indeed*  
 ἀληθείᾳ ὑπηκόοις οὐκ ἔχω ἐγὼ ποῦ τὴν κεφαλὴν κλίνει·  
*truly obedient not have I where the head to-lay*  
 ἐν οἷς δὲ ἔχω, καθ' ἡσυχίαν συνδιαγῶ τούτοις. Αἱ δὲ  
*in whom but I-have in stillness I-live-with them the and*  
 μοῦ κλήτραι πλείσται· ποτὲ μὲν ἀναισθησία ψυχῆς,  
*my summoners very-many sometimes indeed insensibility of-soul*  
 ποτὲ δὲ ἀμνημοσύνη τῶν ἄνω· ἔστι δὲ ὅτε καὶ  
*sometimes and forgetfulness of-the-things above there-is and when also*  
 ὑπερβολὴ καυμάτων· ἐμοῦ ἀπόγονοι μεταβάσεις τόπων  
*excess of-beats my descendants changes of-places*  
 σὺν ἐμοὶ γινόμεναι· παρακοὴ πατρός, ἀμνημοσύνη κρίσεως·  
*with me happening disobedience to-father forgetfulness of-judgment*  
 ἔστι δὲ ὅτε καὶ κατάλειψις τοῦ ἀπαγγέλματος· αἱ ἐμοῦ  
*there-is and when also abandonment of-the profession the my*  
 ἀντίδικοι, ὑφ' ὧν δέδεμαι νῦν, ψαλμωδία σὺν ἐργοχείρῳ·  
*adversaries by whom I-am-bound now psalmody with handiwork*  
 ἐμοῦ ἐχθρός, θανάτου ἔννοια· ἡ δὲ ἐμὲ θανατοῦσα, ἐστὶ  
*my enemy of-death thought the but me killing is*  
 προσευχὴ μετὰ ἐλπίδος βεβαίας τῶν καλῶν. Τίς δὲ ὁ  
*prayer with hope firm of-the good-things who and the(-one)*  
 τετοκῶς προσευχήν, αὐτὴν ἐρωτήσατε.

*having-borne prayer her ask*

- 2 Τρισκαιδεκάτῃ νίκη, ἣν ὄντως ὁ κτησάμενος ἐν  
*thirteenth victory which truly the(-one) having-acquired in*  
 παντί, δόκιμος κατέστηκε καλῶ.  
*all approved is good*



*Gluttony is the belly's hypocrisy, crying want when full; the Jew rejoices on the Sabbath, the gluttonous monk on the Sabbath and the Lord's day. John corrects Evagrius' rule of bread and water, advising the monk to cut out fattening foods first, then heating ones, then the sweet, and to eat what fills and is quickly digested. After supper the demon of gluttony sends the demon of fornication. Fasting is described in a long chain of praises. Gluttony, questioned, names its firstborn, the servant of fornication, then hardness of heart and sleep; remembrance of sins wars on it and the thought of death is its enemy, but nothing among men destroys it, and the Paraclete, entreated by the one who has gained him, keeps it from working.*

Μέλλοντες περὶ γαστρὸς λέγειν ὡς ἐν ᾅπασιν, νῦν πλέον 1  
*being-about about (the)-belly to-speak as in all-things now more*  
 καθ' ἑαυτῶν φιλοσοφεῖν προεθέμεθα. Θαυμάζω γὰρ εἰ μή τις  
*against ourselves to-philosophize we-proposed I-marvel for if anyone*  
 τάφον οἰκήσας, ἐγένετο ταύτης ἐλεύθερος. Γαστριμαργία  
*a-tomb having-inhabited became of-it free gluttony*  
 ἐστὶν κοιλίας ὑπόκρισις· κεκορεσμένη γὰρ οὔσα ἔνδειαν  
*is of-(the)-belly hypocrisy filled for being want*  
 ἀναβοᾷ, καὶ πεφορημένη καὶ ῥηγνυμένη πεινᾷ ἀνακράζει.  
*it-cries-out and stuffed and bursting to-hunger it-shouts*  
 Γαστριμαργία ἐστὶν καρυκείας δημιουργός, ἡδυτήτων  
*gluttony is of-seasoning maker of-sweetnesses*  
 πηγῇ· κατήργησας τὴν φλέβα, καὶ ἄλλοθεν ἀνέκυψε· καὶ  
*spring you-stopped the vein and elsewhere it-peeked-out and*  
 ταύτην ἀποσφάξας, ἑτέρα ἡττήθης. Γαστριμαργία ἐστὶν  
*this having-slaughtered by-another you-were-defeated gluttony is*  
 ὀφθαλμῶν ἀπάτη· μέτρια δεχομένη τάδε σύμπαντα  
*of-(the)-eyes deception moderate-things receiving these all*  
 καταπίνειν ὑφὲν ὑποτιθεμένη· κόρος βρωμάτων, πορνείας  
*to-swallow at-once suggesting surfeit of-foods of-fornication*

πατήρ· θλίψις δὲ κοιλίας, ἀγνείας πρόξενος. Λέοντα ὁ  
*father affliction but of-(the)-belly of-purity cause a-lion the(-one)*  
 κολακεύσας, πολλάκις ἡμέρωσε· σῶμα δὲ ὁ θεραπεύσας  
*having-flattered often tamed a-body but the(-one) having-tended*  
 ἐπὶ πλείω ἡγρίωσε. Χαίρει Ἰουδαῖος Σαββάτῳ καὶ ἑορτῇ·  
*for more made-savage rejoices a-Jew on-Sabbath and feast*  
 μοναχὸς γαστρίμαργος Σαββάτῳ καὶ Κυριακῇ· πρὸ χρόνου  
*a-monk gluttonous on-Sabbath and Lord's-day before time*  
 τὸ Πάσχα ψηφίζει, καὶ πρὸ ἡμερῶν τὰ ἐδέσματα εὐτρεπίζει.  
*the Pascha he-counts and before days the dishes prepares*  
 Ψηφίζει κοιλιόδουλος ἐν ποίοις βρώμασιν ἐορτάσει· ὁ  
*counts (the)-belly-slave with what foods he-will-feast the*  
 δὲ θεόδουλος ἐν ποίοις χαρίσμασιν πλουτήσει. Ξένου  
*but God-slave with what gifts he-will-grow-rich a-stranger*  
 ἐπιδημήσαντος εἰς ἀγάπην ὅλος ἐκ γαστριμαργίας κινεῖται·  
*having-arrived to love wholly from gluttony he-is-moved*  
 καὶ παράκλησιν ἀδελφοῦ τὴν ἑαυτοῦ κατάλυσιν λογιζεται·  
*and (the)-consolation of-a-brother the own relaxation he-reckons*  
 ἐπὶ παρουσίᾳ τινῶν τοῦ οἴνου καταλύει ἐσκέψατο· καὶ  
*at (the)-presence of-some of-the wine to-relax he-considered and*  
 ἀρετὴν δοκῶν κρύπτειν, πάθους δοῦλος ἐγένετο. Ἐχθραίνει  
*virtue thinking to-hide of-passion slave he-became is-hostile*  
 πολλάκις κενοδοξία τῇ γαστριμαργίᾳ, καὶ ὥς ἐπὶ ὀνησίμῳ  
*often vainglory to-the gluttony and as over a-useful*  
 δούλῳ τῷ ἀθλίῳ μοναχῷ διαμάχονται· ἡ μὲν καταλύει  
*slave the wretched monk they-fight the-one indeed to-relax*  
 βιάζεται, ἡ δὲ τὴν ἑαυτοῦ ἀρετὴν θριαμβεύει  
*forces the-other and the own virtue to-display*  
 ὑποτίθεται· σοφὸς μοναχὸς ἀμφοτέρων ἐκφεύζεται, ἐν  
*suggests a-wise monk both will-escape in*  
 οἰκείῳ καιρῷ τῇ ἑτέρᾳ τὴν ἑτέραν ἀποσειώμενος. Τῆς  
*own time with-the one the other shaking-off the*

μὲν σαρκὸς σφριγώσης, ἐν παντὶ καιρῷ καὶ τόπῳ  
*indeed flesh swelling at every time and place*  
 ταύτην τιμωρήσωμεν· ταύτης δὲ ἡρεμούσης, ὅπερ πρὸ  
*it let-us-punish it and being-quiet which before*  
 τάφου οὐ πείθομαι, τὴν ἐαυτῶν ἐργασίαν ἀποκρύψομεν.  
*(the)-tomb not I-am-persuaded the our-own work we-will-hide*  
 Εἶδον πρεσβύτας ἱερεῖς ὑπὸ δαιμόνων ἐμπαιζομένους· καὶ  
*I-saw old priests by demons mocked and*  
 τοὺς μὴ ὑποκειμένους αὐτοῖς νέοις ἐν συμποσίοις, τοῦ  
*those not subject to-them young-men at banquets of-the*  
 οἴνου καὶ τῶν λοιπῶν μετ' εὐλογίας λύοντας. Εἰ μὲν ἐν  
*wine and of-the rest with blessing releasing if indeed in*  
 Κυρίῳ μεμαρτυρημένοι ὑπάρχουσι, μετρίως λύσωμεν· εἰ δὲ  
*(the)-Lord attested they-are moderately let-us-release if but*  
 ἀμελεῖς, μηδὲν περὶ τῆς ἐαυτῶν εὐλογίας φροντίσωμεν· καὶ  
*careless nothing about the their-own blessing let-us-care and*  
 μάλιστα εἶπερ τῷ πυρὶ μαχόμενοι τυγχάνομεν. Ἐδόκησεν  
*especially if-indeed with-the fire fighting we-happen-to-be thought*  
 ὁ θεήλατος Εὐάγριος τῶν σοφῶν σοφώτερος τῇ τε  
*the God-driven Evagrius than-the wise wiser in-the both*  
 προφορᾷ καὶ τοῖς νοήμασι γενέσθαι· ἀλλ' ἐψεύσθη ὁ  
*utterance and in-the thoughts to-become but was-deceived the*  
 δειλαίος, τῶν ἀφρόνων φανείς ἀφρονέστερος· ἐν πολλοῖς  
*wretched(-man) than-the foolish appearing more-foolish in many-things*  
 μὲν πλὴν καὶ ἐν τούτῳ· φησὶ γάρ· Ὅπηνικα διαφόρων  
*indeed but also in this he-says for when various*  
 βρωμάτων ἐπιθυμῇ ἡμῶν ἢ ψυχῇ, ἐν ἄρτῳ στενούσθω  
*foods desires our the soul with bread let-it-be-straitened*  
 καὶ ὕδατι· ὅμοιον δέ τι προστέταχε τῷ εἰπόντι τῷ  
*and water like but something he-prescribed to-the(-one) having-said to-the*  
 παιδί ἐν ἐνὶ βήματι πᾶσαν ἀνελθεῖν τὴν κλίμακα· τοῖνυν  
*child in one step all to-climb the ladder therefore*

ἀποτρέποντες αὐτοῦ τὸν ὅρον, ἡμεῖς φήσομεν· Ὅπηνίκα  
*turning-away his the rule we will-say when*  
 διαφόρων βρωμάτων ἐπιθυμεῖ ἡμῶν ἡ ψυχὴ, φύσεως  
*various foods desires our the soul of-nature*  
 ἴδιον ἐπιζητεῖ· διὸ μηχανῇ πρὸς τὴν παμμήχανον  
*proper it-seeks therefore with-contrivance against the all-contriving*  
 χρησόμεθα· εἴπερ μὴ, βαρύτατος παρέστη πόλεμος ἢ  
*we-will-use if-indeed not heaviest stands war or*  
 πτώματος εὐθύναι. Περικόψομεν τέως τὰ λιπαίνοντα· εἴτα  
*of-fall accounts we-will-cut-off first the fattening-things then*  
 τὰ ἐκκαίοντα, εἰθ' οὕτως τὰ ἡδύνοντα· εἰ δυνατόν, δίδου  
*the inflaming-things then thus the sweetening-things if possible give*  
 τῇ σῇ κοιλίᾳ τροφὴν ἐμπιπλῶσαν καὶ εὐπεπτον· ἵνα  
*to-the your belly food filling and digestible that*  
 διὰ μὲν τῆς πλησμονῆς τὴν ἄπληστον αὐτῆς γνώμην  
*through indeed the fullness the insatiable its desire*  
 ἀποστήσωμεν· διὰ δὲ τῆς ταχείας διαπνεύσεως, τῆς  
*we-may-remove through and the quick evaporation from-the*  
 πυρώσεως ὡς μάστιγος λυτρωθῶμεν. Ἐπισκεψώμεθα καὶ  
*burning as from-a-scourge we-may-be-freed let-us-consider also*  
 τὰ πλεῖστα τῶν πνευματούντων, καὶ κινεῦντα εὐρήσομεν.  
*the most of-the flatulent-things also stirring we-will-find*  
 Γέλα ἐπὶ τῷ δαίμονι τῷ μετὰ τὸ δεῖπνον ὑπερθεσίμους  
*laugh at the demon the after the supper postponing*  
 σε ποιεῖν ὑποτιθεμένῳ· τῆς γὰρ ἐννάτης τῇ ἐξῆς  
*you to-make suggesting of-the for ninth on-the next*  
 καταλαβούσης, ἡρνήσατο τὴν συνταγὴν τῆς προλαβούσης.  
*having-come he-denied the agreement of-the preceding*  
 Ἄλλη ἡ τοῖς ἀνευθύνοις, καὶ ἑτέρα τοῖς ὑπευθύνοις,  
*other the for-the guiltless and other for-the guilty*  
 ἀρμόζουσα ἐγκράτεια· οἱ μὲν γὰρ τὴν τοῦ σώματος  
*fitting continence the indeed for the of-the body*

κίνησιν εἰς σημεῖον κέκτηνται· οἱ δὲ μέχρι θανάτου  
*movement for a-sign have the and until death*  
 καὶ τέλους πρὸς τοῦτο ἀπαρακλήτως καὶ ἀδιαλήκτως  
*and end for this without-consolation and unceasingly*  
 διάκεινται· οἱ μὲν πρότεροι τὴν σύγκρασιν τοῦ νοὸς ἀεὶ  
*are-disposed the indeed former the balance of-the mind always*  
 φυλάττειν ἐθέλουσιν· οἱ δὲ δεύτεροι διὰ τῆς ψυχικῆς  
*to-guard wish the and second through the soul's*  
 σκυθρωπότητος καὶ τήξεως τὸν Θεὸν ἐξευμενίζονται.  
*sadness and wasting — God propitiate*  
 Καιρὸς εὐφροσύνης καὶ παρακλήσεως τῷ μὲν τελείῳ  
*time of-gladness and of-consolation for-the indeed perfect*  
 ἀμεριμνία ἐν πᾶσι· τῷ δὲ ἀγωνιστῇ καιρὸς πάλης·  
*freedom-from-care in all-things for-the and contender time of-wrestling*  
 τῷ δὲ ἐμπαθεῖ ἐορτῇ ἐορτῶν, καὶ πανηγυρὶς πανηγύρεων.  
*for-the and passionate feast of-feasts and festival of-festivals*  
 Ἐνύπνια τροφῶν καὶ βρωμάτων ἐν καρδίᾳ γαστριμάργων·  
*dreams of-foods and dishes in (the)-heart of-gluttons*  
 ἐνύπνια δὲ κολάσεων καὶ κρίσεως ἐν καρδίᾳ πενθούντων.  
*dreams but of-punishments and of-judgment in (the)-heart of-mourners*  
 Κράτει κοιλίας, πρὶν αὐτὴ σοῦ κρατήσῃ· καὶ τότε μέλλεις  
*master (the)-belly before it you will-master and then you-are-going*  
 μετ' αἰσχύνῃς ἐγκρατεῦσθαι. Οἶδασι τὸ εἰρημένον οἱ  
*with shame to-be-continent know the-thing said those*  
 τῷ ἀρρήτῳ περιπεσόντες βόθρῳ· εὐνοῦχοι δὲ ἄνδρες  
*into-the unspeakable having-fallen pit eunuchs but men*  
 ἀπείραστοι τούτου. Κοιλίαν περικόψωμεν ἐννοία πυρός·  
*untried of-this (the)-belly let-us-cut-off with-thought of-fire*  
 ταύτῃ γὰρ ὑπακούσαντές τινες, ἔσχατον τὰ μέλη ἑαυτῶν  
*to-this for having-obeyed some at-last the members own*  
 ἐξέκοψαν· καὶ διπλοῦν τεθνήκασιν θάνατον. Ζητήσωμεν, καὶ  
*cut-off and double died death let-us-seek and*

πάντως εὐρήσομεν τὰ παρ' ἡμῖν ναυάγια ταύτην μόνην  
*surely we-will-find the among us shipwrecks it alone*  
 ἐργαζομένην. Νοῦς νηστευτοῦ προσεύχεται νηφόντως· ὁ  
*working (the)-mind of-a-faster prays soberly the*  
 δὲ τοῦ ἀκρατοῦς εἰδώλων ἀκαθάρτων πεπλήρωται· κοιλίας  
*but of-the incontinent of-idols unclean is-full of-(the)-belly*  
 κόρος ἐξήρανε πηγὰς· αὕτη δὲ ξηρανθεῖσα ἐγέννησεν  
*surfeit dried-up springs it but having-been-dried begot*  
 ὕδατα. Ὁ τὴν ἑαυτοῦ θεραπεύων γαστέρα, καὶ  
*waters the(-one) the own tending belly and*  
 πνεῦμα πορνείας νικῆσαι βουλόμενος, ὅμοιός ἐστι τῷ  
*(the)-spirit of-fornication to-conquer wishing like is to-the(-one)*  
 μετὰ ἐλαίου σβεννύοντι ἐμπρησμόν. Θλιβομένης κοιλίας  
*with oil quenching a-conflagration being-afflicted (the)-belly*  
 ταπεινοῦται καρδιά· θεραπευομένης δὲ ταύτης γαυριᾷ  
*is-humbled (the)-heart being-tended but it is-arrogant*  
 λογισμός. Ψηλάφα σεαυτὸν περὶ τὴν μέσην, καὶ περὶ  
*(the)-thought feel yourself about the middle and about*  
 τὴν ἐσχάτην ὥραν πρὸ τῆς βρώσεως· καὶ μαθήσῃ ἐξ  
*the last hour before the eating and you-will-learn from*  
 αὐτοῦ τὴν τῆς νηστείας ὠφέλειαν. Σκιρτᾷ μὲν πρωΐας  
*it the of-the fasting benefit leaps indeed in-the-morning*  
 καὶ πελάζεται λογισμός· τῆς ἕκτης καταλαβούσης, μικρὸν  
*and draws-near (the)-thought the sixth having-come a-little*  
 ὑπεχάλασε, τῆς δὲ ἡλίου δύσεως εἰς τέλος ἐταπεινώθη.  
*it-relaxed the and of-the-sun setting at (the)-end was-humbled*  
 Θλίβε κοιλίαν, καὶ πάντως κλείσεις καὶ στόμα· νευροῦται  
*afflict (the)-belly and surely you-will-shut also (the)-mouth is-strengthened*  
 γὰρ γλῶσσα ὑπὸ πλήθους ἐδεσμάτων. Πυκτεύων πύκτευε  
*for (the)-tongue by a-multitude of-dishes boxing box*  
 αὐτῇ, καὶ νήφων νήφε αὐτῇ· ἂν γὰρ μικρὸν πονήσης,  
*against-it and being-sober be-sober against-it if for a-little you-labor*

εὐθέως καὶ ὁ Κύριος συνεργήσει. Μαλασσόμενοι ἄσκοι  
*at-once also the Lord will-work-with(-you) softened wineskins*  
 ἐπιδιδούσι τῇ χωρήσει, περιφρονούμενοι δὲ οὐ τοσοῦτον  
*increase in-the capacity neglected but not so-much*  
 δέχονται· ὁ καταναγκάζων γαστέρα αὐτοῦ, ἐπλάτνεν  
*receive the(-one) forcing the-belly his widened*  
 ἔντερα· ὁ δὲ ἀγωνιζόμενος πρὸς αὐτήν, συνέσφιγξε  
*(the)-intestines the(-one) but contending with it tightened*  
 ταῦτα· τούτων δὲ συσφιγθέντων, οὐ πολλὰ δέχονται·  
*these(-things) them but having-been-tightened not much will-receive*  
 καὶ τότε λοιπὸν γινόμεθα φυσικῶς νηστεύοντες. Δύψα  
*and then thereafter we-become naturally fasting thirst*  
 δύψαν πολλάκις κατέπαυσε· πείνα δὲ πείναν περικόψαι  
*thirst often stopped with-hunger but hunger to-cut-off*  
 χαλεπὸν καὶ ἀμήχανον. Ὅποταν νικήσῃ σε, ἐν πόνοις  
*difficult and impossible when it-conquers you in toils*  
 δάμαζε αὐτήν· εἰ δὲ καὶ τοῦτο ἀδύνατον δι' ἀσθένειαν,  
*tame it if but even this impossible because-of weakness*  
 ἀγρυπνία πάλαισον πρὸς αὐτήν. Ὁφθαλμῶν βαρυνομένων  
*with-vigil wrestle against it (the)-eyes being-weighed-down*  
 ἐπιλαβοῦ ἐργοχείρου· ὕπνου δὲ μὴ παρόντος, μὴ ἄψει  
*take-bold-of handiwork sleep but not being-present not touch*  
 αὐτοῦ· ἀδύνατον γὰρ Θεῷ καὶ μαμμωνῶ, τοῦτ' ἔστι Θεῷ  
*it impossible for to-God and to-mammon that is to-God*  
 καὶ ἐργοχείρῳ, παραστήσαι τὸν νοῦν. Γίνωσκε, ὅτι περ  
*and to-bandiwork to-present the mind know that indeed*  
 πολλάκις ὁ δαίμων τῷ στομάχῳ καθέζεται, καὶ μὴ  
*often the demon on-the stomach sits and not*  
 κορέννσθαι τὸν ἄνθρωπον παρασκευάζει, κἂν πᾶσαν  
*to-be-filled the man prepares even-if all*  
 τὴν Αἴγυπτον φάγῃ καὶ τὸν Νεῖλον ποταμὸν πίῃ.  
*— Egypt he-eats and the Nile river he-drinks*

Μετὰ τὴν τροφὴν ἀναχωρεῖ ὁ ἀνόσιος, καὶ τὸν τῆς  
*after the food withdraws the unholy(-one) and the(-one) of-the*  
 πορνείας ἡμῖν ἀποστέλλει, ἀπαγγέλλας αὐτῷ τὸ γενόμενον·  
*fornication on-us sends having-announced to-him the thing-happened*  
 κατάλαβε, λέγων, θορύβησον αὐτόν· τῆς κοιλίας γὰρ  
*seize saying trouble him of-the belly for*  
 ἐμπεφορημένης κοπωθήσῃ· ἐλθὼν ἐμειδίασε, καὶ τῷ  
*being-stuffed you-will-be-tired having-come he-smiled and with-the*  
 ὕπνῳ δῆσας ἡμῶν χεῖρας καὶ πόδας, πάντα λοιπὸν  
*sleep having-bound our hands and feet all thereafter*  
 ὅσα ἠθέλησεν, ἐποίησεν· τὴν ψυχὴν καὶ τὸ σῶμα  
*as-much-as he-wished did the soul and the body*  
 ἐν μολυσμοῖς, καὶ φαντασίαις, καὶ ἐκκρίσεισι καταμάνας.  
*in defilements and fantasies and discharges having-defiled*  
 Θαῦμα ιδέσθαι νοῦν ἀσώματον ὑπὸ σώματος μολυνόμενον  
*wonder to-see a-mind bodiless by body being-defiled*  
 καὶ σκοτούμενον· καὶ πάλιν διὰ πηλοῦ τὸ αἶλον  
*and darkened and again through clay the immaterial*  
 ἀνακαθαίρομενον καὶ λεπτυνόμενον. Ἐὰν τὴν στενὴν καὶ  
*being-cleansed and refined if the narrow and*  
 τεθλιμμένην ὁδὸν ὁδεύειν τῷ Χριστῷ συνετάξω, στένωσον  
*afflicted way to-walk — to-Christ you-agreed straiten*  
 τὴν γαστέρα· ταύτης γὰρ θεραπευομένης καὶ πλατυνομένης,  
*the belly it for being-tended and widened*  
 τὰς συνθήκας ἠθέτησας. Ἐπίσκεψαι, καὶ ἀκούσεις τοῦ  
*the agreements you-set-aside consider and you-will-bear the(-one)*  
 λέγοντος, Πλατεία καὶ εὐρύχωρος ἡ ὁδὸς τῆς κοιλίας,  
*saying broad and wide the way of-the belly*  
 ἡ ἀπάγουσα εἰς τὴν ἀπώλειαν τῆς πορνείας· καὶ πολλοί  
*the leading to the destruction of-the fornication and many*  
 εἰσιν οἱ εἰσερχόμενοι δι' αὐτῆς. Τί στενὴ πύλη καὶ  
*are those entering through it how narrow gate and*



τεθλιμμένη ὁδὸς τῆς νηστείας, ἣ εἰσάγουσα εἰς τὴν  
*afflicted way of-the fasting the leading into the*  
 ζωὴν τῆς ἀγνείας, καὶ ὀλίγοι εἰσὶν οἱ εἰσερχόμενοι δι'  
*life of-the purity and few are those entering through*  
 αὐτῆς. Ἄρχων δαιμόνων, ὁ πεσὼν ἑωσφόρος· καὶ ἄρχων  
*it ruler of-demons the fallen morning-star and ruler*  
 παθῶν ὁ λαίμὸς τῆς κοιλίας· ἐν τραπέζῃ ἐδεσμάτων  
*of-passions the gullet of-the belly at table of-dishes*  
 ἀνακλινόμενος, μνήμην θανάτου καὶ κρίσεως εἰς μέσον  
*reclining remembrance of-death and of-judgment into the-midst*  
 ἄγε· μόλις γάρ, καὶ οὕτως μικρὸν πάθος ἐμποδίσῃς. Τὸ  
*bring scarcely for even thus a-little passion you-may-binder the*  
 πόμα πίνων, τοῦ ὄξους καὶ τῆς χολῆς τοῦ σοῦ Δεσπότου  
*drink drinking of-the vinegar and of-the gall of-the your Master*  
 μὴ παύσῃ ἐννοῶν· καὶ πάντως ἢ ἐγκρατεύσῃ, ἢ  
*not cease considering and surely either you-will-be-continient or*  
 στενάξεις, ἢ καὶ ταπεινότερον ποιήσεις τὸ φρόνημα. Μὴ  
*you-will-groan or also humbler you-will-make the mind not*  
 πλανῶ, οὐ μὴ τοῦ Φαραῶ ἐλευθερωθήσῃ, οὐδὲ τὸ ἄνω  
*be-deceived not — — from-Pharaoh you-will-be-freed nor the above*  
 Πάσχα θεάσῃ, ἂν οὐ πικρίδας καὶ ἄζυμα φάγῃς διὰ  
*Pascha you-will-see if not bitter-herbs and unleavened-bread you-eat through*  
 παντός. Πικρίδες ἐστὶν ἡ τῆς νηστείας βία καὶ πόνος·  
*all(-time) bitter-herbs are the of-the fasting force and toil*  
 ἄζυμα δέ, τὸ μὴ φυσώμενον φρόνημα· τῇ σῇ ἀναπνοῇ  
*unleavened but the not puffed-up mind to-the your breath*  
 συγκολληθήτω ὁ λόγος τοῦ λέγοντος· Ἐγὼ δὲ ἐν τῷ  
*let-be-joined the word of-the(-one) saying I but in the*  
 τοὺς δαίμονας παρενοχλεῖν μοι, ἐνεδυόμην σάκκον· καὶ  
*the demons to-trouble me put-on sackcloth and*  
 ἐταπείνουν ἐν νηστείᾳ τὴν ψυχὴν μου· καὶ ἡ προσευχὴ  
*humiled in fasting the soul my and the prayer*

μου εἰς κόλπον ψυχῆς μου ἐκεκόλλητο. Νηστεία ἐστὶ  
*my into bosom of-soul my was-glued fasting is*  
 βία φύσεως, καὶ περιτομὴ ἡδύτητος λάρυγγος, πυρώσεως  
*force of-nature and circumcision of-sweetness of-(the)-throat of-burning*  
 ἐκτομή, πονηρῶν ἐννοιῶν ἐκκοπή, ἐνυπνιασμῶν ἐλευθερία,  
*a-cutting-out of-evil thoughts a-cutting-off of-dreams freedom*  
 προσευχῆς καθαρότης· ψυχῆς φωστήρ, νοδὸς φυλακή·  
*of-prayer purity of-soul light of-mind guard*  
 πωρώσεως λῦσις, κατανύξεως θύρα, στεναγμὸς ταπεινός,  
*of-hardness loosing of-compunction door groaning humble*  
 συντριμμὸς ἰαρός, πολυλογίας ἀργία, ἡσυχίας ἀφορμή,  
*contrition cheerful of-talkativeness idleness of-stillness occasion*  
 ὑπακοῆς φύλαξ, ὕπνου κουφισμός, ὑγεία σώματος, ἀπαθείας  
*of-obedience guard of-sleep lightening health of-body of-dispassion*  
 πρόξενος, ἀμαρτημάτων ἄφεσις· παραδείσου θύρα καὶ  
*cause of-sins forgiveness of-paradise door and*  
 τρυφή. Ἀπαιτήσωμεν καὶ τοῦτον, μᾶλλον δὲ πρὸ πάντων  
*delight let-us-question also this rather but before all*  
 τούτων τὸν προστάτην τῶν κακῶν ἡμῶν πολέμιον, τὴν  
*these the champion of-the evils our enemy the*  
 θύραν τῶν παθῶν, τὴν πτώσιν τοῦ Ἀδάμ, τὴν τοῦ Ἡσαῦ  
*door of-the passions the fall — of-Adam the — of-Esau*  
 ἀπώλειαν, τῶν Ἰσραηλιτῶν τὸν ὄλεθρον, τὴν τοῦ Νῶε  
*ruin of-the Israelites the destruction the — of-Noah*  
 ἀσχημοθέαν, τὴν τῶν Γομόρρων προδότην, τὴν τοῦ Λῶτ  
*seeing-of-shame the of-the Gomorrans betrayer the — of-Lot*  
 μέμβιν, τὴν τῶν υἱῶν Ἠλεὶ τοῦ ἱερέως ἐξολόθρευσιν,  
*blame the of-the sons of-Eli the priest destruction*  
 τὴν τῶν μολυσμῶν χειραγωγόν. Πόθεν δὲ τίκτεται, καὶ  
*the of-the defilements guide whence but is-it-born and*  
 τίνες οἱ ταύτης ἀπόγονοι; Τίς τε ὁ συντρίβων αὐτήν;  
*who the of-it descendants who and the(-one) crushing it*

Καὶ τίς ὁ ἀπολλύων αὐτὴν εἰς τέλος; Λέγε ἡμῖν, ὦ  
*and who the(-one) destroying it to (the)-end tell us O*  
 ἢ πάντων τῶν βροτῶν τυραννίς, ἢ πάντας ὠνησαμένη  
*the of-all the mortals tyranny the all having-bought*  
 χρυσίῳ ἀπληστίας, πόθεν τὴν εἴσοδον ἐν ἡμῖν κέκτησαι;  
*with-gold of-insatiability whence the entry in us have-you*  
 καὶ τί μετὰ τὴν εἴσοδον τίκτειν πέφυκας; καὶ τίς ἡ  
*and what after the entry to-beget are-you-wont and what the*  
 σοῦ ἐξ ἡμῶν ἔξοδος; Ἡ δὲ ἐπὶ ταῖς ὕβρεσι πονήσασα,  
*your from us exit it but at the insults having-been-pained*  
 πρὸς ἡμᾶς τυραννικῶς ἡ μαϊμάσσουσα, καὶ ἀγρία  
*toward us tyrannically the(-one) raging and savage*  
 ἀπεκρίνετο· Τί με λοιδορίαις βάλλετε, οἱ ἐμοὶ ὑπεύθυνοι  
*answered why me with-revilings do-you-pelt you-who to-me subject*  
 τυγχάνοντες; Πῶς δέ μου χωρισθῆναι σπουδάζετε; Καγὼ  
*being how but from-me to-be-separated are-you-eager I-too*  
 τῇ φύσει συνδέδεμαι· ἐμοῦ θύρα, φύσις βρωμάτων·  
*to-the nature am-bound my door (the)-nature of-foods*  
 ἐμοῦ δὲ ἀπληστίας συνήθεια αἴτιος· ἐμοῦ δὲ πάθος  
*my and insatiabilities custom cause my and passion*  
 ὑπόθεσις συνήθεια προλαβοῦσα, καὶ ἀναληγσία ψυχῆς,  
*foundation custom preceding and insensibility of-soul*  
 καὶ ἀμνημοσύνη θανάτου· πῶς δὲ τῶν ἐμῶν ἀπογόνων  
*and forgetfulness of-death how but of-the my descendants*  
 τὰ ὀνόματα ζητεῖτε μαθεῖν; ἔξαριθμήσομαι αὐτούς, καὶ  
*the names do-you-seek to-learn I-will-number them and*  
 ὑπὲρ ἄμμον πληθυνθήσονται· ὅμως τοὺς πρωτοτόκους  
*beyond sand they-will-be-multiplied nevertheless the firstborn*  
 μου καὶ ἀγαπητοὺς ἀκούσατε τίνες προσαγορεύονται.  
*my and beloved bear what they-are-called*  
 Υἱὸς πρωτότοκός μου, πορνείας ὑπουργός, ἐκείνου δὲ  
*son firstborn my of-fornication servant of-that-one and*

δεύτερος σκληρότης καρδίας· ὁ ὕπνος τρίτος, θάλασσα  
*second hardness of-heart the sleep third a-sea*  
 λογισμῶν, κύματα μολυσμῶν βυθὸς ἀγνώστων καὶ ἀρρήτων  
*of-thoughts waves of-defilements a-depth of-unknown and ineffable*  
 ἀκαθαρσίῳ ἐξ ἐμοῦ ἐκπορεύονται. Ἐμοῦ θυγατέρες ὀκνηρία,  
*uncleannesses from me go-forth my daughters sloth*  
 πολυλογία, παρρησία, γελωτοποιΐα, εὐτραπεία, ἀντιλογία,  
*talkativeness license buffoonery jesting contradiction*  
 σκληροτραχηλία, ἀνηκοΐα, ἀναισθησία, αἰχμαλωσία,  
*stiff-neckedness disobedience insensibility captivity*  
 μεγαλαυχία, θρασύτης, φιλοκοσμία, ἣν διαδέχεται  
*boasting audacity love-of-adornment which follows*  
 προσευχὴ ῥυπαρά, καὶ ῥεμβασμοὶ λογισμῶν. Πολλάκις  
*prayer filthy and wanderings of-thoughts often*  
 δὲ καὶ συμφοραὶ ἀνέλπιστοι καὶ ἀπροσδόκητοι, αἷς  
*and also misfortunes unhopd-for and unexpected with-which*  
 προσωμίλησε ἀνελπιστία ἢ πάντων χαλεπωτέρα· ἐμὲ  
*associates despair the than-all worse me*  
 πολεμεῖ μὲν, οὐ νικᾷ δὲ μνήμη πταισμάτων· ἐχθραίνει  
*wars indeed not conquers but remembrance of-failings is-hostile*  
 μοι εἰς ἅπαν ἔννοια θανάτου, τὸ δὲ ἐμὲ καταργοῦν τελείως  
*to-me in all thought of-death the but me abolishing perfectly*  
 ἐν ἀνθρώποις οὐδέν· ὁ κτησάμενος παράκλητον,  
*among men nothing the(-one) having-acquired (the)-Paraclete*  
 τούτῳ ἐντυγχάνει κατ' ἐμοῦ· κακῆϊνος δυσωπηθεῖς, ἐμπαθῶς  
*to-him pleads against me and-be being-besought passionately*  
 οὐκ ἐᾷ με ἐνεργεῖν· οἱ γὰρ ἐκείνου ἄγευστοι, διὰ  
*not permits me to-work those for of-him untasting through*  
 τῆς ἐμῆς γλυκύτητος πάντως ἡδύνεσθαι ζητοῦσι.  
*the my sweetness surely to-be-delighted seek*

Ἀνδρεία νίκη. Ὁ ἰσχύσας δῆλος πρὸς ἀπάθειαν καὶ 2  
 brave victory the(-one) having-prevailed clear toward dispassion and  
 σωφροσύνην ἀκροτάτην ἐπειγόμενος.  
 temperance highest hastening

## XV · PURITY AND CHASTITY, 1-4

*Purity is taking on a bodiless nature; the chaste man is unmoved even in sleep and alike toward every body, and no one may credit himself with it. John sets out its beginning, middle, and end, and approves those who call renunciation enmity toward the body. He blesses not the born eunuchs but those who daily cut themselves with thought as with a knife. The demon of fornication fights monks chiefly with sins against nature, and calls God merciful before the fall and unforgiving after it. Solitude breeds a dispassion that can shake, obedience one that holds. Why the Church admits a heretic at once but bars a fornicator for years is left unsolved; emissions in sleep come from food, from pride, and from judging a neighbor; and a man who glorified the Maker at the sight of beauty shows purity's height.*

Ἀγνεία ἐστὶν ἀσωμάτου φύσεως οἰκείωσις. Ἀγνεία ἐστὶν 1  
 purity is of-bodiless nature an-assumption purity is  
 φύσεως ὑπὲρ φύσιν ὑπερφυῆς ἄρνησις· καὶ ἀσωμάτων  
 of-nature beyond nature a-supernatural denial and of-bodiless-ones  
 σώματος θνητοῦ καὶ φθαρτοῦ παράδοξος ὄντως ἄμλλα·  
 by-a-body mortal and corruptible marvelous truly a-rivalry  
 ἄγνός ἐστιν ὁ ἔρωτι ἔρωτα διακρουσάμενος, καὶ πῦρ  
 pure is the(-one) by-love love having-repelled and fire  
 πυρὶ αὔλῳ ἀποσβέσας. Σωφροσύνη ἐστὶν καθολικὴ πασῶν  
 by-fire immaterial having-quenched temperance is a-general of-all  
 τῶν ἀρετῶν ἐπωνυμία. Σώφρων ἐστὶν ὁ ἐν αὐτοῖς τοῖς  
 the virtues name temperate is the(-one) in the-very the  
 ὕπνοις μηδεμίαν κίνησιν τῆς προσούσης αὐτῷ καταστάσεως  
 sleeps no movement of-the present in-him state

αἰσθόμενος· σώφρων ἐστίν, ὁ τελείαν ἀναισθησίαν  
*perceiving temperate is the(-one) perfect insensibility*  
 ἐπὶ διαφορᾷ σωμάτων διὰ παντὸς κτησάμενος. Οὗτος  
*toward difference of-bodies through all(-time) having-acquired this*  
 κανὼν καὶ ὅρος τῆς τελείας καὶ πανάγνου ἀγνείας,  
*(the)-rule and definition of-the perfect and all-pure purity*  
 τὸ ὡσαύτως ἐπ' ἐμψύχοις τε καὶ ἀψύχοις, λογικοῖς τε  
*the alike toward animate both and inanimate rational both*  
 καὶ ἀλόγοις διακεῖσθαι. Μηδεὶς τῶν ἀγνείαν ἐξησκηκότων  
*and irrational to-be-disposed let-no-one of-those purity having-practiced*  
 ἑαυτῷ τὴν ταύτης κτήσιν λογίσσοιτο· τὴν γὰρ φύσιν  
*to-himself the of-it acquisition reckon the for nature*  
 αὐτὴν νικῆσαι τῶν οὐκ ἐνδεχομένων ἐστίν· ὅπου  
*itself to-conquer of-the-things not possible is where*  
 φύσεως ἡττα γέγονεν, ἐκεῖ τοῦ ὑπὲρ φύσιν παρουσία  
*of-nature a-defeat has-happened there of-the(-one) beyond nature presence*  
 ἐπέγνωσται. Χωρὶς γὰρ πάσης ἀντιλογίας, τὸ ἔλαττον  
*is-recognized without for all dispute the lesser*  
 ὑπὸ τοῦ κρείττονος καταργεῖται. Ἀρχὴ μὲν ἀγνείας  
*by the greater is-abolished the-beginning indeed of-purity*  
 ἀσυγκατάθετος λογισμός, καὶ ἀνεῖδωλοι διὰ χρόνων  
*unconsenting thought and imageless through times*  
 ἐκκρίσεις. Μεσότης ἀγνείας, φυσικαὶ κινήσεις ἐπὶ πλήθει  
*discharges the-middle of-purity natural movements on a-multitude*  
 βρωμάτων, καὶ μόνων ἀνειδώλως συνιστάμεναι, καὶ ρεύσεως  
*of-foods and only imagelessly arising and from-flux*  
 ἀπηλλαγμέναι. Τέλος δέ, νέκρωσις σώματος προθανόντων  
*freed (the)-end and mortification of-body having-died-before*  
 λογισμῶν. Μακάριος ἀληθῶς, ὃς ἐν παντὶ σώματι, καὶ  
*of-thoughts blessed truly who in every body and*  
 χρώματι, καὶ ὥρα τελείαν ἀναισθησίαν ἐκτήσατο· οὐχ  
*color and beauty perfect insensibility acquired not*

ὁ τὴν πηλὸν ἄρρυπον φυλάξας, οὗτος ἄγνός· ἀλλ'  
*the(-one) the clay unsoiled having-guarded he pure but*  
 ὁ τὰ μέλη ταύτης τῇ ψυχῇ ὑποτάξας τελείως· μέγας  
*the(-one) the members of-it to-the soul having-subjected perfectly great*  
 μὲν ὁ ἐπὶ ἀφῇ διαμένων ἀπαθὴς διαμείνας ἄτρωτος,  
*indeed the(-one) at touch remaining dispassionate having-remained unwounded*  
 καὶ νικήσας πυρὸς θέαν ἐννοία κάλλους τῶν ἄνω.  
*and having-conquered of-fire sight by-thought of-beauty of-the-things above*  
 Ὁ μὲν εὐχῇ τὸν κύνα ἀπωθούμενος, τῷ μαχομένῳ  
*the(-one) indeed by-prayer the dog repelling to-the fighting*  
 προσέοικε λέοντι· ὁ δὲ ἀντιρρήσει τοῦτον ἀνατρέπων,  
*is-like lion the(-one) and by-contradiction him overturning*  
 τῷ καταδιώκοντι ἔτι τὸν ἐχθρὸν αὐτοῦ· ὁ δὲ  
*to-the(-one) pursuing still the enemy his the(-one) and*  
 τὴν τούτου προσβολὴν εἰς ἅπαξ ἐξουθενήσας, εἰ καὶ ἐν  
*the of-him assault at once having-despised if even in*  
 σαρκὶ ἐστίν, ἀλλὰ γε τῆς σοροῦ ἀνέστη. Εἰ τοῦτο  
*flesh he-is but at-least from-the coffin rose if this*  
 ἀληθοῦς ἀγνείας τεκμήριον, τὸ ἀκίνητον εἶναι ἐν τοῖς καθ'  
*of-true purity proof the unmoved to-be in the in*  
 ὕπνον φαντάσμασιν· τοῦτο πάντως ὅρος λαγνείας, τὸ  
*sleep fantasies this surely a-definition of-lust the*  
 ῥύσιν ὑπομένειν γρηγοροῦντα τοῖς ἐνθυμήμασιν· ὁ μὲν  
*flux to-undergo waking at-the thoughts the(-one) indeed*  
 ἐξ ἰδρώτων καὶ μόχθων πολεμῶν τούτῳ τῷ ἀντιδίκῳ  
*from sweats and labors warring-against this the adversary*  
 τῷ καταδήσαντι βρυλλίῳ τὸν ἐχθρὸν ἑαυτοῦ ἔοικεν·  
*to-the(-one) having-bound with-a-cord the enemy his is-like*  
 ὁ δὲ ἐξ ἐγκρατείας καὶ ἀγρυπνίας τῷ κλοιᾷ  
*the(-one) and from continence and vigil to-the(-one) fetters*  
 τοῦτον περιβαλόντι· ὁ δὲ διὰ ταπεινοφροσύνης, καὶ  
*him having-put-around the(-one) and through humility and*

ἀοργησίας, καὶ δίψης, τῷ ἀποκτείναντι τὸν πολέμιον,  
*freedom-from-anger and thirst to-the(-one) having-killed the foe*  
 καὶ ἐν ψάμμῳ κρύβαντι· ψάμμον νοήσεις τὴν  
*and in sand having-bidden sand you-will-understand the*  
 ταπείνωσιν· οὐ γὰρ τρέφει παθῶν βοσκήν, ἀλλ' ἔστι γῆ  
*humility not for it-feeds of-passions pasture but it-is earth*  
 καὶ σποδός· ἕτερος ὁ ἐξ ἀγώνων, καὶ ἕτερος ὁ  
*and ashes other the(-one) from struggles and other the(-one)*  
 ἐκ ταπεινώσεως· καὶ ἄλλος, ὁ θεία ἀποκαλύψει τὸν  
*from humility and another the(-one) by-divine revelation the*  
 τύραννον δεδεμένον ἔχων· ὁ μὲν τῷ ἑωσφόρῳ· ὁ  
*tyrant bound having the-one indeed to-the morning-star the-other*  
 δὲ τῇ μεγάλῃ σελήνῃ, ὁ δὲ τῷ λαμπρῷ ἡλίῳ  
*and to-the great moon the-other and to-the bright sun*  
 προσεοίκασιν· ἀμφότεροι δὲ ἐν οὐρανοῖς τὸ πολίτευμα  
*are-like both and in (the)-heavens the citizenship*  
 κέκτηνται. Ἐκ μὲν αὐγῆς φῶς, ἐκ φωτὸς δὲ ἀνέτειλε  
*have from indeed dawn light from light and rose*  
 ἥλιος· ὥς καὶ ἐπὶ τῶν εἰρημένων ἔστι νοῆσαι καὶ  
*(the)-sun as also in the-things said it-is-possible to-understand and*  
 εὑρεῖν. Ὑποκρίνεται μὲν ἀλώπηξ ὕπνον, δαίμων δὲ καὶ  
*to-find pretends indeed a-fox sleep a-demon but also*  
 σωφροσύνην· ἀλλ' ἡ μὲν, ἵνα ὄρνιν ἀπατήσῃ· ὁ δὲ  
*temperance but the-one indeed that a-bird she-may-deceive the-other and*  
 ἵνα ψυχὴν ἀπολέσῃ. Μὴ πιστεύσῃς τῇ πηλῷ ἐν τῇ ζωῇ  
*that a-soul be-may-destroy not trust the clay in the life*  
 σου· καὶ μὴ θαρρήσῃς αὐτῇ ἄχρι Χριστῷ ὑπαντήσεις· μὴ  
*your and not be-confident in-it until to-Christ you-meet not*  
 θάρσει ἐξ ἐγκρατείας μὴ πίπτειν· μηδὲ γὰρ ἐσθίων τις  
*be-confident from continence not to-fall not-even for eating anyone*  
 ἐξ οὐρανοῦ ἐρρίφη. Ἀποταγὴν τινες γνωστικοὶ καλῶς  
*from heaven was-thrown renunciation some knowledgeable well*



ὥρισαντο λέγοντες ταύτην ἔχθραν πρὸς σῶμα, καὶ μάχην  
*defined saying it enmity toward (the)-body and battle*  
 πρὸς κοιλίαν. Ἐν μὲν τοῖς εἰσαγωγικοῖς, ἐκ τρυφῆς τὰ  
*against (the)-belly in indeed the beginners from luxury the*  
 πτώματα ἐπίπαν πεφύκασι γίνεσθαι τὰ τοῦ σώματος·  
*falls for-the-most-part are-wont to-happen the-things of-the body*  
 ἐν δὲ μέσοις, καὶ ἐξ ὑψηλοφροσύνης, πλὴν ὅτι καὶ  
*in and (the)-middling also from high-mindedness except that also*  
 ἐν εἰσαγωγικοῖς· ἐν τοῖς δὲ τῇ τελειότητι προσεγγίζουσι,  
*in beginners in those and to-the perfection drawing-near*  
 καὶ ἐκ τοῦ κατακρίνειν τὸν πλησίον καὶ μόνον.  
*also from the to-condemn the neighbor and alone*  
 Τινὲς μεμακαρίκασι τοὺς φύσει εὐνούχους ἀποτεχθέντας, 2  
*some have-called-blessed those by-nature eunuchs born*  
 ὡς τῆς τοῦ σώματος τυραννίδος λελυτρωμένους. Ἐγὼ  
*as from-the of-the body tyranny redeemed I*  
 δὲ μεμακάρικα τοὺς καθημερινοὺς εὐνούχους· οἵτινες  
*but have-called-blessed the daily eunuchs who*  
 λογισμῷ ὥσπερ μαχαίρᾳ ἑαυτοὺς ἀκρωτηριάζειν πεφύκασιν·  
*with-thought as with-a-sword themselves to-mutilate are-wont*  
 ἐώρακα ἀκουσίως πεσόντας, καὶ ἐώρακα ἐκουσίως πίπτειν  
*I-have-seen unwillingly fallen and I-have-seen willingly to-fall*  
 βουλομένους μὲν, μὴ δυναμένους δέ, καὶ τῶν καθ'  
*wishing indeed not able but and than-those each*  
 ἡμέραν πιπτόντων αὐτοὺς μᾶλλον ἐταλάνισα, ὡς καὶ μὴ  
*day falling them rather I-called-wretched as even not*  
 δυναμένους τῆς δυσωδίας ἐφίεσθαι. Ἐλεεινὸς ὁ πίπτων·  
*being-able the stench to-desire pitiable the(-one) falling*  
 ἐλεεινότερος δὲ ὁ καὶ ἐτέρῳ τοῦτο προξενῶν· διότι  
*more-pitiable but the(-one) also for-another this causing because*  
 τῶν δύο πτωμάτων καὶ τῆς ἐτέρου ἡδονῆς αὐτὸς τὸ  
*of-the two falls and of-the of-the-other pleasure he the*

βάρος ἐπισύρεται. Μὴ θέλε δικαιολογίαις καὶ ἀντιρρήσειςιν  
*weight drags not wish with-self-justifications and contradictions*  
 ἀνατρέπειν τὸν τῆς πορνείας δαίμονα· διότι ἐκεῖνος τὰ  
*to-overturn the of-the fornication demon because that-one the*  
 εὐλογα κέκτηται ὡς φυσικῶς ἡμῖν μαχόμενος. Ὁ  
*reasonable-things has as naturally us fighting the(-one)*  
 τὴν ἑαυτοῦ σάρκα βουληθεὶς πολεμῆσαι, ἢ νικῆσαι ἐξ  
*the own flesh having-wished to-war-against or to-conquer from*  
 ἑαυτοῦ, εἰς μάτην τρέχει. Ἐὰν γὰρ μὴ Κύριος καταλύσῃ  
*himself in vain runs if for not (the)-Lord pulls-down*  
 οἶκον σαρκός, καὶ οἰκοδομήσῃ οἶκον ψυχῆς, εἰς μάτην  
*(the)-house of-flesh and builds (the)-house of-soul in vain*  
 ἡγρύπνησε, καὶ ἐνήστευσεν ὁ καταλύων. Ἀνάθου  
*kept-vigil and fasted the(-one) pulling-down lay-before*  
 Κυρίῳ τὴν τῆς φύσεως ἀσθένειαν, ἐπιγνούς εἰς ἅπαν  
*(the)-Lord the of-the nature weakness having-recognized in all*  
 τὴν οἰκείαν ἀδυναμίαν, καὶ λήψῃ χάρισμα σωφροσύνης  
*the own powerlessness and you-will-receive a-gift of-temperance*  
 ἀνεπαισθητῶς· ἔστιν ἐν τοῖς ἡδυπαθέσιν, ὥς μοί τις  
*imperceptibly there-is in the self-indulgent as to-me someone*  
 αὐτῶν ἐν πείρᾳ γεγονώς μετὰ τὴν ἔκνηψιν διηγῆσατο,  
*of-them in experience having-been after the coming-to-sobriety narrated*  
 αἰσθησίς τινος σωμάτων ἔρωτος, καὶ πνεῦμα ἀναιδές  
*a-perception of-some of-bodies of-love and a-spirit shameless*  
 καὶ ἀπάνθρωπον αὐτῇ τῆς καρδίας αἰσθήσει ἐναργῶς  
*and inhuman in-the-very of-the heart perception manifestly*  
 ἐγκαθήμενον, καὶ σωματικοῦ καρδίας πόνου δίκην ἐκ πυρὸς  
*sitting and bodily of-heart pain like from fire*  
 καμίνου, τῷ πολεμουμένῳ αἰσθῆσθαι παρασκευάζον,  
*of-a-furnace to-the(-one) being-warred-against to-perceive preparing*  
 Θεὸν μὲν μὴ φοβούμενον, μνήμην κολάσεως ὥς οὐδὲν  
*God indeed not fearing remembrance of-punishment as nothing*

καταφρονῶν, εὐχὴν βδελυσσόμενον, καὶ ἐπ' αὐτῇ τῇ πράξει  
despising prayer loathing and at the-very the act  
σχεδὸν ἐπιτελουμένη νεκρῶν λειψάνων ὡς ἀψύχων λίθων  
nearly being-accomplished of-dead remains as of-lifeless stones  
τὴν θεωρίαν λογιζόμενον ἔκνουν τινά, καὶ ἐξεστηκότα τὸν  
the sight reckoning senseless some and beside-himself the  
πάσχοντα ἀπεργαζόμενον· λογικῆς καὶ ἀλόγου οὐσίας ἐν  
sufferer making of-rational and irrational being in  
ἐφέσει διηνεκεῖ μεμεθυμένον, οὗ εἰ μὴ ἐκολοβώθησαν  
desire continual drunk whose if not had-been-shortened  
αἱ ἡμέραι, οὐκ ἂν ἐσώσθη πᾶσα ψυχή, τὴν πηλὸν  
the days not — would-have-been-saved every soul the clay  
ταύτην τὴν αἵματι καὶ χυμῷ ῥυπαρῷ συγκεκραμένην,  
this the with-blood and humor foul mixed  
ἡμφιεσμένη. Πῶς γάρ; Διότι πᾶν τὸ γεγονός, τῆς συγγενείας  
clothed-in how for because every the made(-thing) of-the kindred  
τῆς ἑαυτοῦ ἐφίεται ἀπλήστως. Τὸ αἷμα αἵματος, καὶ ὁ  
the own desires insatiably the blood of-blood and the  
σκῶληξ σκῶληκος, καὶ ἡ πηλὸς πηλοῦ· οὐκ οὖν καὶ ἡ  
worm of-worm and the clay of-clay not then also the  
σὰρξ σαρκός; Κἂν μεθοδείαις αὐτὴν τὴν ἀπατεῶνα ἀπατᾶν  
flesh of-flesh even-if with-stratagems it the deceiver to-deceive  
δοκιμάζωμεν, οἱ τῆς φύσεως καὶ τῆς βασιλείας βιασταὶ  
we-try the of-the nature and of-the kingdom violent-ones  
καὶ ἐπιθυμηταί· τοῦ μὲν προειρημένου πολέμου, οἱ μὴ  
and desirers of-the indeed aforesaid war those not  
πειρασθέντες, μακάριοι. Εὐξώμεθα εἰς ἅπαν τῆς αὐτοῦ  
having-been-tried blessed let-us-pray in all from-the its  
τοιαύτης λυτρωθῆναι πείρας· οἱ γὰρ ἐν τῷ προειρημένῳ  
such to-be-redeemed trial those for in the aforesaid  
κατολισθήσαντες βόθρῳ τῶν ἐκείνῃ τῇ κλίμακι  
having-slipped pit from-those on-that the ladder

ἀνερχομένων, καὶ κατερχομένων μακρὰν ἀποπίπτουσι, καὶ  
 going-up and going-down far fall-away and  
 πρὸς τὴν ἐκεῖθεν ἀνάβασιν ἰδρώτων πολλῶν μετὰ λιμοῦ  
 for the from-there ascent of-sweats many with hunger  
 δέονται ἀκροτάτου. Σκοπήσωμεν μήπως ἐπὶ τῶν νοερῶν  
 need extreme let-us-look lest against the spiritual  
 ἐχθρῶν ἡμῶν, ὥσπερ ἐν αἰσθητῷ πολέμῳ, ἐν τῇ παρατάξει  
 enemies our as in sensible war in the battle-line  
 αὐτῶν τῇ πρὸς ἡμᾶς οἰκείαν τινὰ ἕκαστος αὐτῶν τὴν  
 their the against us own some each of-them the  
 ἐγχείρησιν μετέρχεσθαι τέτακται ὅπερ θαῦμα ἐπεσημηνάμην  
 attack to-pursue is-appointed which a-wonder I-noted  
 ἐν τοῖς πειραζομένοις· καὶ ἑώρακα πτώματα πτωμάτων  
 among those tempted and I-have-seen falls than-falls  
 χαλεπώτερα· καὶ ἔχων νοῦν ἀκούειν ἀκούέτω.  
 worse and having mind to-bear let-him-bear

- 3 Εἵθισται τῷ δαίμονι καὶ μάλιστα ἐν τοῖς ἀγωνιζομένοις,  
 it-is-customary for-the demon and especially among those contending  
 καὶ τὸν μονήρῃ βίον μετερχομένοις πολλάκις πᾶσαν αὐτοῦ  
 and the solitary life pursuing often all his  
 τὴν ὁρμὴν, καὶ τὴν σπουδὴν καὶ μηχανήν, καὶ πανουργίαν,  
 the impulse and the zeal and device and villainy  
 καὶ ἐπίνοιαν, ἐν τοῖς παρὰ φύσιν μόνον, καὶ οὐκ ἐν  
 and contrivance in the-things against nature only and not in  
 τοῖς κατὰ φύσιν αὐτοὺς παρασκευάζειν πολεμεῖσθαι·  
 the-things according-to nature them to-prepare to-be-warred-against  
 ὅθεν καὶ πολλάκις τῷ θήλει συνδιάγοντες, πρὸς αὐτὸ  
 whence also often with-the female living-together toward it  
 εἰς ἐπιθυμίαν, ἢ ἔννοιαν ὅλως μὴ πολεμούμενοι, ἑαυτοὺς  
 in desire or thought at-all not being-warred-against themselves  
 μεμακαρίκασιν, ἀγνοήσαντες οἱ τάλανες ὅτι ὅπου μείζων  
 have-called-blessed not-knowing the wretched(-ones) that where greater

ὁ ὀλεθρος, ἐκεῖ τοῦ ἐλάττονος χρεία οὐ κατέστηκεν. Οἶμαι  
*the destruction there of-the lesser need not is I-think*  
 δυοῖν τούτων αἰτιῶν οἱ φόνιοι ἡμᾶς τοὺς ἀθλίους οἱ  
*for-two these causes the murderous(-ones) us the wretched the*  
 πανάθλιοι ἐν τοῖς παρὰ φύσιν πορθεῖν πεφύκασιν, ὡς  
*all-wretched in the-things against nature to-ravage are-wont as*  
 τῆς ὕλης τοῦ πτώματος πανταχοῦ ἡμῶν εὐπορούντων·  
*of-the matter of-the fall everywhere us abounding*  
 καὶ ὡς μείζονα τὴν τιμωρίαν κεκτημένων. Οἶδε τὸ  
*and as greater the punishment having knows the-thing*  
 εἰρημένον ὁ τῆς ὀνάγροις πρώην μὲν ἐπιτρέπων·  
*said the(-one) to-the wild-asses formerly indeed giving-orders*  
 ἔσχατον δὲ ὑπὸ τῶν ἀγρίων ὀνάγων ἐλεεινῶς ἐπιτραπέις  
*at-last but by the wild wild-asses pitifully ordered*  
 καὶ ἐμπαιχθεῖς, καὶ οὐρανίῳ τρεφόμενος ἄρτω, ὕστερον δὲ  
*and mocked and with-heavenly being-fed bread later but*  
 τοῦ καλοῦ στερηθείς, καὶ τὸ δὴ θαυμαστότερον, ὅτι καὶ  
*of-the good deprived and the indeed more-wonderful that even*  
 μετὰ μετάνοιαν Στύλος μὲν μέγας ἔπεσεν, ὀδυνώμενος  
*after repentance a-pillar indeed great fell grieving*  
 πικρῶς ὁ καθηγητὴς ἡμῶν ἔφησεν Ἀντώνιος· τὸν δὲ  
*bitterly the teacher our said Antony the but*  
 τρόπον τῆς πτώσεως ὁ σοφὸς ἀπέκρυψεν· ἐγίνωσκε γὰρ  
*manner of-the fall the wise(-one) hid he-knew for*  
 εἶναι πορνείαν σωματικῶς, καὶ ἐκτὸς ἐτέρου σώματος· ἔστι  
*to-be fornication bodily also without another body there-is*  
 τις θάνατος ἐν ἡμῖν καὶ ἀπώλεια πτώματος ἐν ἡμῖν, καὶ  
*some death in us and ruin of-fall in us and*  
 μεθ' ἡμῶν αἰὲν συμπεριφερόμενος, ἐν νεότητι μάλιστα· ὃν  
*with us always carried-about in youth especially which*  
 ἔγωγε γραφῇ παραδοῦναι οὐ τετόλμηκα· ἐπέσχε γὰρ μου  
*I to-writing to-commit not have-dared restrained for my*

τὴν χεῖρα ὁ εἰρηκώς· Τὰ γὰρ κρυφῇ γινόμενα ὑπό  
*the hand the(-one) having-said the-things for secretly done by*  
 τινων, αἰσχρόν ἐστι καὶ λέγειν, καὶ γράφειν, καὶ ἀκούειν.  
*some shameful it-is both to-say and to-write and to-bear*  
 Τὴν μὲν ἐμὴν ταύτην καὶ οὐκ ἐμὴν ἐχθρὰν φίλην σάρκα,  
*the indeed my this and not mine hostile friendly flesh*  
 Παῦλος μὲν θάνατον προσηγόρευσε· Τίς με γάρ, φησί,  
*Paul indeed death called who me for he-says*  
 ῥύσεται ἐκ τοῦ σώματος τοῦ θανάτου τούτου; Ἄλλος δὲ  
*will-rescue from the body of-the death this another and*  
 θεολόγος ἐμπαθῇ καὶ δούλην καὶ νυκτερινήν· τίνας δέ, τίνας  
*theologian passionate and slavish and nocturnal of-what and of-what*  
 χάριν τοιαύταις πρὸς αὐτὴν προσηγορίαις ἐχρήσαντο,  
*for-the-sake such to it names they-used*  
 μαθεῖν ἐδύβων. Εἰ θάνατος, ὡς προλέλεκται, σὰρξ, ὁ  
*to-learn I-thirsted if death as has-been-said-before (the)-flesh the(-one)*  
 ταύτην νικήσας πάντως οὐκ ἀποθνήσκει καὶ τίς ἐστιν  
*it having-conquered surely not dies and who is*  
 ἄρα ὁ ἄνθρωπος ἐκεῖνος, ὃς ζήσεται, καὶ οὐκ ὀψεται  
*then the man that who will-live and not will-see*  
 θάνατον μολυσμοῦ σαρκὸς αὐτοῦ; Ζητητέον δυσωπῶ,  
*death of-defilement of-flesh his it-must-be-asked I-beseech*  
 τίς μείζων· ὁ θανὼν καὶ ἀναστάς, ἢ ὁ μὴδ'  
*who greater the(-one) having-died and having-risen or the(-one) not*  
 ὅλως θανών· καὶ ὁ μὲν τὸν δεύτερον μακαρίσας,  
*at-all having-died and the(-one) indeed the second having-called-blessed*  
 ἔψευσται θανὼν γὰρ ὁ Χριστός, ἀνέστη· ὁ δὲ  
*has-lied having-died for — Christ rose the(-one) but*  
 τὸν πρῶτον, μηδεμίαν παρὰ τοῖς θνήσκουσι, μᾶλλον δὲ  
*the first no among those dying rather but*  
 πίπτουσι τὴν ἀπόγνωσιν εἶναι δυσωπεῖ· φιλάνθρωπον  
*falling the despair to-be beseeches loving-to-man*

γὰρ τὸν Θεὸν ὁ ἀπάνθρωπος ἐχθρὸς ὁ τῆς πορνείας  
*for — God the inhuman enemy the of-the fornication*  
 προστάτης λέγει· καὶ πολλὴν συγγνώμην τῷ πάθει τούτῳ  
*champion calls and much pardon to-the passion this*  
 ὡς φυσικῶ παρέχοντα· ἐπιτηρήσωμεν δὲ δόλους δαιμόνων,  
*as natural granting let-us-watch but (the)-tricks of-demons*  
 καὶ μετὰ τὴν πρᾶξιν δικαιοκρίτην αὐτόν, καὶ ἀσυγχώρητον  
*and after the deed a-just-judge him and unpardoning*  
 εὐρήσομεν αὐτοὺς ὀνομάζοντας· ἐκεῖ μὲν γὰρ ἵνα ἐπὶ  
*we-will-find them naming there indeed for that to*  
 τὴν ἁμαρτίαν προτρέψωνται, οὕτως ἐχρήσαντο· νῦν δὲ  
*the sin they-may-urge thus they-used now but*  
 λοιπόν, ἵνα ἐπὶ τὴν ἀπόγνωσιν ἡμᾶς καταποντίσωσι. Τῆς  
*thereafter that into the despair us they-may-drown the*  
 μὲν λύπης καὶ ἀπογνώσεως συνισταμένης, ἑαυτοὺς ἐπὶ  
*indeed grief and despair standing-firm ourselves to*  
 τῷ πταίσματι ἐκδιδόναι πάλιν οὐ πεφύκαμεν· ταύτης δὲ  
*the failing to-give-over again not we-are-wont it but*  
 κατασβεσθείσης, πάλιν ὁ τῆς φιλανθρωπίας ἡμᾶς τύραννος  
*being-quenched again the of-the love-for-man us tyrant*  
 διαδέχεται. Καθόσον ἄφθαρτος καὶ ἀσώματος ὁ Κύριος,  
*receives insofar-as incorruptible and bodiless the Lord*  
 κατὰ τοσοῦτον τῇ ἀγνείᾳ καὶ τῇ ἀφθαρσίᾳ τοῦ σώματος  
*by so-much in-the purity and in-the incorruption of-the body*  
 ἡμῶν εὐφραίνεται, οὐδενὶ οὕτως ἑτέρῳ ὥς τῇ δυσωδίᾳ  
*our he-rejoices in-nothing so other as in-the stench*  
 τῆς πορνείας τινὲς φασιν ἐπιχαίρειν τοὺς δαίμονας· οὐκ  
*of-the fornication some say to-rejoice the demons not*  
 οὖν οὐδὲ πάθει ἑτέρῳ, ὥς τῷ τοῦ σώματος μολυσμῷ.  
*then nor in-passion other as in-the of-the body defilement*

- 4 Ἀγνεία Θεοῦ οἰκείωσις καὶ ὁμοίωσις κατὰ τὸ δυνατόν  
 purity of-God an-assumption and likeness as-far-as the possible  
 ἀνθρώποις. Μήτηρ μὲν γλυκύτητος, γῆ καὶ δρόσος·  
 for-men mother indeed of-sweetness earth and dew  
 μήτηρ δὲ ἀγνείας ἡσυχία σὺν ὑπακοῇ· ἡ μὲν ἐξ  
 mother and of-purity stillness with obedience the indeed from  
 ἡσυχίας κατορθομένη τοῦ σώματος ἀπάθεια, κόσμῳ  
 stillness achieved of-the body dispassion to-the-world  
 πολλάκις πλησιάζουσα οὐκ ἀσάλευτος διέμεινεν· ἡ δὲ ἐξ  
 often drawing-near not unshaken remained the and from  
 ὑπακοῆς προσγινομένη, πανταχοῦ δόκιμος καὶ ἀκράδαντος·  
 obedience coming everywhere approved and unshakable  
 εἶδον ὑπερφηανίαν ταπεινοφροσύνης πρόξενον, καὶ τοῦ  
 I-saw pride of-humility cause and the(-one)  
 λέγοντος ἐμνημόνευσα· Τίς ἔγνω νοῦν Κυρίου; λάκκος  
 saying I-remembered who knew (the)-mind of-(the)-Lord a-pit  
 καὶ κύημα τύφου, πτώμα· πτώμα δὲ πολλάκις ἐν  
 and offspring of-conceit a-fall a-fall and often among  
 τοῖς βουλομένοις ταπεινοφροσύνης ὑπόθεσις. Ὁ μετὰ  
 those willing of-humility foundation the(-one) with  
 γαστριμαργίας καὶ κόρου τὸν τῆς πορνείας νικῆσαι  
 gluttony and surfeit the of-the fornication to-conquer  
 βουλόμενος δαίμονα, ὅμοιός ἐστι τῷ μετὰ ἐλαίου  
 wishing demon like is to-the(-one) with oil  
 σβεννύοντι ἐμπρησμόν. Ὁ μετὰ ἐγκρατείας καὶ μόνης  
 quenching a-conflagration the(-one) with continence and alone  
 πόλεμον δοκιμάσας καταπαῦσαι, ὅμοιός ἐστι τῷ μιᾷ  
 (the)-war having-tried to-stop like is to-the(-one) with-one  
 χειρὶ νηχομένῳ, καὶ πελάγους λυτροῦσθαι φιλονεικοῦντι.  
 hand swimming and from-(the)-sea to-be-freed striving  
 Σύζευξον ἐγκρατεία ταπείνωσιν· ἐκτὸς γὰρ τῆς δευτέρας  
 yoke to-continence humility without for the second



ἡ προτέρα ἀνωφελὴς εὐρίσκεται. Ὅστις ἑαυτὸν ὑπό τινος  
*the first unprofitable is-found whoever himself by some*  
 πάθους πλεονεκτούμενον θεάσεται, κατ' αὐτοῦ καὶ μόνου  
*passion being-overpowered will-behold against it and alone*  
 πρὸ πάντων ὀπλισάτω ἑαυτόν, καὶ μάλιστα τοῦ ἐμφυλίου  
*before all let-him-arm himself and especially the civil*  
 ἐχθροῦ. Τούτου γὰρ μὴ καθαιρεθέντος, οὐδὲν ἐκ τῆς τῶν  
*enemy this for not having-been-cast-down nothing from the of-the*  
 λοιπῶν νίκης ὠφελούμεθα. Τὸν δὲ Αἰγύπτιον τοῦτον, καὶ  
*others victory we-benefit the and Egyptian this also*  
 ἡμεῖς πατάξαντες πάντως ἐν τῇ βάτῳ τῆς ταπεινώσεως  
*we having-struck surely in the bush of-the humility*  
 τὸν Θεὸν ὀψόμεθα. Ἦσθόμην ἐγὼ πειραζόμενος τὸν λύκον  
*— God we-will-see I-perceived I being-tempted the wolf*  
 τοῦτον, χαρὰν ἄλογον, καὶ δάκρυα, καὶ παρακλήσιν τῇ  
*this joy irrational and tears and consolation in-the*  
 ψυχῇ ἀπατηλῶς ποιοῦντα, καὶ ἐδόκουν νηπιώδης καρπὸν  
*soul deceitfully making and I-thought childish fruit*  
 καὶ οὐ φθορὰν κατέχειν. Εἰ πᾶσα ἀμαρτία ἦν ἂν ποιήσῃ  
*and not corruption to-hold if every sin whatever — does*  
 ἄνθρωπος ἐκτὸς τοῦ σώματός ἐστιν, ὃ δὲ πορνεύων  
*a-man outside the body is the(-one) but fornicating*  
 εἰς τὸ ἴδιον σῶμα ἀμαρτάνει, πάντως διὰ τοῦτο,  
*against the own body sins surely because-of this*  
 ἐπεὶ αὐτὴν τὴν τῆς σαρκὸς οὐσίαν μολύνει τῇ ῥοῇ  
*since the-very the of-the flesh substance to-defile with-the flow*  
 πεφύκαμεν· ὅπερ ἐπ' ἄλλης ἀμαρτίας γίνεσθαι ἀδύνατον·  
*we-are-wont which in other sin to-happen impossible*  
 ζητῶ δὲ ἐγὼ πῶς ἐπὶ πάσης ἀμαρτίας σφαλλομένους τοὺς  
*I-seek but I how in every sin erring the*  
 ἀνθρώπους, καὶ μόνον, σεσνηθίκαμεν λέγειν· ἐπὰν δέ  
*men and alone we-have-become-accustomed to-say when but*

τινα πεπορνευκότα ἀκούσωμεν, ὀδυνηρῶς λέγομεν· Ὁ δεῖνα  
*someone having-fornicated we-hear painfully we-say the so-and-so*  
 πέπτωκεν. Φεύγει ἄγκιστρον ἰχθύς ὀξέως, καὶ φιλήδονος  
*has-fallen flees (the)-hook a-fish swiftly and a-pleasure-loving*  
 ψυχὴ ἀποστρέφεται ἡσυχίαν. Ὅταν πρὸς ἀλλήλους τινὰς  
*soul turns-from stillness when to one-another some*  
 ὁ διάβολος δεσμόν αἰσχρὸν δῆσαι βούλεται, τὰ ἐκάτερα  
*the devil a-bond shameful to-bind wishes the each*  
 μέρη δοκιμάσας, ἐκεῖθεν τοῦ πυρὸς ἄρχεται. Πολλάκις οἱ  
*parts having-tested from-there the fire he-begins often those*  
 περὶ τὸ φιλήδονον ῥέποντες, συμπαθεῖς καὶ ἐλεήμονες, καὶ  
*toward the pleasure-loving inclining sympathetic and merciful and*  
 συνδάκρυες, καὶ κόλακες εἶναι πεφύκασιν· οἱ δὲ ἀγνείας  
*weeping-together and flatterers to-be are-wont those but purity*  
 ἐπιμελούμενοι οὐχ οὕτως τὰ τοιάδε κέκτηται. Γνωστικός  
*caring-for not thus the such-things have a-knowledgeable*  
 με ἀνὴρ φοβερὸν ἐπηρώτησε πρόβλημα, Ποία, φήσας,  
*me man a-fearful asked problem what he-said*  
 ἁμαρτία, φόνου καὶ ἀρνήσεως χωρὶς, βαρυτέρα πάντων  
*sin murder and denial without heavier than-all*  
 κατέστηκε; Καμοῦ, τὸ εἰς αἵρεσιν πεσεῖν εἰρηκότος· Καὶ  
*is and-I the into heresy to-fall having-said and*  
 πῶς, φησὶν, αἵρετικούς Ἐκκλησία μὲν καθολικὴ δεχομένη  
*how he-says heretics (the)-Church indeed catholic receiving*  
 σὺν τῷ γνησίῳ τῆς οἰκείας αἱρέσεως ἀναθεματισμῷ  
*with the genuine of-the own heresy anathematization*  
 τῆς τῶν μυστηρίων αὐτοὺς ἀξιοῖ μεταλήψεως· τὸν  
*of-the of-the mysteries them deems-worthy partaking the*  
 δὲ πεπορνευκότα ἐξομολογούμενον, καὶ τῆς ἁμαρτίας  
*but having-fornicated confessing and from-the sin*  
 παυόμενον εἰσδεχομένη ἐπὶ χρόνους αὐτὸν τῶν ἀχράντων  
*ceasing receiving for years him from-the undefiled*

μυστηρίων ἀφορίζειν παρὰ τῶν ἀποστολικῶν ὑποτρέπεται  
*mysteries to-separate by the apostolic is-directed*  
 κανόνων; Καμοῦ τῇ ἀπορίᾳ καταπλαγέντος, τὸ ἄπορον  
*canons and-I at-the perplexity having-been-struck the perplexity*  
 μεμένηκεν ἄπορον καὶ ἀδιάλυτον. Ἐρευνήσωμεν καὶ  
*remained unsolved and indissoluble let-us-search and*  
 μετρήσωμεν, καὶ τηρήσωμεν ποία μὲν ἐν τῇ ψαλμωδίᾳ  
*let-us-measure and let-us-watch what indeed in the psalmody*  
 ἐκ τοῦ τῆς πορνείας δαίμονος ἡδύτης ἡμῖν προσγίνεται·  
*from the of-the fornication demon sweetness to-us comes*  
 ποία δὲ ἐκ τῶν λόγων τοῦ Πνεύματος καὶ τῆς ἐν αὐτοῖς  
*what and from the words of-the Spirit and of-the in them*  
 ὑπαρχούσης χάριτος καὶ δυνάμεως. Μὴ λάθῃς σεαυτὸν,  
*being grace and power not escape-notice yourself*  
 ὦ νέε. Εἶδον γὰρ ἐκ ψυχῆς τινος τοῖς ἑαυτῶν  
*O young(-man) I-saw for from soul some for-the own*  
 προσφιλέσι προσευχομένους, καὶ ἐκ πορνείας κινούμενοι,  
*dear-ones praying and from fornication moved*  
 ἐδόκουν μνήμην καὶ θεσμὸν ἀγάπης ἐκτελεῖν. Ἔστι  
*they-thought remembrance and ordinance of-love to-fulfill it-is-possible*  
 δι' ἀφῆς σωματικῶς μολύνεσθαι· οὐδὲν γὰρ βαρύτερον  
*through touch bodily to-be-defiled nothing for heavier*  
 ταύτης τῆς αἰσθήσεως· μέμνησο τοῦ συμπλέξαντος τῇ  
*than-this the sense remember the(-one) having-wrapped in-the*  
 χειρὶ τὸ θέριστρον, καὶ νάρκα χεῖρα ἐπὶ φυσικῶν, καὶ  
*hand the veil and numbness hand at natural and*  
 οὐ φυσικῶν, οἰκείου τε καὶ ἀλλοτρίου σώματος. Οἶμαι  
*not natural own both and other's body I-think*  
 μὴ λέγεσθαί τινα τὸ παράπαν ἅγιον φερωνύμως, εἰ μὴ  
*not to-be-called anyone at all holy by-name if not*  
 πρότερον τὴν γῆν ταύτην εἰς ἀγιασμόν μεταποιήσῃ, εἴπερ  
*first the earth this into sanctification be-transforms if-indeed*

καὶ ἔνεστι μεταμορφῶσαι. Ἐν τῇ στρωμνῇ ἀναπεσόντες,  
 also it-is-possible to-transform on the bed having-lain-down  
 τότε νήψωμεν· διότι ὁ νοῦς τότε χωρὶς τοῦ σώματος  
 then let-us-be-sober because the mind then without the body  
 συμπαλαίει τοῖς δαίμοσι· κὰν εὐρεθῇ φιλήδονος, προδότης  
 wrestles-with the demons and-if it-is-found pleasure-loving a-traitor  
 ἡδέως γίνεται. Μνήμη θανάτου πάντως συγκοιμηθῇτω  
 gladly it-becomes remembrance of-death surely let-lie-down-with  
 σοι, καὶ συναναστήτω σοι, καὶ μονολόγιστος Ἰησοῦ  
 you and let-rise-with you and single-phrased of-Jesus  
 εὐχή· οὐδὲν γὰρ ὡς ταῦτα ἐν τῷ ὕπνῳ εὐρήσεις  
 prayer nothing for as these(-things) in the sleep you-will-find  
 βοηθήματα. Τινὲς ἐκ βρωμάτων μόνων τοὺς πολέμους  
 helps some from foods only the wars  
 καὶ τὰς ἐκκρίσεις εἶναι δοκιμάζουσιν· ἐγὼ δὲ ἐσχάτως  
 and the discharges to-be judge I but extremely  
 νοσοῦντας, καὶ εἰς ἄκρον νηστεύοντας, ταύταις ἰσχυρῶς  
 sick and to utmost fasting by-these mightily  
 μολυνομένους τεθέαμαι. Ἡρώτησά ποτέ τινα περὶ τούτων  
 defiled have-beheld I-asked once one about these  
 τῶν δοκιμωμάτων διακριτικῶν μοναχῶν· καὶ ἐδίδαξεν ὁ  
 of-the most-approved discerning monks and taught the  
 μακάριος μάλα σαφῶς. Ἦστι, φησὶν ὁ ἀοίδιμος καθ'  
 blessed(-one) very clearly there-is he-says the celebrated(-one) in  
 ὕπνου ἐκκρίσις ἐκ πλήθους βρωμάτων καὶ ἀνέσεως· ἑτέρα  
 sleep a-discharge from a-multitude of-foods and ease another  
 ἐξ ὑπερηφανίας, ὅταν ἐν τῇ χρονίᾳ ἡμῶν τυφώμεθα  
 from pride when in the long our we-are-puffed-up  
 ἀρῥευστία· καὶ ἔστιν ἐκ τοῦ τὸν πλησίον κατακρίνειν·  
 freedom-from-flux and there-is from the the neighbor to-condemn  
 καὶ αἱ μὲν δύο, φησί, δύνανται καὶ τοῖς ἀσθενούσι  
 and the indeed two he-says can also to-the sick

ἐπισυμβαίνειν· νομίζω δὲ καὶ αἱ τρεῖς. Εἰ δέ τις ἑαυτὸν  
*to-happen I-think and also the three if but anyone himself*  
 πασῶν τῶν προειρημένων αἰτιῶν καθαρεύοντα ψηλαφήσειε,  
*from-all the aforesaid causes being-pure should-feel*  
 μακάριος τῆς τοιαύτης ἀπαθείας ἐργάτης, ἐκ φθόνου  
*blessed of-the such dispassion worker from envy*  
 δαιμόνων, καὶ μόνον τὸ συμβὰν πεπονθὼς τοῦτο τοῦ  
*of-demons and alone the happening having-suffered this —*  
 Θεοῦ ἐν αὐτῷ συγχωρήσαντος γενέσθαι ἐκ χρόνου, ἵνα  
*God in him having-permitted to-happen from time that*  
 δι' ἀναμαρτήτου συμφορᾶς ὑψηλοτάτην κτήσεται τὴν  
*through sinless misfortune highest be-may-acquire the*  
 ταπείνωσιν. Μηδεὶς τὰ καθ' ὕπνου φαντάσματα πρὸς  
*humility let-no-one the in sleep fantasies to*  
 ἑαυτὸν μεθ' ἡμέραν λογίζεσθαι θελήσειεν· σκοπὸς γὰρ  
*himself by day to-reckon wish aim for*  
 καὶ οὗτος τοῖς δαίμοσιν, ἵνα ἐξ ἐνυπνίων γρηγοροῦντας  
*also this for-the demons that from dreams waking*  
 ἡμᾶς μολύνωσιν. Ἀκούσωμεν καὶ ἄλλην τῶν ἐχθρῶν ἡμῶν  
*us they-may-defile let-us-hear also another of-the enemies our*  
 πανουργίαν. Ὡσπερ τὰ τὸ σῶμα βλάπτοντα βρώματα  
*villainy as the-things the body harming foods*  
 μετὰ χρόνον, ἢ ἡμέραν τὴν νόσον ἡμῖν ποιεῖν πεφύκασιν,  
*after time or a-day the disease for-us to-make are-wont*  
 οὕτω πολλάκις καὶ ἐπὶ τῶν τὴν ψυχὴν μολυνόντων αἰτίων  
*thus often also in the the soul defiling causes*  
 ἐώρακα τρυφῶντας, καὶ παραντικά μὴ πολεμουμένους· καὶ  
*I-have-seen luxuriating(-ones) and at-once not being-warred-against and*  
 ἐώρακα γυναιξὶ συνεσθίοντας, καὶ συνδιατρίβοντας· καὶ  
*I-have-seen with-women eating-together and living-together and*  
 μηδεμίαν πονηρὰν ἔννοιαν παρ' αὐτὰ λογιζομένους· καὶ  
*no evil thought beside them reckoning and*

μέντοι θαρρήσαντες οἱ ἀπατώμενοι, ὅταν ἔδοξαν εἰρήνην  
*yet having-taken-courage the deceived(-ones) when they-seemed peace*  
 καὶ ἀσφάλειαν ἔχειν, ἐν τῇ ἑαυτῶν κέλλῃ αἰφνίδιον ἔπαθον  
*and safety to-have in the own cell suddenly they-suffered*  
 ὄλεθρον. Τίς δὲ ὁ ὄλεθρος, ὁ κατὰ μόνας μόνοις ἡμῖν  
*destruction what and the destruction the in private alone to-us*  
 σωματικῶς καὶ ψυχικῶς γινόμενος, ὁ μὲν πειρασθεὶς  
*bodily and in-soul happening the(-one) indeed having-been-tried*  
 ἐπίσταται· ὁ δὲ μὴ πειρασθεὶς, γινῶναι οὐ δεῖται.  
*knows the(-one) but not having-been-tried to-know not needs*  
 Τῷ καιρῷ ἐκείνῳ καλὸν ἡμῖν βοήθημα σάκκος, σποδός,  
*at-the time that good for-us help sackcloth ashes*  
 στάσις παννύχιος· ἐπιθυμία ἄρτου· γλῶσσα φλεγόμενη,  
*standing all-night desire of-bread tongue burning*  
 καὶ μετρίως δροσιζομένη, σορῶν οἴκησις, καὶ πρὸ πάντων  
*and moderately moistened of-tombs dwelling and before all-things*  
 ταπείνωσις καρδίας, καὶ εἰ δυνατόν, πατήρ, ἢ ἀδελφὸς  
*humility of-heart and if possible a-father or a-brother*  
 σπουδαῖος, γηραῖος τῷ φρονήματι εἰς βοήθειαν. Θαυμάζω  
*zealous old in-the mind for help I-marvel*  
 γὰρ εἰ μόνος τις ἐκ πελάγους ναῦν διασῶσαι δύναται.  
*for if alone someone from (the)-sea a-ship to-save can*  
 Τὸ αὐτὸ πτώμα πολλάκις ἑκατονταπλάσιον τοῦ ἑτέρου  
*the same fall often a-hundredfold than-the other*  
 πραχθέντος κρίμα κέκτηται, ἐκ τρόπου, ἐκ τόπου,  
*committed judgment has from manner from place*  
 ἐκ προκοπῆς, καὶ ἐξ ἄλλων πολλῶν. Παράδοξόν μοι  
*from advance and from other many-things a-marvelous to-me*  
 τις καὶ ἀκρότατον ἀγνείας ὄρον ὑφήγησατο. Κάλλος  
*someone and highest of-purity definition expounded beauty*  
 γάρ, φησὶν, τις θεασάμενος, τὸν Ποιητὴν μεγάλως ἐξ  
*for he-says someone having-beheld the Maker greatly from*

ἐκείνου ἐδόξασε· καὶ ἀπὸ μόνης τῆς θεάς εἰς ἀγάπην  
*it glorified and from only the sight into love*  
 Θεοῦ καὶ δακρύων πηγὴν κατεφέρετο· καὶ ἦν θάμβος  
*of-God and of-tears a-spring was-brought and it-was amazement*  
 ἰδέσθαι τὸν ἑτέρου βόθρον, ἄλλω στέφανον γενόμενον  
*to-see the of-another pit to-another a-crown become*  
 ὑπὲρ φύσιν. Εἰ πάντοτε ὁ τοιοῦτος ἐν τοῖς τοιούτοις  
*beyond nature if always the such(-man) in the such-things*  
 αἰσθῆσι καὶ ἐργασίαν κέκτηται, ἀνέστη ἄφθαρτος πρὸ  
*perception and work has be-rose incorruptible before*  
 τῆς κοινῆς ἀναστάσεως. Τῷ αὐτῷ κανόνι, καὶ ἐπὶ τῶν  
*the common resurrection with-the same rule also in the*  
 μελωδικῶν καὶ ᾠμάτων χρησόμεθα. Οἱ μὲν γὰρ φιλόθεοι,  
*melodies and songs we-will-use the indeed for God-lovers*  
 εἰς ἱλαρότητα καὶ θεϊαν ἀγάπην, καὶ δάκρυα, καὶ ἐκ  
*to cheerfulness and divine love and tears both from*  
 τῶν ἔξωθεν, καὶ ἐκ τῶν πνευματικῶν ᾠδῶν κινεῖσθαι  
*the outward and from the spiritual songs to-be-moved*  
 πεφύκασιν· οἱ δὲ φιλήδονοι, τὸ ἐναντίον. Τινές, καθὼς  
*are-wont the but pleasure-lovers the opposite some as*  
 καὶ φθάσαντες εἶπομεν, ἐν τοῖς ἡσυχαστικοῖς τόποις,  
*also having-anticipated we-said in the solitary places*  
 πολλῷ πλέον πολεμῆσθαι πεφύκασιν· καὶ οὐ θαῦμα,  
*by-much more to-be-warred-against are-wont and not a-wonder*  
 φιλοχωροῦσι γὰρ ἐκεῖ πολλῷ πλέον οἱ δαίμονες ὑπὸ τοῦ  
*linger for there by-much more the demons by the*  
 Κυρίου ἐν ταῖς ἐρήμοις, καὶ ἐν τῇ ἀβύσσῳ ἐξορισθέντες  
*Lord in the deserts and in the abyss banished*  
 πρὸς σωτηρίαν ἡμῶν. Πολεμοῦσιν ἡσυχαστῇ χαλεπῶς οἱ  
*for salvation our make-war on-(the)-solitary grievously the*  
 τῆς πορνείας δαίμονες· ἵνα ὡς μηδὲν ὠφελοῦμενον ἐκ  
*of-the fornication demons that as in-nothing benefited from*

τῆς ἐρήμου πρὸς τὸν κόσμον διώξωσιν· ἀναχωροῦσιν ἐξ  
*the desert to the world they-may-drive they-withdraw from*  
 ἡμῶν ἐν τῷ κόσμῳ διαγόντων, ἵνα ὡς μὴ πολεμούμενοι  
*us in the world living that as not being-warred-against*  
 τοῖς κοσμικοῖς συναπομείνωμεν. Ὅπου πολεμούμεθα,  
*with-the worldlings we-may-remain where we-are-warred-against*  
 ἐκεῖ πάντως τῷ ἐχθρῷ χαλεπῶς πολεμοῦμεν. Μὴ  
*there surely against-the enemy grievously we-war not*  
 πολεμούμενος γὰρ ἐξ ἡμῶν, φίλος ἐχθρῶν καὶ αὐτὸς  
*being-warred-against for by us friend of-enemies also he*  
 εὐρίσκεται. Σκεπόμεθα τῇ χειρὶ τοῦ Κυρίου ἐν τῷ  
*is-found we-are-sheltered by-the hand of-the Lord in the*  
 κόσμῳ κατὰ τινα χρείαν διάγοντες, ἴσως ἐξ εὐχῆς τοῦ  
*world for some need living perhaps from prayer of-the*  
 πατρὸς πολλάκις, ἵνα μὴ καὶ ὁ Κύριος βλασφημηθῇ  
*father often that not also the Lord be-blasphemed*  
 δι' ἡμᾶς· ἔστι δὲ ὅτε καὶ ἐξ ἀναληθείας, καὶ  
*because-of us there-is and when also from insensibility and*  
 τοῦ ἐν πολλῇ πείρᾳ, καὶ κόρῳ, τῶν θεωμένων,  
*from-the in much experience and surfeit of-the-things seen*  
 καὶ λαλουμένων προϋπάρχει· ἢ καὶ τῶν δαιμόνων  
*and spoken to-have-been-beforehand or also the demons*  
 ὑποχωρούντων ἐκουσίως, καὶ καταλιμπανόντων ἡμῖν τὸν  
*withdrawing willingly and leaving to-us the*  
 τῆς οὐήσεως δαίμονα τὸν τόπον πάντων ἀναπληροῦντα.  
*of-the conceit demon the place of-all filling-up*  
 Ἀκούσατε τοῦ ἀπατεῶνος τούτου μηχανὴν καὶ πανουργίαν,  
*bear of-the deceiver this the-device and villainy*  
 πάντες οἱ ἀγνείαν ἐξασκεῖν προαιρούμενοι, καὶ φυλάξασθε.  
*all those purity to-practice choosing and guard-yourselves*



*The demon of bodies withdraws and gives a monk tears and piety in the company of women, so that they run to the wolf as to a shepherd. One who has sinned can still become pure, as a wild olive is grafted, and Peter held the keys though he had a mother-in-law. John gives the fathers' distinction of suggestion, coupling, consent, captivity, struggle, and passion, and a subtler movement that comes without time, word, or image. He advises the monk who cannot pray openly to hide, look up, and cross his hands, and tells of a brother who prayed against evil thoughts in a latrine. The flesh, questioned as his spouse and nature, answers that it is bound by humility and obedience; the step ends with the fifteenth prize: to die and rise while still in the flesh.*

Διηγῆσατό μοί τις τῶν ἐν πείρα τοῦ δόλου γεγονότων, 5  
narrated to-me someone of-those in experience of-the trick having-been  
ὡς πλειστάκις ὁ τῶν σωμάτων δαίμων ὑποστέλλει  
that very-often the of-the bodies demon withdraws  
ἑαυτὸν εἰς τέλος, εὐλάβειαν ἀκροτάτην τῷ μοναχῷ  
himself to (the)-end reverence highest to-the monk  
ὑποτιθέμενος, καὶ δακρῶν ἴσως πηγὴν κατὰ τὸν καιρὸν  
suggesting and of-tears perhaps a-spring at the time  
ἡνίκα γυναιξὶ συγκαθῆται, ἣ διαλέγεται περὶ μνήμης  
when with-women he-sits or converses about remembrance  
τε θανάτου, καὶ κρίσεως, καὶ σωφροσύνης, αὐτὸν ταύτας  
both of-death and of-judgment and of-temperance him them  
νουθετεῖν ὑποβάλλων, ἵνα διὰ τοῦ λόγου, καὶ τῆς  
to-admonish suggesting that through the word and the  
ἐπιπλάστου εὐλαβείας προσδράμωσιν ὡς ποιμένι τῷ  
feigned reverence they-may-run as to-a-shepherd to-the  
λύκῳ αἱ ἄθλια, καὶ συνηθείας, καὶ παρῤῥησίας λοιπὸν  
wolf the wretched(-women) and of-familiarity and of-license thereafter  
γενομένης, τότε τὸ πτώμα ὁ πανάθλιος ὑποστήσεται.  
having-arisen then the fall the all-wretched(-man) will-undergo

Φεύγοντες φεύγωμεν τοῦ μὴ βλέπειν, μηδὲ ἀκούειν καρποῦ  
*fleeing let-us-flee from-the not to-see nor to-bear of-fruit*  
 οὐ μὴ γεύσασθαι λοιπὸν συνεταξάμεθα. Θαυμάζω γὰρ τοῦ  
*which not to-taste thereafter we-agreed I-marvel for —*  
 Δαυὶδ τοῦ προφήτου ἰσχυροτέρους ἑαυτοὺς λογιζόμεθα,  
*than-David the prophet stronger ourselves we-reckon*  
 ὅπερ ἀμήχανον. Οὕτως ὑψηλὸν καὶ μέγα τὸ τῆς ἀγνείας  
*which impossible so high and great the of-the purity*  
 ἐγκώμιον, ὡς τολμῆσαί τινας τῶν Πατέρων ἀπάθειαν αὐτὴν  
*praise that to-have-dared some of-the Fathers dispassion it*  
 προσαγορεύσαι. Τινὲς φασιν ἀμήχανον λοιπὸν μετὰ γεύσει  
*to-call some say impossible thereafter after taste*  
 ἀμαρτίας, ἀγνὸν ὀνομάζεσθαι. Ἐγὼ δὲ αὐτοὺς ἀνατρέπων  
*of-sin pure to-be-named I but them overturning*  
 ἔφασκον· δυνατόν καὶ ῥάδιον τῷ βουλομένῳ ἀγριέλαιον  
*said possible and easy for-the(-one) wishing a-wild-olive*  
 εἰς καλλιέλαιον μετεγκεντρίσαι. Εἰ μὲν παρθένῳ τῷ  
*into a-cultivated-olive to-graft-over if indeed to-a-virgin the*  
 σώματι αἱ κλεῖς τῶν ἄνω ἐπιστεύθησαν, δίκαια ἴσως  
*body the keys of-the-things above had-been-entrusted just-things perhaps*  
 οἱ προλεχθέντες ἐδογματίζον· αἰσχυνέτω αὐτοὺς ὁ  
*the aforesaid decreed let-shame them the(-one)*  
 πειθεράν κτησάμενος, καὶ ἀγνὸς γενόμενος, καὶ τὰς  
*a-mother-in-law having-acquired and pure having-become and the*  
 κλεῖς τῆς βασιλείας ἐπιφερόμενος. Πολύμορφος ὁ τῶν  
*keys of-the kingdom bearing many-formed the of-the*  
 σωμάτων ὄφεις· τοῖς μὲν ἀπείροις ἐνσπείρων τὸ ἐν  
*bodies serpent to-the indeed inexperienced sowing the in*  
 πείρᾳ, καὶ γενέσθαι, καὶ παύσασθαι τοῖς δὲ ἐμπείροις  
*experience both to-come and to-stop to-the and experienced*  
 ἐκ τῆς μνήμης πρὸς τὴν πείραν αὐθις προτρέπεται  
*from the memory toward the experience again urges*

ὁ δαίλαιος. Πολλοὶ τῶν προτέρων ἐκ τῆς τοῦ κακοῦ  
*the wretched(-one) many of-the former from the of-the evil*  
 ἀγνωσίας ἀπολέμητοι ὑπάρχουσι. Τῶν δὲ δευτέρων ὡς ἐν  
*ignorance unassailed are of-the and second as in*  
 πείρα τοῦ μύσου τούτου γεγονότες, ὀχλήσεις λοιπόν, καὶ  
*experience of-the defilement this having-been troubles thereafter and*  
 πολέμους ὑφίστανται πλὴν καὶ τοῦναντίον πολλάκις ἐστίν.  
*wars undergo but also the-opposite often is*  
 Ὅτε ἐκ τῶν ὕπνων ἀγαθοὶ καὶ εἰρηνικοὶ τινες ἀνιστάμεθα, 6  
*when from the sleeps good and peaceful some we-rise*  
 ὑπὸ ἁγίων ἀγγέλων τοῦτο λεληθότως ὑπομένομεν, καὶ  
*by holy angels this secretly we-undergo and*  
 μάλιστα ὅταν μετὰ πολλῆς εὐχῆς καὶ νήψεως κοιμηθέντες  
*especially when with much prayer and watchfulness having-lain-down*  
 τυγχάνωμεν· ἔστι δὲ ὅτε καὶ οὐκ ἀγαθοὶ τῶν ὕπνων  
*we-happen-to-be there-is and when also not good from-the sleeps*  
 ἀνιστάμεθα, ὑπὸ πονηρῶν ἐνυπνίων τοῦτο παθόντες.  
*we-rise by evil dreams this having-suffered*  
 Εἶδον τὸν ἀσεβῆ ὑπερυψούμενον, καὶ ἐπαιρόμενον, καὶ  
*I-saw the impious exalted and lifted-up and*  
 ταρασσόμενον, καὶ μαινόμενον ἐν ἐμοί, ὡς τὰς κέδρους τοῦ  
*troubled and raging in me as the cedars of-the*  
 Λιβάνου, καὶ παρήλθον δι' ἐγκρατείας· καὶ ἰδοὺ οὐκ ἦν  
*Lebanon and I-passed-by through continence and behold not was*  
 ὡς τὸ πρὶν ὁ θυμὸς αὐτοῦ· καὶ ἐζήτησα αὐτὸν ταπεινώσας  
*as the before the temper his and I-sought him having-bumbled*  
 μου τὸν λογισμόν, καὶ οὐχ εὑρέθη ἐν ἐμοί ὁ τόπος αὐτοῦ,  
*my the thought and not was-found in me the place his*  
 ἢ τὸ ἵχνος αὐτοῦ. Ὅστις σῶμα ἐνίκησεν, οὗτος φύσιν  
*or the trace his whoever body conquered he nature*  
 ἐνίκησεν· ὁ δὲ τὴν φύσιν νικήσας, πάντως ὑπὲρ  
*conquered the(-one) but the nature having-conquered surely beyond*

φύσιν ἐγένετο· ὁ δὲ οὗτος γενόμενος ἡλαττώθη βραχύ  
*nature became the(-one) and this having-become was-made-lower short*  
 τι παρ' ἀγγέλοις, ἵνα μὴ εἴπω, οὐδέν. Οὐ θαῦμα τῷ  
*somewhat than angels that not I-say nothing not a-wonder for-the*  
 αὐτῷ τὸν αὐτὸν μάχεσθαι· θαῦμα δέ, ὅντως θαῦμα, τὸ  
*immaterial the immaterial to-fight a-wonder but truly a-wonder the*  
 ἔνυλον κατὰ τῆς ἐχθρᾶς ταύτης καὶ ἐπιβούλου ὕλης τοὺς  
*material against the hostile this and plotting matter the*  
 αὐτοὺς ἐχθροὺς τροπώσασθαι. Πολλὴν περὶ ἡμᾶς ὁ ἀγαθὸς  
*immaterial enemies to-roust much about us the good*  
 Κύριος ποιούμενος καὶ ἐν τούτῳ τὴν ἐπιμέλειαν, τὴν  
*Lord making also in this the care the*  
 τοῦ θήλεος ἀναισχυντίαν, ὥσπερ χαλινῷ τιμὴ τῇ αἰδοῖ  
*of-the female shamelessness as with-a-bridle some with-the shame*  
 ἐπεστόμισεν. Εἰ γὰρ ἐκεῖνο πρὸς τὸ ἄρρεν ἡντομόλει, οὐκ  
*muzzled if for that toward the male had-deserted not*  
 ἂν ἐσώθη πᾶσα σάρξ. Ἄλλο προσβολή, καὶ ἄλλο  
*— would-have-been-saved every flesh other a-suggestion and other*  
 συνδυασμός, καὶ ἄλλο συγκατάθεσις, καὶ ἄλλο αἰχμαλωσία,  
*coupling and other consent and other captivity*  
 καὶ ἕτερον πάλη, καὶ ἄλλο τὸ λεγόμενον πάθος ἐπὶ τῆς  
*and other struggle and other the called passion in the*  
 ψυχῆς, παρὰ τοῖς τῶν πατέρων διακριτικοῖς εἶναι ὀρίζεται.  
*soul by the of-the fathers discerning(-ones) to-be is-defined*  
 Προσβολὴν μὲν γὰρ οἱ μακάριοι εἶναι ὀρίζονται λόγον  
*suggestion indeed for the blessed(-ones) to-be define a-word*  
 ψιλόν, ἢ εἰκόνα τοῦ τυχόντος νεοφανῶς ἐν τῇ καρδίᾳ  
*bare or an-image of-the chance-thing newly in the heart*  
 ἐμφερομένην· συνδυασμὸν δέ, τὸ συλλαλῆσαι τῷ φανέντι  
*carried coupling and the to-converse with-the appeared*  
 μετὰ πάθους, ἢ ἀπαθῶς· συγκατάθεσιν δὲ νεύσιν ἐνῆδονον  
*with passion or dispassionately consent and a-nod pleasurable*

τῆς ψυχῆς πρὸς τὸ ὁφθὲν γινομένην· αἰχμαλωσίαν δὲ  
*of-the soul toward the seen happening captivity and*  
 βιαίαν καὶ ἀκούσιον τῆς καρδίας ἀπαγωγὴν, ἢ ἐπίμονον  
*a-forcible and unwilling of-the heart carrying-off or lasting*  
 καὶ τῆς ἀρίστης ἡμῶν καταστάσεως ἀφανιστικὴν συνουσίαν  
*and of-the best our state destructive intercourse*  
 πρὸς τὸ τυχόν. Πάλιν δὲ ὀρίζονται εἶναι ἰσοσθενῇ  
*with the chance-thing struggle and they-define to-be equal-in-strength*  
 πρὸς τὸν μαχόμενον δύναμιν, ἐκουσίως ἢ νικῶσαν, ἢ  
*with the fighter power willingly either conquering or*  
 τὴν ἡτταν ὑπομένουσιν· πάθος δὲ κυρίως εἶναι λέγουσιν τὸ  
*the defeat undergoing passion but properly to-be they-say the*  
 χρόνῳ μακρῷ ἐν τῇ ψυχῇ ἐμπαθῶς ἐμφωλεῦον, καὶ ὥσπερ  
*in-time long in the soul passionately lurking and as*  
 εἰς ἕξιν αὐτὴν λοιπὸν ἐν τῇ πρὸς αὐτὸ συνηθείᾳ ἀγαγόν,  
*into habit it thereafter in the toward it familiarity having-brought*  
 καὶ αὐθαιρέτως λοιπὸν ἐν αὐτῷ καὶ οἰκείως αὐτομολοῦσαν.  
*and of-its-own-choice thereafter in it and willingly deserting*  
 Τούτων πάντων τὸ μὲν πρῶτον ἀναμάρτητον, τὸ δὲ 7  
*of-these all the indeed first sinless the and*  
 δεύτερον οὐ πάντως, τὸ δὲ τρίτον πρὸς τὴν τοῦ  
*second not surely the and third according-to the of-the*  
 ἀγωνιζομένου κατάστασιν· ἢ δὲ πάλιν ἢ στεφάνων, ἢ  
*contender state the and struggle either of-crowns or*  
 τιμωριῶν αἷτιος. Ἡ γὰρ αἰχμαλωσία ἑτέρως ἐν καιρῷ  
*of-punishments cause the for captivity otherwise at time*  
 προσευχῆς, καὶ ἑτέρως ἐν ἑτέρῳ καιρῷ, καὶ ἄλλως ἐπὶ  
*of-prayer and otherwise at other time and otherwise at*  
 μέσοις, καὶ ἄλλως ἐπὶ πονηροῖς ἐνθυμήμασι κρίνεται· τὸ δὲ  
*indifferent and otherwise at evil thoughts is-judged the but*  
 πάθος ἀναμφιβόλως ἐν πᾶσι, ἢ ἀντιζύγω μετανοίᾳ,  
*passion undoubtedly in all either to-counterbalancing repentance*

ἢ τῇ μελλούσῃ κολάσει ὑπόκειται· ὁ τοίνυν τὸ  
*or to-the coming punishment is-subject the(-one) therefore the*  
 πρῶτον ἀπαθῶς λογιζόμενος, πάντα τὰ ἔσχατα ὑφ' ἐν  
*first dispassionately reckoning all the last-things at once*  
 περιέκοψεν. Ἔστι παρὰ τοῖς ἀκριβεστάτοις τῶν γνωστικῶν  
*cut-off there-is among the most-exact of-the knowledgeable*  
 Πατέρων, καὶ ἑτέρα τις τούτων λεπτοτέρα ἔννοια, ὅπερ  
*Fathers also another some than-these subtler thought which*  
 παραρρίπισμον νοός τινες ὀνομάζεσθαι λέγουσιν, ὅστις  
*fanning of-mind some to-be-called say which*  
 χρόνου χωρίς, καὶ λόγου καὶ εἰκόνος ὀξυτέρως τὸ πάθος  
*of-time without and of-word and of-image more-swiftly the passion*  
 τῷ πάσχοντι σημαίνειν πέφυκε. Θᾶττον οὐδὲν τοῦ τῶν  
*to-the sufferer to-signify is-wont quicker nothing than-the of-the*  
 σωμάτων, ὀξύτερον ἢ ἀφανέστερον ἐν πνεύμασιν εἶναι  
*bodies sharper or more-hidden among spirits to-be*  
 πέφυκε, μνήμη ψιλῇ καὶ ἀσυνδιάστω, ἀχρόνῳ τε καὶ  
*is-wont with-memory bare and uncoupled timeless both and*  
 ἀφράστω, παρὰ τισι δὲ καὶ ἀγνώστῳ τὴν ἑαυτοῦ ἐν τῇ  
*ineffable in some and also unknown the own in the*  
 ψυχῇ παρουσίαν ποιοῦντος. Εἴ τις τοίνυν τὴν τοιαύτην  
*soul presence making if anyone therefore the such*  
 αὐτοῦ λεπτότητα διὰ πένθους καταλαβεῖν ἠδυνήθη,  
*its subtlety through mourning to-grasp was-able*  
 οὗτος ἡμᾶς διδάξαι δύναται, πῶς τέ ἐστι καὶ ὀφθαλμῷ  
*be us to-teach can how both it-is also with-(the)-eye*  
 μόνῳ, ψιλῇ τε θέᾳ καὶ ἀφῇ χειρός, καὶ μέλους  
*alone bare both with-sight and with-touch of-hand and of-melody*  
 ἀκροάσει ἐκτὸς πάσης ἐννοίας, καὶ λογισμοῦ πορνείων  
*with-hearing without all thought and reasoning fornicating*  
 ψυχὴν ἐμπαθῶς. Τινὲς φασιν ἐκ τῶν λογισμῶν τῆς  
*in-soul passionately some say from the thoughts of-the*

καρδίας τὸ σῶμα εἰς πάθη ἔρχεσθαι· τινὲς δὲ πάλιν τὸ  
 heart the body into passions to-come some and again the  
 ἔμπαλιν, ἐκ τῶν τοῦ σώματος αἰσθήσεων τοὺς πονηροὺς  
 reverse from the of-the body senses the evil  
 ἀποτίκτεσθαι λογισμούς· καὶ οἱ μὲν πρότεροί φασι, ἐὰν  
 to-be-begotten thoughts and the indeed former say if  
 μὴ ὁ νοῦς προδράμῃ, οὐκ ἂν τὸ σῶμα ἐπακολουθήσει·  
 not the mind runs-ahead not — the body would-follow  
 οἱ δὲ δεύτεροι τὴν τοῦ σωματικοῦ πάθους κακουργίαν  
 the and second the of-the bodily passion villainy  
 εἰς οἰκείαν συνηγορίαν φέρουσι λέγοντες· Πολλάκις ἐξ  
 for own advocacy bring saying often from  
 ἡδίστης ὄψεως ἢ χειρὸς ἀφῆς, ἢ εὐώδους ὁσφρήσεως, ἢ  
 sweetest sight or of-hand touch or fragrant smell or  
 ἀκοῆς ἡδυφωνίας οἱ λογισμοὶ ἐν τῇ καρδίᾳ τὴν εἴσοδον  
 hearing of-sweet-voice the thoughts in the heart the entry  
 λαμβάνουσιν. Περὶ τούτων ὁ δυνάμενος ἐν Κυρίῳ  
 receive about these the(-one) able in (the)-Lord  
 διδάξει. Πάνυ γὰρ τὰ τοιαῦτα τοῖς διὰ γνώσεως τὴν  
 will-teach very for the such(-things) for-those through knowledge the  
 πρακτικὴν μετερχομένοις ἀναγκαῖα καὶ ὠφέλιμα. Τοῖς γὰρ  
 practical-life pursuing necessary and profitable to-the for  
 ἐν ἀπλότητι καρδίας ἐργάταις τούτων λόγος οὐδεῖς· οὐ  
 in simplicity of-heart workers of-these account none not  
 γὰρ πάντων ἡ γνώσις, οὐδὲ πάντων ἡ μακαρία ἀπλότης.  
 for of-all the knowledge nor of-all the blessed simplicity  
 ὁ θώραξ πρὸς τοὺς τῶν πονηρῶν δόλους· ἔνια μὲν τῶν  
 the breastplate against the of-the wicked tricks some indeed of-the  
 παθῶν ἐκ τῶν ἐντὸς ἐπὶ τὸ σῶμα προέρχονται· τινὰ  
 passions from the-things within to the body come-forth some  
 δὲ πάλιν τὸ ἔμπαλιν καὶ ἐν τοῖς μὲν ἐν κόσμῳ τὸ  
 and again the reverse and in those indeed in the-world the

δεύτερον· ἐν δὲ τοῖς μονήρῃ βίον μετιούσι τὸ πρότερον  
*second in and those solitary life pursuing the first*  
 διὰ τὴν τῶν ὑλῶν ἀπορίαν. Ἐγὼ δὲ περὶ τούτου ἐκείνο  
*because-of the of-the materials lack I but about this that*  
 λέγω· Ζητήσεις παρὰ κακοῖς σύνεσιν, καὶ οὐχ εὐρήσεις.  
*say you-will-seek among evil-men understanding and not you-will-find*  
 Ὅταν πολλὰ πρὸς τὸν τῆς πηλοῦ σύζυγον δαίμονα  
*when much against the of-the clay consort demon*  
 ἀγωνισάμενοι, τοῦτον ἐκ τῆς ἡμετέρας καρδίας διὰ  
*having-contended him from the our heart through*  
 λίθων νηστείας, καὶ ξίφους ταπεινώσεως βασανίσαντες  
*stones of-fasting and sword of-humility having-tortured*  
 ἐξελάσωμεν, τότε λοιπὸν ἐν τῷ σώματι ὥσπερ σκώληξ  
*we-drive-out then thereafter in the body as a-worm*  
 τις ἐγκαθήμενος εἰς ἀλόγους τινὰς κινήσεις καὶ ἀκαίρους  
*some sitting to irrational some movements and untimely*  
 ἡμᾶς γαργαλίζων ὁ δειλῆος μολύνειν βιάζεται. Τοῦτο δὲ  
*us tickling the wretched(-one) to-defile forces this and*  
 μάλιστα πάσχειν εἰώθασιν οἱ τῷ τῆς κενοδοξίας δαίμονι  
*especially to-suffer are-accustomed those to-the of-the vainglory demon*  
 πειθόμενοι, διότι ἐν καρδίᾳ μηκέτι λογισμοὺς πορνικοὺς  
*obeying because in heart no-longer thoughts of-fornication*  
 συνεχῶς λογιζόμενοι, τῇ κενοδοξίᾳ προσεπέλασεν. Καὶ  
*continually thinking to-the vainglory they-drew-near and*  
 ὅτι τὸ εἰρημένον ἀψευδές, ὁπότεν ἡσυχίας τινὸς  
*that the-thing said true when stillness some*  
 οὗτοι ἐπιλάβωνται, νουνεχῶς ἑαυτοὺς ἀνακρινάτωσαν·  
*they lay-hold-of wisely themselves let-them-examine*  
 καὶ πάντως εὐρίσκουσι λογισμόν τινα κατὰ βάθους τῆς  
*and surely they-find a-thought some in depth of-the*  
 καρδίας αὐτῶν, ὥσπερ τινὰ ὄφιν ἐν κόπρῳ κρυπτόμενον,  
*heart their as some serpent in dung biding*



καὶ ἐξ οἰκείας σπουδῆς καὶ προθυμίας τὸ κατόρθωμα  
*and from own zeal and eagerness the achievement*  
τὸ τῆς καρδιακῆς ποσῶς ἀγνείας κατορθωκότας  
*the of-the heart's in-some-measure purity to-have-achieved*  
ὑποτιθέμενον, μὴ νοοῦντες οἱ τάλανες τό· Τί γὰρ ἔχεις  
*suggesting not understanding the wretched(-ones) the what for have-you*  
ὁ οὐκ ἔλαβες δωρεάν, ἢ ἐκ Θεοῦ, ἢ ἐξ ἐτέρων  
*which not you-received as-a-gift either from God or from others'*  
συνεργίας καὶ εὐχῆς; Σκοπεῖτωσαν τοίνυν, καὶ πάση  
*co-working and prayer let-them-look therefore and with-all*  
σπουδῇ τὸν προειρημένον ὄφιν τῆς ἐαυτῶν καρδίας διὰ  
*zeal the aforesaid serpent from-the own heart through*  
ταπεινοφροσύνης πολλῆς νεκρώσαντες ἀποπεμπέσθωσαν,  
*humility much having-killed let-them-send-away*  
ὅπως τούτου ἀπαλλοτριωθέντες, δυνήσωνται ἴσως ποτὲ  
*so-that from-this estranged they-may-be-able perhaps once*  
καὶ οὗτοι τοὺς δερματίνους χιτῶνας ἐκδύσασθαι, καὶ τὸν  
*also they the leathern tunics to-put-off and the*  
ἐπινίκιον τῆς ἀγνείας, εἰς ποτε τὰ ἀγνὰ νήπια, ὕμνον τῷ  
*victory-song of-the purity as once the pure infants hymn to-the*  
Κυρίῳ ᾄσαι· εἶπερ ἐκδυσάμενοι οὐ γυμνοὶ τῆς ἐκείνων  
*Lord to-sing if-indeed having-stripped not naked of-the their*  
ἀκακίας καὶ ταπεινώσεως φυσικῆς εὐρεθήσονται. Ἐπιτηρεῖ  
*innocence and humility natural they-will-be-found watches*  
καὶ αὐτὸς οὗτος ὁ δαίμων, καὶ πολλῶ πλέον τῶν ἄλλων  
*also himself this the demon and by-much more than-the others*  
τοὺς καιροὺς, ὅταν μάλιστα οὐ δυνάμεθα σωματικῶς κατ'  
*the times when especially not we-can bodily against*  
αὐτοῦ εὐξασθαι· καὶ τότε πολεμεῖν ἡμᾶς δοκιμάζει ὁ  
*him to-pray and then to-war-against us tries the*  
ἀνόσιος. Συνέρχεται τοῖς μὴπω κεκτημένοις προσευχὴν  
*unboly(-one) comes-together with-those not-yet having prayer*

καρδίας ἀληθῆ ὁ ἐν τῇ σωματικῇ εὐχῇ σκυλμός, λέγω  
*of-heart true the in the bodily prayer effort I-mean*  
 δῆ, ἔκτασις χειρῶν, στήθους τύψις, εἰς οὐρανούς εἰλικρινῆς  
*indeed stretching of-hands of-breast beating to heavens sincere*  
 ἀνάβλεψις, στεναγμῶν θόρυβος, γονάτων συνεχῆς κλίσις,  
*looking-up of-groans noise of-knees continual bending*  
 ἅπερ ποιεῖν διὰ τοὺς παρόντας οὐ δύναται πολλάκις.  
*which to-do because-of those present not one-can often*  
 Διόπερ τότε πολεμεῖν οἱ δαίμονες δοκιμάζουσιν· οἱ  
*therefore then to-war the demons try those*  
 δὲ μὴ ἰσχύοντες ἀκμὴν τῇ τοῦ νοὸς ἐμβριθείᾳ, καὶ  
*but not able yet with-the of-the mind weight and*  
 ἀοράτῳ δυνάμει προσευχῆς ἀνθίστασθαι ἐξ ἀνάγκης  
*invisible power of-prayer to-resist from necessity*  
 ἴσως ὑποχαλῶσι τοῖς πολεμοῦσιν αὐτούς· ἀποπήδησον,  
*perhaps give-way to-those warring-against them leap-away*  
 εἰ δυνατόν, συντόμως, ἀποκρύβητι μικρὸν ἀγνώστως·  
*if possible quickly hide-yourself a-little unnoticed*  
 ἀνάνευσον ὄμματι, εἰ δυνατόν ψυχικῶ· εἰ δὲ μὴ, κἂν  
*look-up with-eye if possible of-(the)-soul if but not at-least*  
 ἐξωτικῶ· σταύρωσον χεῖρας ἀκινήτως, ἵνα δὴ διὰ τοῦ  
*outward cross hands motionless that indeed through the*  
 τύπου τὸν Ἀμαλήκ αἰσχύνῃς καὶ νικήσῃς· βόησον πρὸς  
*figure — Amalek you-may-shame and conquer cry to*  
 τὸν δυνάμενον σῶσαι, μὴ ἐν σεσοφισμένοις ῥήμασιν,  
*the-(one) able to-save not in sophisticated words*  
 ἀλλ' ἐν ταπεινοῖς φθέγμασι πρὸ πάντων· Ἐλέησόν με,  
*but in lowly utterances before all-things have-mercy-on me*  
 ὅτι ἀσθενής εἰμι, προουμαζόμενος. Τότε πειρασθήσῃ  
*for weak I-am beginning then you-will-experience*  
 Ὑψίστου δυνάμεως· καὶ ἀοράτως ἀοράτους διώξεις  
*of-(the)-Most-High power and invisibly invisible(-ones) you-will-pursue*

δι' ἀοράτου βοηθείας. Ὁ οὕτως σεσυνηθικῶς  
*through invisible help the(-one) thus having-become-accustomed*  
 πολεμεῖν, ταχέως καὶ τῇ ψυχῇ μόνη τοὺς ἐχθροὺς  
*to-war quickly also with-the soul alone the enemies*  
 ἐκδιώκειν ἄρξεται ἀντίδωρον γὰρ τοῦ προτέρου τὸ  
*to-drive-out will-begin a-gift-in-return for of-the first the*  
 δεύτερον παρὰ Θεοῦ τοῖς ἐργάταις, καὶ δικαίως.  
*second from God to-the workers and justly*  
 Ἐν συναθροίσει που εὑρεθεῖς, ἐπεσημηνάμην σπουδαῖον 8  
*in a-gathering somewhere being-found I-noticed a-zealous*  
 ἀδελφὸν ὑπὸ πονηρῶν λογισμῶν ὀχληθέντα· καὶ τόπου  
*brother by evil thoughts troubled and a-place*  
 ἀρμοδίου μὴ εὑρεθέντος εἰς ἀπόκρυφον προσευχῆς, εἰς τὴν  
*suitable not being-found for a-hidden-place of-prayer into the*  
 τῆς γαστρὸς χρεῖαν εἰσπεπηδηκῶς ὥς ὑπ' αὐτῆς νενυγμένος,  
*of-the belly need having-leapt as by it pricked*  
 εὐτόνῳ εὐχῇ κατὰ τῶν πολεμίων ἐχρήσατο· ἐμοῦ δὲ ἐπὶ  
*with-vigorous prayer against the enemies he-used I and at*  
 τῇ τοῦ τόπου ἀνοικειότητι αὐτὸν ἐπιμεμψαμένου, Ὑπὲρ  
*the of-the place unsuitability him having-blamed for*  
 ἀκαθάρτων, φησίν, λογισμῶν διώξεως ἐν ἀκαθάρτῳ τόπῳ  
*of-unclean he-says of-thoughts driving-out in an-unclean place*  
 προσηυξάμην καθαρισθῆναι ρύπου. Πάντες μὲν οἱ δαίμονες  
*I-prayed to-be-cleansed of-filth all indeed the demons*  
 σκοτοῦν τὸν νοῦν δοκιμάζουσιν· εἰθ' οὕτως, τὰ αὐτοῖς  
*to-darken the mind try then thus the-things to-them*  
 φίλα ὑποβάλλουσιν. Εἰ μὴ γὰρ ἐκεῖνος καμνύσει, οὐ  
*dear suggest if not for that-one closes-its-eyes not*  
 συληθήσεται ὁ θησαυρός. Ὁ δὲ τῆς πορνείας πολλῶ πλεόν  
*will-be-robbed the treasure the but of-the fornication by-much more*  
 πάντων. Οὗτος πολλάκις τὸν ἡγεμόνα νοῦν συλλήσας,  
*than-all he often the ruling mind having-robbed*

καὶ ἐπὶ ἀνθρώπων ποιεῖν προτρέπεται, καὶ παρασκευάζει,  
 even before men to-do urges and prepares  
 ἅπερ οἱ ἐξεστηκότες μόνοι ἐργάζονται. Ὅθεν μετὰ καιρὸν  
 what those out-of-their-minds alone do whence after a-time  
 τοῦ νοὸς ἐκνήφοντος οὐ μόνον τοὺς θεασαμένους, ἀλλὰ  
 the mind coming-to-sobriety not only those having-beheld but  
 καὶ ἑαυτοὺς ἐπὶ ταῖς ἑαυτῶν ἀσέμοις πράξεσι, καὶ  
 also ourselves at the own unseemly deeds and  
 ὁμιλίαις ἢ σχήμασιν αἰσχυρόμεθα, καὶ τὴν πρώτην ἡμῶν  
 conversations or gestures we-are-asbamed and the former our  
 πώρωσιν ἐκθαμβούμεθα. Τοῖνυν τινὲς πολλάκις ἐκ τῆς  
 hardness we-are-amazed-at therefore some often from the  
 τοιαύτης διακρίσεως τοῦ κακοῦ ἐπαύσαντο. Ἀποστρέφου  
 such discernment from-the evil ceased turn-from  
 τὸν πολέμιον τὸν μετὰ τὴν πρᾶξιν προσέχεσθαί σε,  
 the enemy the(-one) after the deed to-pray you  
 ἢ θεοσεβεῖν, ἢ ἀγρυπνεῖν ἀνακόπτοντα· μνημονεύων τοῦ  
 or to-be-pious or to-keep-vigil checking remembering the(-one)  
 εἰπόντος· Διὰ τὸ τοὺς κόπους μοι παρέχειν τὴν  
 having-said because-of the the toils to-me providing the  
 ὑπὸ τῶν προλήψεων τυραννουμένην ψυχὴν, ποιήσω τὴν  
 by the preconceptions tyrannized soul I-will-make the  
 ἐκδίκησιν αὐτῆς ἐκ τῶν ἐχθρῶν αὐτῆς. Τίς σῶμα ἐνίκησεν;  
 vengeance its on the enemies its who a-body conquered  
 Ὅστις καρδίαν συνέτριψεν. Τίς δὲ καρδίαν συνέτριψεν;  
 whoever a-heart crushed who and a-heart crushed  
 Ὅς ἑαυτὸν ἡρνήσατο. Πῶς γὰρ οὐ συνετρίβη, ὃς θελήματι  
 who himself denied how for not was-crushed who in-will  
 τέθνηκεν; Ἔστιν ἐμπαθὴς ἐμπαθοῦς ἐμπαθέστερος,  
 has-died there-is a-passionate(-man) than-a-passionate more-passionate  
 καὶ αὐτὴν τὴν τῶν ἑαυτοῦ μολυσμῶν ἐξαγόρευσιν μετὰ  
 even the-very the of-the own defilements confession with

ἡδυπαθείας ἐνδόνως ποιούμενος. Οἱ ἐν καρδίᾳ ἀκάθαρτοι  
*self-indulgence pleausurably making the in heart unclean*  
 καὶ αἰσχροὶ λόγοι ἐκ τοῦ ἀπατεῶνος τῆς καρδίας τοῦ  
*and shameful words from the deceiver of-the heart the*  
 τῆς πορνείας δαίμονος πεφύκασι τίκτεσθαι· οὗς ἰᾶται  
*of-the fornication demon are-wont to-be-born which heals*  
 ἐγκράτεια καὶ τὸ τούτους εἰς οὐδὲν ὅλως λογιῖζεσθαι·  
*continence and the them as nothing at-all to-reckon*  
 ποίω δὲ ἐγὼ ἦθει καὶ τρόπῳ τὸν ἐμὸν τοῦτον φίλον  
*with-what but I manner and way the my this friend*  
 δήσας κατὰ τὴν ἀκολουθίαν τῶν λοιπῶν δικάσω,  
*having-bound according-to the sequence of-the others I-will-judge*  
 οὐκ ἐπίσταμαι· πρὶν γὰρ δήσω, λύεται· καὶ πρὶν δικάσω,  
*not I-know before for I-bind he-is-loosed and before I-judge*  
 διαλλάσσομαι· καὶ πρὶν τιμωρήσω, κατακάμπτομαι. Πῶς  
*I-am-reconciled and before I-punish I-am-bent how*  
 μισήσω ὃν φύσει ἀγαπᾶν πέφυκα; Πῶς ἐλευθερωθῶ  
*will-I-hate whom by-nature to-love I-am-wont how will-I-be-freed*  
 ᾧ εἰς αἰώνας συνδέδεμαι; Πῶς καταργήσω τὸ  
*to-whom for ages I-am-bound-together how will-I-abolish the(-thing)*  
 καὶ σὺν ἐμοὶ ἀνιστάμενον; Πῶς δείξω ἄφθαρτον τὸ  
*also with me rising how will-I-show incorruptible the(-thing)*  
 φθαρτὴν εἰληφὸς φύσιν; Τί εὐλογον εἶπω τῷ τὰ  
*corruptible having-received nature what reasonable shall-I-say to-the(-one) the*  
 εὐλογα κεκτημένῳ διὰ τῆς φύσεως; Ἄν δήσω νηστεία  
*reasonable-things having through the nature if I-bind with-fasting*  
 τοῦτον, κατακρίνας τὸν πλησίον, αὐτῷ πάλιν παραδίδομαι.  
*him having-condemned the neighbor to-him again I-am-delivered*  
 Ἄν τὸ κρίνειν παύσας τοῦτον νικήσω, ὑψιθεὶς τῇ  
*if the to-judge having-stopped him I-conquer exalted in-the*  
 καρδίᾳ κατηνέχθην ἐν τούτῳ. Καὶ γὰρ καὶ σύνεργός ἐστι  
*heart I-was-brought-down in this and for both fellow-worker he-is*

καὶ πολέμιος, καὶ βοηθὸς καὶ ἀντίδικος, καὶ ἀντιλήπτωρ  
*and foe and helper and adversary and supporter*  
 καὶ ἐπίβουλος· θεραπευόμενος πολεμεῖ, καὶ τηκόμενος  
*and plotter tended be-wars and wasted*  
 ἀτονεῖ, ἀναπαυόμενος ἀτακτεῖ, καὶ σαινόμενος οὐ φέρει·  
*be-weakens resting be-riots and fawned-on not be-bears*  
 ἂν λυπήσω, ὅλως κινδυνεύσω· ἂν πλήξω, οὐκ ἔχω διὰ  
*if I-grieve-him at-all I-will-be-endangered if I-strike-him not I-have through*  
 τίνος τὰς ἀρετὰς κτήσομαι· τὸν αὐτὸν καὶ ἀποστρέφομαι  
*whom the virtues I-will-acquire the same both I-turn-from*  
 καὶ περιπτύσσομαι. Τί τὸ περὶ ἐμὲ μυστήριον; Τίς ὁ  
*and I-embrace what the about me mystery what the*  
 λόγος τῆς ἐμῆς συγκράσεως; Πῶς ἐαυτῷ ἐχθρὸς καὶ φίλος  
*principle of-the my mixture how to-myself enemy and friend*  
 καθέστηκε; Λέγε μοι σύ, λέγε μοι, ὦ ἡ ἐμὴ σύζυγος, ὦ ἡ  
*am-I tell me you tell me O the my spouse O the*  
 ἐμὴ φύσις· οὐ γὰρ παρ' ἄλλου μαθεῖν περὶ σοῦ δεῖσθαι·  
*my nature not for from another to-learn about you I-shall-need*  
 πῶς ἐκ σοῦ μένω ἄτρωτος; πῶς δυνηθῶ τὸν  
*how from you may-I-remain unwounded how may-I-be-able the*  
 φυσικὸν ἐκφυγεῖν κίνδυνον, ἐπειδὴ λοιπὸν ἐχθραίνειν πρὸς  
*natural to-flee danger since thereafter to-be-hostile toward*  
 σε Χριστῷ συντέταγμα; Πῶς σου τὴν τυραννίδα νικήσω,  
*you to-Christ I-have-agreed how your the tyranny will-I-conquer*  
 ἐπειδὴ βιαστής σου γενέσθαι προήρηται; Ἡ δὲ πρὸς  
*since your violent(-one) to-become I-have-chosen she but to*  
 τὴν ἐαυτῆς ψυχὴν ἀποκρινομένη ἔλεγεν· Οὐ μὴ σοι μέντοι  
*the own soul answering said not — to-you however*  
 φράσω, ὃ καὶ σὺ οὐκ ἐπίστασαι, ἀλλ' ὃ ἅμα τῇ  
*I-will-tell what also you not know but what together with-the*  
 γνώσει κατέχομεν. Ἐγὼ ἐν ἐμοὶ ἀγάπησιν πατέρα ἔχω, τῆς  
*knowledge we-bold I in me love father have of-the*

μὲν ἔξωθεν πυρώσεως τὴν ἐμὴν θεραπείαν καὶ καθολικῶς  
*indeed outward burning the my tending and generally*  
 ἄνεσιν, τῆς δὲ ἔσωθεν κινήσεως ἐκ προλαβούσης ἀνέσεως,  
*ease of-the and inward movement from preceding ease*  
 καὶ γεγονότων πράξεων. Ἐγὼ συλλαβοῦσα τίκτω πτώματα·  
*and done deeds I having-conceived bear falls*  
 ἐκεῖνα δὲ τεχθέντα πάλιν θάνατον δι' ἀπογνώσεως  
*those and born again death through despair*  
 τίκτους· ἂν γνῶς τὴν ἐμὴν καὶ σὴν ἐναργῇ καὶ  
*beget if you-know the my and your manifest and*  
 βαθεῖαν ἀσθένειαν, ἔδησάς μου τὰς χεῖρας· ἂν τὸν  
*deep weakness you-have-bound my the hands if the*  
 λαιμὸν βασανίσῃς, ἔδησάς μοι τοὺς πόδας τοῦ μὴ  
*gullet you-torture you-have-bound my the feet from-the not*  
 πόρρω βαδίξιν· ἂν ζευχθῇς ὑπακοῇ, ἐμοῦ ἀπεζεύχθῃς·  
*far to-walk if you-are-yoked to-obedience from-me you-were-unyoked*  
 ἂν κτήσῃ ταπεινώσιν, ἐμοῦ τὴν κεφαλὴν ἀπέκοψας.  
*if you-acquire humility my the head you-cut-off*  
 Πεντεκαιδέκατον ἔπαθλον, ὃ ἐν σαρκὶ ὧν, καὶ τοῦτο 9  
*fifteenth prize the(-one) in flesh being and this*  
 εἰληφὼς ἀπέθανε, καὶ ἀνέστη· καὶ τῆς μελλούσης  
*having-received died and rose and of-the coming*  
 ἀφθαρσίας τὸ προοίμιον ἤδη ἀπ' ἐντεῦθεν ἐγνώρισεν.  
*incorruption the prelude already from here knew*

*Following the wise teachers, who rank the many-headed demon of avarice after the tyrant just described, John treats the disease briefly before its cure. Avarice is idol worship, the daughter of unbelief, a prophet of old age and famine; the avaricious man mocks the Gospels. Love scatters money, and one who claims to keep both deceives himself. Two mites bought the kingdom, so no one should gather for the poor's sake; avarice begins in the pretext of almsgiving and ends in hatred of the poor, and a man is merciful only until his money is gathered. The money-loving monk is free of listlessness, for he always remembers the apostle's word that the idle should not eat.*

- 1 Πλείστοι ὅσοι τῶν σοφῶν διδασκάλων πεφύκασι μετὰ  
 most as-many-as of-the wise teachers are-wont after  
 τὸν προγεγραμμένον τύραννον τὸν παρόντα μυριοκέφαλον  
 the above-written tyrant the present ten-thousand-headed  
 δαίμονα φιλαργυρίας ἐντάττειν. Ἵνα μὴ οὖν τὴν τάξιν  
 demon of-avarice to-rank that not then the order  
 τῶν σοφῶν οἱ ἄσοφοι ἡμεῖς ἐναλλάξαιμεν, τούτῳ ὄρω καὶ  
 of-the wise the unwise we might-alter this rule and  
 κανόνι ἐξηκολουθήσαμεν. Διὸ περὶ τῆς νόσου, εἰ δοκεῖ,  
 canon we-followed therefore about the disease if it-seems-good  
 μικρά, εἰθ' οὕτως περὶ τῆς ὑγείας βραχέα διαλάβωμεν.  
 a-little then thus about the health briefly let-us-discourse  
 Φιλαργυρία ἐστὶν εἰδώλων προσκύνησις, ἀπιστίας θυγάτηρ,  
 avarice is of-idols worship of-unbelief daughter  
 ἀσθενειῶν προφασίστρια, γήρως μάντις, λιμῶν προμηνυτὶς  
 of-infirmities pretext-maker of-old-age prophet of-famines forewarner  
 ἀβροχίας ὑποβολεύς. Φιλάργυρός ἐστιν Εὐαγγελίων  
 of-drought prompter an-avaricious(-man) is of-(the)-Gospels  
 μυκτηριστής, καὶ ἐκούσιος παραβάτης. Ὁ κτησάμενος  
 mocker and willing transgressor the(-one) having-acquired



ἀγάπην, διεσκόρπισε χρήματα· ὁ δὲ τοῖς δύο λέγων  
*love scattered money the(-one) but with-the two saying*  
 συζῆν, ἑαυτὸν ἡπάτησεν. Ὁ πενθὼν ἑαυτὸν καὶ τὸ  
*to-live himself deceived the(-one) mourning himself and the*  
 σῶμα ἡρνήσατο· καὶ καιροῦ καλοῦντος, οὐδὲ τούτου  
*body denied and time calling not-even it*  
 ἐφείσατο. Μὴ λέγε συνάγειν τῶν πτωχῶν ἕνεκα· δύο  
*spared not say to-gather of-the poor for-the-sake two*  
 γὰρ λεπτὰ τὴν βασιλείαν ἡγόρασαν. Φιλόξενος καὶ  
*for mites the kingdom bought a-hospitable(-man) and*  
 φιλάργυρος ἑαυτοῖς ὑπήντησαν· ὁ δὲ δεύτερος τὸν  
*an-avaricious(-man) each-other met the and second the*  
 πρότερον ἀδιάκριτον ὠνόμασεν· ὁ νικήσας τὸ  
*first undiscerning named the(-one) having-conquered the*  
 πάθος, μερίμνας περιέκοψεν· ὁ δὲ δεδεμένος οὐδέποτε  
*passion cares cut-off the(-one) but bound never*  
 καθαρῶς προσεύξεται. Ἀρχὴ φιλαργυρίας ὑπόθεσις  
*purely will-pray beginning of-avarice pretext*  
 ἐλεημοσύνης, τέλος δὲ ταύτης μῶσος πρὸς πένητας. Ἔως  
*of-almsgiving end and of-it hatred toward (the)-poor until*  
 οὗ συνάξῃ, ἐλεήμων γίνεται τῶν χρημάτων δὲ παρόντων,  
*— he-gathers merciful he-is the money and being-present*  
 τὰς χεῖρας ἀπέσφιγξεν. Εἶδον πένητας τοῖς χρήμασιν ἐν  
*the hands he-clenched I-saw poor(-men) in-the money in*  
 τῇ τῶν πτωχῶν τῷ πνεύματι πολιτεία πλουτήσαντας· καί  
*the of-the poor in-the spirit way-of-life having-grown-rich and*  
 γε τῆς προτέρας αὐτῶν πενίας ἐπελάθοντο· Φιλοχρήμων  
*at-least the former their poverty forgot a-money-loving*  
 μοναχὸς ἀκηδίας ἀλλότριος, τοῦ ἀποστολικοῦ λόγου καθ'  
*monk of-listlessness a-stranger of-the apostolic word each*

ὥραν μνημονεύων· Ὁ ἀργὸς μὴδὲ ἐσθιέτω. Καί· Αἱ  
*hour remembering the(-one) idle not-even let-him-eat and the*  
 χεῖρές μου διηκόνησαν ἐμοί, καὶ τοῖς σὺν ἐμοί.

*hands my served me and those with me*

- 2 Ἐκκαίδεκάτη πάλῃ· ἦν ὁ νικήσας ἢ ἀγάπην  
*sixteenth wrestling which the(-one) having-conquered either love*  
 κέκτηται, ἢ μέριμναν περιέκοψεν.

*has-acquired or care cut-off*

## XVII • POVERTY

*Poverty is the putting off of cares, an unhindered traveler, and a stranger to grief; the non-possessing monk is master of the world, entrusts his care to God, and receives what comes as from the Lord's hand. Those under obedience are strangers to avarice, since they have given up even the body. The senseless poor lose both worlds; the birds do not gather. Job kept no trace of avarice and so stayed untroubled when stripped of all. Avarice is the root of all evils, and detachment is born of the taste of God and care for the account at death. Avarice, third in the fathers' chain of eight, names insensibility her second offspring, and the step turns to it, then to sleep, vigil, and cowardice.*

- 1 Ἀκτημοσύνη ἐστὶ φροντῖδων ἀπόθεσις, ἀμεριμνία βίου,  
*poverty is of-cares putting-off freedom-from-care of-life*  
 ὁδοιπόρος ἀνεμπόδιστος, πίστις ἐντολῶν, λύπη  
*a-traveler unhindered faith of-(the)-commandments of-grief*  
 ἀλλότριος· ἀκτῆμων μοναχὸς δεσπότης κόσμου, τῷ Θεῷ  
*a-stranger a-non-possessing monk master of-(the)-world — to-God*  
 τὴν φροντίδα πιστεύων, καὶ διὰ πίστεως πάντας δούλους  
*the care entrusting and through faith all (as)-servants*  
 κεκτημένος· οὐκ ἐρεῖ ἀνθρώπῳ περὶ χρείας αὐτοῦ· τὰ  
*having-acquired not will-tell a-man about need his the(-things)*  
 δὲ ἐρχόμενα ὡς ἐκ χειρὸς Κυρίου δέξεται. Ἀκτῆμων  
*but coming as from hand of-(the)-Lord he-will-receive a-non-possessing*

ἐργάτης, ἀπροσπαθείας υἱός, τὰ προσόντα αὐτῷ ὡς  
*worker of-detachment a-son the(-things) belonging to-him as*  
 μὴ ὄντα λογιζόμενος, ἀναχωρήσεως καταλαβούσης ἡγήσατο  
*not being reckoning withdrawal having-come counted*  
 πάντα σκύβαλα. Εἰ δὲ λυπεῖται ἔν τινι, οὐπω ἀκτήμων  
*all refuse if but be-grieves over anything not-yet non-possessing*  
 γέγονεν. Ἀκτήμων ἀνὴρ ἐν προσευχῇ καθαρός, ὁ δὲ  
*he-has-become a-non-possessing man in prayer pure the(-one) but*  
 φιλοκτήμων εἰκόνας ὕλης προσεύχεται· οἱ ἐν ὑποταγῇ  
*possession-loving images of-matter prays those in submission*  
 διατρίβοντες, φιλαργυρίας ἀλλότριοι· ὅπου γὰρ καὶ τὸ  
*spending-time of-avarice strangers where for even the*  
 σῶμα ἐξέδωκαν, τί λοιπὸν κέκτηται ἴδιον; Ἐν  
*body they-gave-up what further have-they-acquired own in-one-thing*  
 οἱ τοιοῦτοι ἀδικεῖσθαι πεφύκασιν, εἰς μετάβασιν εὐχερεῖς  
*the such(-men) to-be-wronged are-wont to moving ready*  
 καὶ ἔτοιμοι ὑπάρχοντες. Εἶδον ὕλην ὑπομονὴν μοναχοῖς ἐν  
*and prepared being I-saw matter patience for-monks in*  
 τόπῳ γεννήσασαν. Ἐκεῖνων δὲ ἐγὼ τοὺς διὰ Κύριον  
*a-place having-begotten than-those but I the(-ones) because-of (the)-Lord*  
 πελαζομένοις πλέον ἐμακάρισα. Ὁ γευσάμενος τῶν  
*drawing-near more I-blessed the(-one) having-tasted the(-things)*  
 ἄνω, εὐχερῶς καταφρονεῖ τῶν κάτω· ὁ δὲ ἐκείνων  
*above easily despises the(-things) below the(-one) but of-those*  
 ἄγευστος, ἐπὶ κτήμασιν ἀγάλλεται. Ἄλογος ἀκτήμων  
*untasting in possessions exults an-irrational non-possessing(-man)*  
 δύο ἀδικεῖται· τῶν παρόντων ἀπεχόμενος, καὶ  
*doubly is-wronged from-the(-things) present abstaining and*  
 τῶν μελλόντων στερούμενος. Μὴ οὖν φανῶμεν, ὦ  
*of-the(-things) to-come being-deprived not then let-us-appear O*  
 μοναχοί, τῶν πετεινῶν ἀπιστότεροι. Οὐ γὰρ μερμινῶσιν,  
*monks than-the birds more-faithless not for they-care*

οὐδὲ συνάγουσιν· μέγας γὰρ ὁ ἀποκτώμενος εὐσεβῶς  
*nor gather great for the(-one) renouncing piously*  
 χρήματα· ἅγιος δὲ ὁ ἀποκτώμενος τὸ ἑαυτοῦ θέλημα.  
*money holy but the(-one) renouncing the own will*  
 Ὁ μὲν ἑκατονταπλασίονα ἢ διὰ χρημάτων, ἢ διὰ  
*the-one indeed hundredfold either through money or through*  
 χαρισμάτων λήβεται· ὁ δὲ ζωὴν αἰώνιον κληρονομήσει·  
*gifts will-receive the-other and life eternal will-inherit*  
 οὐκ ἐκλείψει κύματα θάλασσαν, οὐδὲ φιλάργυρον ὀργὴ καὶ  
*not will-forsake waves (the)-sea nor an-avaricious(-man) anger and*  
 λύπη. Ὁ καταφρονήσας ὕλης, ἐλυτρώθη δικαιολογίας καὶ  
*grief the(-one) having-despised matter was-freed from-pleading and*  
 ἀντιλογίας· ὁ δὲ φιλοκτῆμων ὑπὲρ ῥαφίδος ἕως θανάτου  
*dispute the(-one) but possession-loving for a-needle to death*  
 πυκτεύει· πίστις ἀκλινὴς περικόψει φροντίδας· θανάτου  
*boxes faith unswerving will-cut-off cares of-death*  
 δὲ μνήμη ἀπαρνέεται καὶ σῶμα. Οὐκ ἦν ἐν τῷ Ἰῶβ  
*and remembrance denies even (the)-body not was in — Job*  
 φιλαργυρίας ἵχνος· διὸ καὶ στερηθεὶς, ἀθόρυβος ἔμεινε.  
*of-avarice a-trace therefore also having-been-deprived untroubled he-remained*  
 Ῥίζα πάντων τῶν κακῶν ἐστὶ καὶ λέγεται ἡ φιλαργυρία·  
*root of-all the evils is and is-called the avarice*  
 μῖσος γάρ, καὶ κλοπᾶς, καὶ φθόνους, καὶ χωρισμούς, καὶ  
*hatred for and thefts and envies and separations and*  
 ἔχθρας, καὶ ζάλας, καὶ μνησικακίας, καὶ ἀσπλαγχνίας, καὶ  
*enmities and storms and grudge-bearings and mercilessness and*  
 φόνους αὕτη ἐποίησε. Διὰ μικροῦ πυρός τινας πολλὴν ὕλην  
*murders this made through small fire some much matter*  
 κατέκαυσαν, καὶ διὰ μικρᾶς ἀρετῆς ὅλα τὰ παρόντα, καὶ τὰ  
*burned-up and through small virtue all the present and the*  
 εἰρημένα ἔφυγον πάθη· αὕτη καλεῖται ἀπροσπάθεια. Ταύτην  
*said escaped passions this is-called detachment this*

δὲ ἔτεκε πείρα καὶ γεῦσις γνώσεως Θεοῦ, καὶ φροντὶς  
*and bore experience and taste of-knowledge of-God and care*  
 ἀπολογίας ἐξόδου. Οὐκ ἠγνόηται μὲν τῷ μετὰ  
*of-(the)-defense of-(the)-departure not has-been-unknown indeed to-the(-one) with*  
 προσοχῆς ἀνεγνωκότι πάσης τῆς μητροκάκου ὁ λόγος. Φησὶ  
*attention having-read of-all the mother-of-evils the account it-says*  
 γὰρ ἐν τῇ πονηρᾷ αὐτῆς καὶ ἐπαράτῳ τεκνογονία, δεύτερον  
*for in the evil her and accursed child-bearing second*  
 αὐτῆς εἶναι ἀπόγονον, τὸν ἀναισθησίας λίθον· κεκώλυκε δέ  
*her to-be offspring the of-insensibility stone has-prevented but*  
 με τὴν οἰκεῖαν αὐτῷ τάξιν ἀπονεῖμαι ὁ πολυκέφαλος τῆς  
*me the proper to-it order to-assign the many-beaded of-the*  
 εἰδωλολατρίας ὄφεις. Τρίτην πῶς οὐκ οἶδα λαχὼν παρὰ  
*idolatry serpent third how not I-know having-obtained among*  
 τοῖς διακριτικοῖς τῶν πατέρων ἐν τῇ τῶν ὀκτῶ ἀλύσει· ὃν  
*the discerning of-the fathers in the of-the eight chain which*  
 συμμέτρως ἀποπεράναντες λέγειν λοιπὸν περὶ ἀναισθησίας  
*moderately having-finished to-speak thereafter about insensibility*  
 βουλόμεθα, ὡς τρίτης ὑπαρχούσης τῆς ἐν γενέσει δευτέρας,  
*we-wish as third being the in birth second*  
 μεθ' ἣν λοιπὸν καὶ περὶ ὕπνου καὶ ἀγρυπνίας· οὐ μὴν δὲ  
*after which thereafter also about sleep and vigil not truly and*  
 ἀλλὰ καὶ περὶ τῆς νηπιώδους καὶ ἀνάνδρου δειλίας, βραχέα  
*but also about the childish and unmanly cowardice briefly*  
 διαλάβωμεν· εἰσαγωγικῶν γὰρ τὰ τοιαῦτα νοσήματα.  
*let-us-discourse of-beginners for the such diseases*  
 Ἑπτακαδέκατον ἄθλον ὁ κτησάμενος, πρὸς οὐρανὸν 2  
*seventeenth prize the(-one) having-acquired toward heaven*  
 αὐτῶς ὁδοιπορεῖ.  
*immaterially travels*

*Insensibility is deadened feeling in body and spirit, grown from long neglect; callousness is ingrained negligence and the mother of forgetfulness. The callous man is a foolish philosopher who condemns himself: he discourses on death as though immortal, on temperance while fighting for his belly, and on meekness while growing angry. John has seen men weep at talk of judgment and hurry to table with tears still in their eyes. Scourging the stony maenad with the fear of the Lord and prayer, he makes her confess: her confederates laugh at the dead and stand insensible at the altar, and she has no single birth. She yields a little to vigil and meditation on judgment, but only prayer at the tombs, painted on the heart with the pen of fasting, conquers her.*

- 1 Ἀναισθησία καὶ ἐπὶ σωμάτων καὶ ἐπὶ πνευμάτων ἐστὶν  
 insensibility both in bodies and in spirits is  
 νενεκρωμένη αἴσθησις, ἐκ χρονίας νόσου, καὶ ἀμελείας  
 deadened perception from long disease and negligence  
 εἰς ἀναισθησίαν καταλήξασα. Ἀναλγησία ἐστὶ πεποιωμένη  
 into insensibility having-ended callousness is ingrained  
 ἀμέλεια, ναρκῶσα ἔννοια· προλήψεως γέννημα, προθυμίας  
 negligence numbed thought of-preconception offspring of-eagerness  
 παγίς, ἀνδρείας βρόχος· κατανύξεως ἄγνοια· ἀπογνώσεως  
 a-snare of-courage a-noose of-compunction ignorance of-despair  
 θύρα, λήθης μήτηρ, καὶ μετὰ τόκον μητρὸς οἰκείας  
 a-door of-forgetfulness mother and after birth of-(its)-mother own  
 μήτηρ, διάκρισις φόβου· ἀνάλγητός ἐστιν ἄφρων φιλόσοφος  
 mother discernment of-fear a-callous(-man) is a-foolish philosopher  
 αὐτοκατάκριτος ἐξηγητής· αὐτεναντίος φιλόλογος, τυφλὸς  
 a-self-condemned expounder a-self-contradicting talker a-blind  
 διδάσκαλος τοῦ βλέπειν· περὶ τῆς τοῦ τραύματος ὑγείας  
 teacher of-the seeing about the of-the wound health  
 διαλέγεται, καὶ τοῦτο ἐπικνήθων οὐ παύεται, κατὰ τοῦ  
 he-discourses and it scratching not ceases against the

πάθους φθέγγεται· καὶ τὰ βλάπτοντα ἐσθίων οὐ  
*passion he-speaks and the(-things) harming eating not*  
 παύεται· κατ' αὐτοῦ προσεύχεται, καὶ εὐθέως ἐπὶ τὴν  
*ceases against it he-prays and immediately to the*  
 αὐτοῦ ἐργασίαν πορεύεται· ἐπὶ τῇ τούτου ἐργασίᾳ κατ'  
*its practice goes at the its practice against*  
 αὐτοῦ ὀργίζεται· καὶ τοὺς ἑαυτοῦ λόγους οὐκ αἰσχύνεται ὁ  
*it he-is-angry and the own words not is-ashamed-of the*  
 τάλας. Κακῶς πράττω, βοᾷ, καὶ προθύμως ἐπικείται·  
*wretched(-one) badly I-do he-cries and eagerly presses-on*  
 τὸ στόμα κατ' αὐτοῦ προσεύχεται, καὶ τὸ σῶμα ὑπὲρ  
*the mouth against it prays and the body for*  
 αὐτοῦ ἀγωνίζεται. Περὶ θανάτου φιλοσοφεῖ, καὶ ὡς  
*it struggles about death he-philosophizes and as*  
 ἀθάνατος διάκειται. Περὶ χωρισμοῦ στενάζει, καὶ ὡς  
*immortal is-disposed about separation he-groans and as*  
 αἰώνιος νυστάζει. Περὶ ἐγκρατείας διαλέγεται, καὶ περὶ  
*everlasting slumbers about continence he-discourses and for*  
 γαστριμαργίας ἀγωνίζεται. Περὶ κρίσεως ἀναγινώσκει, καὶ  
*gluttony struggles about judgment he-reads and*  
 μειδιᾷν ἄρχεται περὶ κενοδοξίας, καὶ ἐν αὐτῇ τῇ ἀναγνώσει  
*to-smile begins about vainglory and in the-very the reading*  
 κενοδοξεῖ· περὶ ἀγρυπνίας ἐκστηθίζει, καὶ τῷ ὕπνῳ  
*is-vainglorious about vigil he-recites-by-heart and in-the sleep*  
 εὐθέως ἑαυτὸν καταβαπτίζει· τὴν προσευχὴν ἐγκωμιάζει,  
*immediately himself drowns the prayer he-praises*  
 καὶ ὡς ἀπὸ μαστιγος ταύτης φεύγει· τὴν ὑπακοὴν  
*and as from a-whip it flees the obedience*  
 μακαρίζει, καὶ πρῶτος αὐτὸς παρακούει. Τοὺς ἀπροσπαθεῖς  
*he-blesses and first himself disobeys the detached*  
 ἐπαινεῖ, καὶ διὰ ῥάκος μνησικακῶν, καὶ πολεμῶν οὐκ  
*he-praises and because-of a-rag grudge-bearing and fighting not*

αἰσχύνεται. Ὁργιζόμενος πικραίνεται, καὶ ἐπὶ τῇ πικρία  
*is-ashamed being-angry he-is-embittered and at the bitterness*  
 πάλιν ὀργίζεται, καὶ τῇ ἡττῇ ἡτταν προστιθεὶς οὐκ  
*again is-angry and to-the defeat defeat adding not*  
 αἰσθάνεται κορεσθεὶς μεταμελείται, καὶ μικρὸν προβάς,  
*perceives having-been-sated he-repents and a-little having-gone-on*  
 πάλιν τῷ κόρῳ προσέθηκε. Τὴν σιωπὴν μακαρίζει,  
*again to-the satiety added the silence he-blesses*  
 καὶ διὰ πολυλογίας αὐτὴν ἐγκωμιάζει. Περὶ πραότητος  
*and through much-talk it praises about meekness*  
 διδάσκει, καὶ ἐν αὐτῇ τῇ διδασκαλίᾳ πολλάκις ὀργίζεται,  
*he-teaches and in the-very the teaching often is-angry*  
 καὶ ἐπὶ τῇ πικρίᾳ πάλιν ὀργίζεται· ἀνανήψας ἐστέναξε,  
*and at the bitterness again is-angry having-come-to-sobriety he-groaned*  
 καὶ τὴν κεφαλὴν κινήσας πάλιν τοῦ πάθους ἔχειται.  
*and the head having-shaken again to-the passion clings*  
 Τὸν γέλωτα ψέγει, καὶ μειδιῶν περὶ πένθους διδάσκει.  
*the laughter he-blames and smiling about mourning teaches*  
 Ἐαυτὸν ὡς κενόδοξον ἐπὶ τινων καταμέμφεται, καὶ διὰ  
*himself as vainglorious before some he-blames and through*  
 τοῦ ψόγου δόξαν ἐαυτῷ πραγματεύεται. Ἐμπαθῶς εἰς  
*the blame glory for-himself procures passionately into*  
 πρόσωπον βλέπει, καὶ περὶ σωφροσύνης διαλέγεται. Τοὺς  
*(a)-face he-looks and about temperance discourses those*  
 ἡσυχάζοντας ἐν κόσμῳ διατρίβων ἐπαινεῖ, καὶ ἐαυτὸν  
*keeping-stillness in (the)-world spending-time he-praises and himself*  
 αἰσχύνων οὐ κατανοεῖ. Τοὺς ἐλεήμονας δοξάζει, καὶ τοὺς  
*shaming not perceives the merciful he-glorifies and the*  
 πτωχοὺς ὀνειδίζει. Πάντοτε ἐαυτοῦ κατήγορος γίνεται, καὶ  
*poor reviles always of-himself accuser he-becomes and*  
 εἰς συναίσθησιν ἐλθεῖν οὐ βούλεται, ἵνα μὴ εἴπω οὐ δύναται.  
*to awareness to-come not wishes that not I-say not is-able*



Ἐώρακα ἐγὼ τοιούτους πολλοὺς περὶ ἐξόδου καὶ φοβερῶν 2

*I-have-seen I such(-men) many about departure and fearful  
κριτηρίων ἀκηκοότας καὶ δακρύνοντας, καὶ ἔτι τῶν  
tribunals having-heard and weeping and still the  
δακρύων ἐν ὀφθαλμοῖς ὑπαρχόντων σπουδαίως ἐπὶ τὴν  
tears in (their)-eyes being eagerly to the  
τράπεζαν ἐβάδιζον. Καὶ τεθαύμακα πῶς καὶ πένθος  
table they-went and I-have-marveled how even mourning  
αὕτη ἡ δέσποινα καὶ ὀζοθήκη τροπώσασθαι ἡδυνήθη ἐξ  
this the mistress and stench-box to-rout was-able from  
ἀναλγησίας πολλῆς κρατυνομένη. Κατὰ τὴν δύναμιν  
callousness much being-strengthened according-to the power  
τὴν ψιλὴν τὴν προσοῦσάν μοι τῆς λιθώδους ταύτης, καὶ  
the bare the present in-me of-the stony this and  
ἀκροτόμου μαινάδος, καὶ μωρᾶς τοὺς δόλους, καὶ μώλωπας  
flinty maenad and foolish the wiles and bruises  
γεγύμνωκα. Ἐπὶ πολὺ γὰρ φιλολογεῖν πρὸς αὐτὴν οὐκ  
I-have-laid-bare at length for to-talk with her not  
ἀνέχομαι· ὁ δὲ δυνάμενος ἐν Κυρίῳ ἐκπειρασθῆναι τοῖς  
I-endure the(-one) but able in (the)-Lord to-make-trial on-the  
μώλωπι τὰ φάρμακα, μὴ κατοκνήσει· οὐ γὰρ αἰσχύνομαι  
bruises the remedies not will-shrink-from not for I-am-asbamed  
πρὸς ταῦτα ἀδυναμίαν προβαλλόμενος ὥς ὑπὸ ταύτης  
toward these(-things) weakness pleading as by her  
ἰσχυρῶς κατεχόμενος, οὐδέ γε τοὺς δόλους αὐτῆς καὶ  
strongly held nor at-least the wiles her and  
μηχανὰς ἐξ ἑαυτοῦ καταλαβέσθαι ἰσχυσα, εἰ μὴ γε  
devices of myself to-grasp I-was-able if not at-least  
αὐτὴν που κατειληφὼς βία κεκράτηκε. Καὶ τὰ  
her somewhere having-caught by-force has-held and the(-things)  
προλεχθέντα βασανίσας αὐτὴν ὁμολογῆσαι πεποίηκα,  
aforesaid having-tortured her to-confess I-have-made*

μάστιγι φόβου Κυρίου, καὶ ἀδιαλείπτου προσευχῆς  
*with-(the)-whip of-fear of-(the)-Lord and unceasing prayer*  
 μαστιγώσας αὐτήν. Διὸ καὶ ἔλεγεν ἡ τυραννὶς καὶ  
*having-whipped her therefore also said the tyrant and*  
 κακοῦργος· Οἱ ἐμοὶ ὑπόσπονδοι νεκροὺς ὀρώντες γελῶσιν·  
*evildoer the to-me bound-by-treaty (the)-dead seeing laugh*  
 ἐν προσευχῇ παριστάμενοι, λιθώδεις ὅλοι καὶ σκληροὶ  
*in prayer standing stony wholly and hard*  
 καὶ σκοτεινοὶ τυγχάνουσι· πρὸς τὴν ἱερὰν τράπεζαν  
*and darkened they-are at the holy table*  
 παριστάμενοι ἀναισθητοῦσι τοῦ δώρου μεταλαμβάνοντες  
*standing they-feel-nothing the gift partaking-of*  
 ὡς ψιλοῦ ἄρτου ἐπιγεύσει διάκεινται· ἐγὼ καταनुσσομένους  
*as of-plain bread with-a-taste they-are-disposed I those-pierced*  
 ὀρώσα μυκτηρίζω. Πάντα τὰ τικτόμενα ἐξ ἀνδρείας  
*seeing mock all the(-things) being-born from courage*  
 καὶ πόθου ἀγαθὰ ἐγὼ ἀποκτείνειν ὑπὸ τοῦ ἐμὲ  
*and longing good(-things) I to-kill by the me*  
 γεγεννηκότος πατρὸς μεμάθηκα. Ἐγὼ γέλωτος μήτηρ·  
*having-begotten father have-learned I of-laughter mother*  
 ἐγὼ ὕπνου τροφός· ἐγὼ κόρου φίλη· ἐγὼ ψευδευλαβεία  
*I of-sleep nurse I of-satiety friend I with-false-piety*  
 συμπλέκομαι· ἐγὼ ἐλεγχόμενη οὐ πονῶ· ἐγὼ οὖν ὁ  
*am-entwined I being-reproved not feel-pain I then the*  
 τάλας τῆς μαινάδος τὸ λόγιον θαμβηθεὶς, ἡρώτων  
*wretched(-one) of-the maenad the oracle having-been-astounded-at asked*  
 τοῦ ταύτην γεγεννηκότος τὸ ὄνομα μανθάνειν θέλων. Ἡ  
*of-the(-one) her having-begotten the name to-learn wishing she*  
 δέ· Γέννησω μίαν οὐ κέκτημαι· μικτὴ δέ πως καὶ ἄστατος  
*but birth one not I-have mixed but somehow and unstable*  
 ἡ ἐμὴ καθέστηκα κύησις· ἐμὲ κρατύνει κόρος, ἐμὲ ἡϋξῆσε  
*the my has-become conception me strengthens satiety me increased*

χρόνος, ἐμὲ πεπαγίωκε συνήθεια πονηρά, ἐκείνην ὁ  
*time me has-fixed habit evil that(-one) the(-one)*  
 κατέχων οὐκ ἐλευθερωθήσεταιί μου. Ἐπίμενε μελετῶν ἐν  
*holding not will-be-freed from-me persevere meditating-on in*  
 ἀγρυπνία πολλῇ κρίσιν αἰωνίαν, ἴσως μικρὸν ὑποχαλάσω  
*vigil much judgment eternal perhaps a-little I-will-relax*  
 σοι. Ὅρα τὴν ἐμὴν αἰτίαν πόθεν ἐν σοὶ τίκτομαι· καὶ κατὰ  
*for-you see the my cause whence in you I-am-born and against*  
 τῆς ἐμῆς ἀγωνίζου μητρός· οὐ γὰρ μίαν ἐν πᾶσι κέκτημαι.  
*the my struggle mother not for one in all I-have*  
 Ἐν σοροῖς προσεύχου πυκνά· εἰκόνα τούτων ἀνεξάλειπτον  
*in tombs pray often an-image of-them indelible*  
 ζωγραφῶν ἐν σῇ καρδίᾳ· ταύτης γὰρ μὴ γραφείσης  
*painting in your heart this for not having-been-drawn*  
 γραφείῳ νηστείας, οὐ μὴ με νικήσης εἰς τὸν αἰῶνα.  
*with-(the)-pen of-fasting not — me you-will-conquer to the age*

## XIX · SLEEP, PRAYER, AND PSALMODY

*Sleep is an image of death with many causes: nature, food, demons, and even extreme fasting; like much drinking, it hangs on habit and should be fought early. When the spiritual trumpet sounds, the demons gather unseen: some keep a monk in bed until the opening hymns end, others drown him in sleep at prayer, stir talk or shameful thoughts, lean him against the wall, or hurry or drag the chant. The man who knows he stands before God stands at prayer like an unmoved pillar. All can pray with the crowd, most with one like-minded companion, and few alone. Antony's angel taught that prayer admits no side work, and as the furnace tests gold, prayer tests a monk's zeal and love for God.*

Ὕπνος ἐστὶ φύσεως ποσῶς σύστασις εἰκὼν θανάτου, 1  
*sleep is of-nature in-some-measure a-state an-image of-death*  
 αἰσθήσεων ἀργία. Εἰς μὲν ὁ ὕπνος, πλείστας δὲ τὰς  
*of-(the)-senses idleness one indeed the sleep very-many but the*

ὑποθέσεις, ὡς καὶ ἡ ἐπιθυμία ἔχει. Λέγω δὲ ἐκ φύσεως,  
*causes as also the desire has I-mean and from nature*  
 ἐκ βρωμάτων, ἐκ δαιμόνων, ἢ τάχα που καὶ ἐξ  
*from foods from demons or perhaps somewhere also from*  
 ἄκρας ἐπιτεταμένης νηστείας· ἐξ ἧς ἐξασθενούσα ἡ σὰρξ,  
*extreme intense fasting from which growing-weak the flesh*  
 δι' ὕπνου λοιπὸν ἑαυτὴν παραμυθεῖσθαι βούλεται, ὥσπερ  
*through sleep thereafter itself to-console wishes as*  
 ἡ πολυποσία συνηθεία ἡρτῆται· οὕτως καὶ ἡ πολυϋπνία·  
*the much-drinking on-habit depends thus also the much-sleeping*  
 διὸ ἐν ἀρχαῖς μάλιστα τῆς ὑποταγῆς κατ' αὐτῆς  
*therefore in (the)-beginnings especially of-the submission against it*  
 ἀγωνισώμεθα. Χαλεπὸν γὰρ συνήθειαν μακρὰν ἰάσασθαι·  
*let-us-struggle hard for a-habit long to-heal*  
 Ἐπιτηρήσωμεν καὶ εὐρήσομεν τῆς πνευματικῆς σάλπιγγος  
*let-us-watch and we-will-find the spiritual trumpet*  
 σημαινούσης ὁρατῶς μὲν ἀθροιζομένους ἀδελφούς, ἀοράτως  
*sounding visibly indeed gathering brothers invisibly*  
 δὲ συναγομένους τοὺς ἐχθρούς· διὸ οἱ μὲν ἐπὶ  
*and assembling the enemies therefore the-ones indeed at*  
 τὴν κλίνην ἐπιστάντες μετὰ τὴν ἀνέγερσιν, πάλιν ἡμᾶς  
*the bed having-stood-by after the rising again us*  
 ἐπὶ ταύτην ἀνακλιθῆναι ὑποτίθενται Μεῖνον, λέγοντες,  
*upon it to-lie-down suggest stay saying*  
 ἄχρι συμπληρώσεως τῶν προοιμακῶν ὕμνων, εἰθ' οὕτως  
*until completion of-the opening hymns then thus*  
 ἐν τῇ ἐκκλησίᾳ πορεύσῃ. Οἱ δὲ ἐν τῇ προσευχῇ  
*in the church you-will-go the-others and in the prayer*  
 παρισταμένους τῷ ὕπνῳ καταβαπτίζουσιν. Ἄτεροι τὴν  
*standing in-the sleep drown others the*  
 γαστέρα παρὰ τὴν συνήθειαν ἐπιτεταμένως νύττουσιν·  
*belly beyond the custom intensely prick*

ἄλλοι συντυχίας ποιεῖν ἐν τῷ Κυριακῷ προτρέπονται·  
*others conversations to-make in the Lord's-house urge*  
 ἄλλοι τὸν νοῦν εἰς λογισμοὺς αἰσχροὺς ὑποσύρουσιν· ἕτεροι  
*others the mind into thoughts shameful drag-down others*  
 δὲ τῷ τοίχῳ ἡμᾶς, ὡς ἔξατονήσαντας ἀνακλίνουσιν·  
*and against-the wall us as having-grown-exhausted lean*  
 ἔστι δὲ ὅτε καὶ χάσμαῖς πλείοσι περιβάλλουσιν· τινὲς μὲν  
*there-is and when also with-yawns many they-surround some indeed*  
 αὐτῶν γέλωτα πολλάκις ἐν τῷ τῆς προσευχῆς καιρῷ  
*of-them laughter often in the of-the prayer time*  
 γενέσθαι ἐποίησαν, ἵνα δι' ἐκείνου τὸν Θεὸν καθ' ἡμῶν  
*to-happen made that through it — God against us*  
 εἰς ἀγανάκτησιν διεγείρωσιν· ἄλλοι σπεύδειν ἡμᾶς ἐν τῇ  
*to indignation they-may-rouse others to-hurry us in the*  
 ἐκ ῥαθυμίας βιάζονται· ἄλλοι σχολαιότερον ψάλλειν ἐκ  
*from indolence force others more-slowly to-chant from*  
 φιληδονίας προτρέπονται. Ἔστι δὲ ὅτε καὶ τῷ στόματι  
*love-of-pleasure urge there-is and when also at-the mouth*  
 παρακαθήμενοι, κεκλεισμένον τοῦτο καὶ δυσάνοικτον  
*sitting-by shut it and hard-to-open*  
 ἀπεργάζονται. Ὁ Θεῷ παρίστασθαι λογιζόμενος, ἐν  
*they-make the(-one) before-God to-stand reckoning in*  
 αἰσθήσει καρδίας, ἐν προσευχῇ στύλος ἀκίνητος εὑρεθήσεται,  
*perception of-heart in prayer a-pillar unmoved will-be-found*  
 ὑπ' οὐδενὸς τῶν προειρημένων ἐμπαίζόμενος. Ὁ ὄντως  
*by none of-the aforesaid being-mocked the(-one) truly*  
 ὑπήκοος, πολλάκις ἐξαίφνης ἐπὶ προσευχὴν ὅλως φωτεινὸς  
*obedient often suddenly at prayer wholly radiant*  
 καὶ ἀγαλλιώμενος γίνεται. Προπαρεσκευασμένος γὰρ ἦν  
*and exulting becomes prepared-beforehand for was*  
 διὰ τῆς ἀνοθεύτου διακονίας καὶ προπεφυρωμένος ὁ  
*through the unadulterated service and fired-beforehand the*

πύκτης. Πᾶσι μὲν δυνατὸν μετὰ πλήθους προσεύχεσθαι,  
*boxer for-all indeed possible with (a)-multitude to-pray*  
 τοῖς πολλοῖς δὲ ἀρμόδιον μεθ' ὁμοψύχου μόνου. Ὀλίγων  
*for-the many but fitting with one-like-minded alone of-few*  
 γὰρ λίαν ἢ μεμονωμένη προσευχή· μετὰ πλήθους ὕμνων,  
*for very the solitary prayer with (a)-multitude hymning*  
 οὐ δυνήσῃ ἀϋλως προσεύξασθαι. Ἐστω δέ σοι εἰς  
*not you-will-be-able immaterially to-pray let-be and for-you for*  
 ἐργασίαν νοὸς ἢ τῶν λεγομένων λογίων θεωρία, ἢ πάλιν  
*work of-mind the of-the spoken oracles contemplation or again*  
 ὠρισμένη εὐχή ἐν τῇ ἀναμονῇ τοῦ στίχου τοῦ πλησίον.  
*a-set prayer in the waiting-for the verse of-the neighbor*  
 Οὐδενὶ πρέπον ἐν προσευχῇ πάρεργον, μᾶλλον δὲ κάτεργον.  
*for-no-one fitting in prayer a-by-work rather but a-down-work*  
 Τοῦτο γὰρ σαφῶς ἐπαίδευσεν ὁ κατὰ τὸν μέγαν Ἀντώνιον  
*this for clearly taught the of the great Antony*  
 ἄγγελος. Δοκιμάζει μὲν γὰρ κάμινος χρυσόν, προσευχῆς  
*angel tests indeed for (the)-furnace gold of-prayer*  
 δὲ παράστασις σπουδὴν καὶ ἀγάπην πρὸς Θεὸν μοναχῶν.  
*and standing zeal and love toward God of-monks*  
 2 Ἐπαινετὸν ἔργον ὁ κτησάμενος, καὶ Θεῷ πλησιάζει,  
*praiseworthy work the(-one) having-acquired both to-God draws-near*  
 καὶ δαίμονας δραπετεύει.  
*and demons puts-to-flight*

*As before earthly kings some stand unarmed and others with rods, shields, or swords, so men stand before God at the night office: some stretch out bare hands in prayer, some chant, some read, some fight sleep with handiwork, some think on death. God receives each by intention and power. Vigil purifies the mind, breaks burnings, frees from dreams, softens the heart, and guards against thoughts; the wakeful monk is a fisher of thoughts in the night's calm, and at the trumpet of prayer he says 'Well done' where the idler says 'Alas.' Sleep is a crafty friend who retreats when we are sated and fights hardest in hunger and thirst. After prayer one should sit and watch the swarms of demons, and a soul that meditates on the Lord's word by day meets it again in sleep.*

Τοῖς ἐπὶ γῆς βασιλεῦσιν οἱ μὲν ἄοπλοί τινες καὶ 1  
*to-the on earth kings the-ones indeed unarmed some and*  
 γυμνοί, οἱ δὲ ῥάβδους κατέχοντες, οἱ δὲ θυρεούς,  
*naked the-others and rods holding the-others and shields*  
 οἱ δὲ μαχαίρας παρίστανται· πολλὴ δέ τις ἡ διαφορὰ  
*the-others and swords stand-by much and some the difference*  
 τῶν πρωτευόντων παρὰ τοὺς ἐσχάτους καὶ ἀσύγκριτος.  
*of-the foremost compared-with the last and incomparable*  
 Οὗτοι γὰρ καὶ συγγενεῖς κυρίως, καὶ οἰκεῖοι τοῦ βασιλέως  
*these for both kinsmen properly and intimates of-the king*  
 εἶναι πεφύκασι. Καὶ ταῦτα μὲν ἐν τούτοις· φέρε δὴ  
*to-be are-wont and these(-things) indeed in these come indeed*  
 λοιπὸν καὶ ἡμεῖς ἴδωμεν πῶς τὴν ἡμετέραν παράστασιν  
*thereafter also we let-us-see how the our standing*  
 πρὸς τὸν Θεὸν καὶ βασιλέα ποιούμεθα, ἔν τε ταῖς  
*before — God and king we-make in both the*  
 ἑσπεριναῖς, καὶ ἡμεριναῖς, καὶ νυκτεριναῖς παραστάσεσι  
*evening and day and night standings*  
 καὶ εὐχαῖς. Τινες μὲν γὰρ ἐν τῇ ἑσπερινῇ διανυκτερεύσει  
*and prayers some indeed for in the evening all-night-vigil*

αἰυλοῖ, καὶ γυμνοὶ πάσης φροντίδος, ἐπὶ προσευχῇν  
*immaterial and naked of-all care at prayer*  
 τὰς χεῖρας ἐκτείνουσιν· ἕτεροι δέ, μετὰ ψαλμωδίας ἐν  
*the hands stretch-out others and with psalmody in*  
 ταύταις παρίστανται· ἄλλοι, τῇ ἀναγνώσει μᾶλλον  
*these stand others in-the reading rather*  
 προσκαρτεροῦσι· τινὲς δέ, διὰ τοῦ ἔργου τῶν χειρῶν ἐξ  
*persevere some and through the work of-the hands from*  
 ἀσθενείας ἀνδρείως τῷ ὕπνῳ μάχονται· ἄλλοι, τῇ τοῦ  
*weakness manfully against-the sleep fight others in-the of-the*  
 θανάτου ἐννοίᾳ προσασχολούμενοι, διὰ ταύτης κατάνυξιν  
*death thought occupied through it compunction*  
 προσλαβέσθαι βούλονται. Τούτων πάντων οἱ πρῶτοι καὶ  
*to-gain wish of-these all the first and*  
 ἔσχατοι θεοφιλεῖ προσκαρτεροῦσι διανυκτερεύσει· οἱ δὲ  
*last God-loving persevere-in all-night-vigil the and*  
 δεύτεροι, μοναχικῇ· οἱ δὲ τρίτοι ἐσχατωτέραν βαδίζουσιν  
*second monastic the and third a-lower walk*  
 ὁδόν· πλὴν κατὰ τὸν λογισμόν καὶ τὴν δύναμιν ὁ Θεὸς  
*road but according-to the thought and the power — God*  
 τὰ δῶρα δέχεται καὶ λογιῆται· ἄγρυπνον ὄμμα ἡγνισεν  
*the gifts receives and reckons a-wakeful eye purified*  
 νοῦν. Πλήθος δὲ ὕπνου ἐπώρωσε ψυχὴν· ὁ δὲ ὑπνώδης,  
*(the)-mind abundance and of-sleep hardened (the)-soul the and sleepy(-man)*  
 ταύτης σύζυγος· ἀγρυπνία πυρώσειν θραύσις· ἐνυπνιασμῶν  
*of-it a-yoke-fellow vigil of-burnings a-breaking from-dreams*  
 λύτρωσις· κάθυγρος ὀφθαλμός, ἡπαλυμένη καρδιά, λογισμῶν  
*deliverance a-moist eye a-softened heart of-thoughts*  
 φυλακή, βρωμάτων χωνευτήριον, πνευμάτων δαμαστήριον,  
*a-guard of-foods a-furnace of-spirits a-tamer*  
 γλωττῆς κολαστήριον, φαντασιῶν φυγαδευτήριον. Μοναχὸς  
*of-tongue a-punisher of-fantasies a-banisher a-monk*



ἄγρυπνος, ἀλιευτὴς λογισμῶν, ἐν γαλήνῃ νυκτὸς εὐχερῶς  
*wakeful a-fisher of-thoughts in calm of-night easily*  
 τούτους κατανοεῖν, καὶ ἀγρεύειν δυνάμενος· μοναχὸς  
*them to-observe and to-catch able a-monk*  
 φιλόθεος σάλπιγγος προσευχῆς σημαινούσης λέγει· Εὖγε,  
*God-loving trumpet of-prayer sounding says well-done*  
 εὖγε! Ὁ δὲ ῥάθυμος λέγει. Οἴμοι, οἴμοι! Τραπεζῆς  
*well-done the but indolent(-one) says woe-is-me woe-is-me of-table*  
 ἐτομασία ἐδοκίμασε γαστριμάργους· καὶ προσευχῆς ἐργασία  
*preparation tested gluttons and of-prayer work*  
 ἐδοκίμασε φιλοθέους· ὁ μὲν πρότερος ἰδὼν ἐκείνην,  
*tested God-lovers the indeed former having-seen it*  
 σκιρτᾷ, ὁ δὲ δεύτερος σκυθρωπάζει· λήθης πρόξενος  
*leaps the and second scowls of-forgetfulness cause*  
 ὕπνος πολὺς· ἀγρυπνία δὲ μνήμην ἐκκαθαίρει· πλοῦτος  
*sleep much vigil but remembrance cleanses wealth*  
 γεωργοῖς ἐν ἄλωνι καὶ ληνῷ συνάγεται· πλοῦτός  
*for-farmers on (the)-threshing-floor and wine-press is-gathered wealth*  
 τε καὶ γνώσις μοναχοῖς ἐν ἑσπεριναῖς, καὶ νυκτεριναῖς  
*both and knowledge for-monks in evening and night*  
 παραστάσει, καὶ ἐργασίαις νοός· ὕπνος πολὺς σύμβιος  
*standings and workings of-mind sleep much a-companion*  
 ἄδικος· τὸ ἥμισυ τῆς ζωῆς τῶν ῥαθύμων ἀφαρπάζων  
*unjust the half of-the life of-the indolent snatching*  
 ἀπ' αὐτῶν, ἢ καὶ πλέον. Ἀδόκιμος μοναχὸς ἐν συντυχίαις  
*from them or even more an-unproven monk in conversations*  
 ἄγρυπνος, καὶ ὥρας εὐχῆς καταλαβούσης, τοὺς ὀφθαλμοὺς  
*wakeful and (the)-hour of-prayer having-come the eyes*  
 ἐβαρήθη· μοναχὸς χαῦνος ἐν πολυλογίαις δόκιμος, καὶ  
*was-weighed-down a-monk slack in much-talk proven and*  
 ἀναγνώσεως ἐνεχθείσης, ἐμβλέπειν ἀπὸ τοῦ ὕπνου οὐ  
*(a)-reading having-been-brought to-look-in from the sleep not*

δύναται. Σάλπιγγος γινομένης νεκρῶν ἀνάστασις, καὶ  
*is-able (the)-trumpet sounding of-(the)-dead resurrection and*  
 ἀργολογίας καταλαβούσης κοιμωμένων ἀνάνηψις· δόλιος  
*idle-talk having-come of-sleepers awakening a-crafty*  
 φίλος τοῦ ὕπνου ὁ τύραννος· κορεσθέντων ἡμῶν πολλάκις  
*friend of-the sleep the tyrant having-been-sated us often*  
 ὑποχωρεῖ καὶ ἐν πείνῃ καὶ ἐν δίψῃ ἰσχυρῶς πολεμεῖ· ἔργον  
*he-withdraws and in hunger and in thirst strongly wars work*  
 χειρῶν ἐν ταῖς εὐχαῖς βαστάζειν ὑποτίθεται· ἄλλως γὰρ  
*of-hands in the prayers to-carry he-suggests otherwise for*  
 τὴν προσευχὴν τῶν ἀγρυπνούντων ἀφανίζειν οὐ δύναται·  
*the prayer of-the wakeful to-destroy not is-able*  
 τοῖς εἰσαγωγικοῖς πρῶτον ἐν τῷ πολέμῳ ὑπεισέρχεται, ἵνα  
*with-the beginners first in the war he-creeps-in that*  
 ῥαθυμῆσαι ἐκ προουμίων ποιήσῃ, ἢ ἵνα τῷ τῆς πορνείας  
*to-be-indolent from (the)-outset he-may-make or that to-the of-the fornication*  
 προευτρεπίσῃ δαίμονι. Ἔως οὐ τοῦτου ἐλευθερωθῶμεν,  
*he-may-prepare demon until — from-this we-are-freed*  
 μετὰ πλήθους ψάλλειν μὴ παραιτησώμεθα· πολλάκις  
*with (the)-multitude to-chant not let-us-refuse often*  
 γὰρ αἰδούμενοι, οὐ νυστάζομεν· ἐχθραίνει τοῖς λαγωῖς  
*for being-ashamed not we-doze hates the hares*  
 ὁ κύων, καὶ τῷ ὕπνῳ ὁ τῆς κενοδοξίας δαίμων. Μετὰ  
*the dog and the sleep the of-the vainglory demon after*  
 μὲν τὴν ἡμέραν ὁ πράτης· μετὰ δὲ τὴν ψαλμωδίαν  
*indeed the day the merchant after and the psalmody*  
 ὁ ἐργάτης καθεσθὲς τὸ κέρδος ψηφίζει· ἔκδεξαι μετὰ  
*the worker having-sat-down the profit counts wait after*  
 προσευχὴν νηφόντως· καὶ τότε ὄψει ὄρμαθους δαιμόνων  
*prayer soberly and then you-will-see swarms of-demons*  
 ὥς πολεμηθέντας ὑφ' ἡμῶν μετὰ τὴν προσευχὴν ταῖς  
*as having-been-warred-on by us after the prayer with-the*

ἀτόποις ἡμᾶς φαντασίαις περιπείρειν δοκιμάζοντας·  
*strange us fantasies to-pierce trying*  
 καθεσθείς τήρει, καὶ ὄψει τοὺς σεσυνηθικότας τὰς  
*having-sat-down watch and you-will-see those accustomed the*  
 ἀπαρχὰς ἀφαρπάζειν τῆς ψυχῆς· ἔστι μὲν μετὰ τοὺς  
*first-fruits to-snatch of-the soul it-is-possible indeed after the*  
 ὕπνους ἐκ συνεχείας μελετᾶν τὰ τῶν ψαλμῶν λόγια· ἔστι  
*sleeps from continuity to-meditate the of-the psalms oracles there-is*  
 δὲ ὅτε οἱ δαίμονες ἡμῖν ταῦτα ὑποτίθενται, ἵνα πρὸς  
*and when the demons to-us these(-things) suggest that to*  
 ὑπερηφανίαν ἀνεπάρωσι. Τὸ δὲ τρίτον λέγειν οὐκ ἤθελον,  
*pride they-may-lift-up the and third to-say not I-wished*  
 πλὴν τίς με λέγειν βεβίακε. Ψυχὴ λόγον Κυρίου  
*but someone me to-say has-forced a-soul (the)-word of-(the)-Lord*  
 ἀδιαλείπτως μεθ' ἡμέραν μελετῶσα, καὶ τῷ ὕπνῳ ἐν τούτῳ  
*unceasingly by day meditating also in-the sleep in it*  
 ἐμφιλοχωρεῖν πέφυκεν. Ἀντιμισθία γὰρ κυρίως τοῦ προτέρου  
*to-linger is-wont a-reward for properly of-the former*  
 τὸ δεύτερον πρὸς ἀποτροπὴν πνευμάτων καὶ φαντασμάτων.  
*the second for warding-off of-spirits and phantoms*  
 Βαθμὸς εἰκοστός· ὁ τοῦτον εἰληφώς, φῶς ἐδέξατο ἐν 2  
*step twentieth the(-one) this having-received light received in*  
 τῇ καρδίᾳ αὐτοῦ.  
*the heart his*

*In a community cowardice troubles a monk little; in solitude it is the offspring of vainglory and daughter of unbelief, a childish habit in an old soul. Fear is danger rehearsed beforehand; a proud soul, trusting in itself, fears noises and shadows. Mourners are free of it. One should go at unseasonable hours to the places that frighten, armed with prayer and the name of Jesus, the strongest weapon in heaven or on earth; cowardice yields as mourning grows. The servant of the Lord fears only his Master, while one who does not yet fear him fears his own shadow. At an unseen spirit the body trembles, at an angel the soul rejoices, so we should rise to prayer, for our guardian has come to pray with us.*

- 1 Εἰ μὲν ἐν κοινοβίοις ἢ ἐν συνοδαῖς τὴν ἀρετὴν μετέρχῃ,  
 if indeed in communities or in companies the virtue you-pursue  
 οὐ πάνυ ὑπὸ δειλίας πολεμείσθαι πέφυκας. Εἰ δὲ ἐν  
 not very by cowardice to-be-warred-on you-are-wont if but in  
 ἡσυχαστικωτέροις τόποις ἀγωνίζῃ, μὴ σου κυριεύσῃ τὸ  
 more-solitary places you-struggle lest over-you should-lord-it the  
 τῆς κενοδοξίας γέννημα, καὶ ἀπιστίας θυγάτηρ· δειλία  
 of-the vainglory offspring and of-unbelief daughter cowardice  
 ἐστὶ νηπιῶδες ἥθος ἐν γηραλέᾳ κενოდόξῳ ψυχῇ· δειλία  
 is a-childish character in an-aged vainglorious soul cowardice  
 ἐστὶν ἐκτροπὴ πίστεως ἐπὶ προσδοκίᾳ ἀδοκίτων· φόβος  
 is a-turning-away from-faith at expectation of-(the)-unexpected fear  
 ἐστὶ προμελετώμενος κίνδυνος. Ἡ πάλιν· φόβος ἐστὶ  
 is rehearsed-beforehand danger or again fear is  
 σύντρομος αἰσθησις καρδίας περὶ ἀδύλων συμφορῶν  
 a-trembling perception of-(the)-heart about unknown misfortunes  
 κλονουμένη, καὶ ἀσχάλλουσα· φόβος ἐστὶ πληροφορίας  
 shaken and distressed fear is of-assurance  
 στέρησις. Ὑπερήφανος ψυχὴ ἐστὶ δειλίας δούλη ἐφ' ἑαυτῇ  
 deprivation a-proud soul is of-cowardice a-slave on itself

πεποιθῖα, καὶ κτύπους κτισμάτων καὶ σκιάς δειδιῶσα. Οἱ  
*having-trusted and noises of-creatures and shadows fearing those*  
 μὲν πενθοῦντες καὶ ἀπηλγηκότες, δειλίαν οὐ κέκτηνται·  
*indeed mourning and grown-insensible cowardice not have*  
 ἔκστασιν δὲ πολλάκις δειλαινόμενοι ὑπομεμενῆκασιν· καὶ  
*derangement but often being-frightened have-undergone and*  
 εἰκότως. Δικαίως γὰρ τοὺς ὑπερηφάνους ἐγκαταλιμπάνει  
*fittingly justly for the proud forsakes*  
 Κύριος, ἵνα καὶ οἱ λοιποὶ παιδευθῶμεν μὴ ἐπαίρεσθαι·  
*(the)-Lord that also the rest may-be-taught not to-be-lifted-up*  
 πάντες μὲν οἱ δειλιῶντες κενόδοξοι. Οὐ πάντες δὲ οἱ μὴ  
*all indeed the cowardly vainglorious not all but the not*  
 δειλιῶντες ταπεινόφρονες, ἐπεὶ καὶ λησταὶ καὶ τυμβωρύχοι  
*cowardly humble-minded since even robbers and grave-robbers*  
 οὐ δειλιάινονται ὥς ἔτυχεν. Ἐν οἷς ἐκδεματοῦσθαι  
*not are-cowardly as it-happened in which to-be-terrified*  
 εἴωθας τόποις, ἁωρίᾳ μὴ ὀκνεῖ παραγίνεσθαι. Εἰ  
*you-are-accustomed places at-an-untimely-hour not shrink to-go if*  
 δὲ ὑποχαλάσεις ὀλίγον, συγγηράσει σοι τοῦτο τὸ νηπιῶδες  
*but you-slacken a-little will-grow-old-with you this the childish*  
 πάθος καὶ γελοῖον. Πορευόμενος, προσευχῇ ὀπλίζου·  
*passion and ridiculous going with-prayer arm-yourself*  
 καταλαβών, τὰς χεῖρας διαπέτασον, Ἰησοῦ ὀνόματι  
*having-arrived the hands spread-out of-jesus with-(the)-name*  
 μάστιζε πολεμίους· οὐ γάρ ἐστιν ἐν τῷ οὐρανῷ καὶ ἐπὶ γῆς  
*flog (the)-enemies not for there-is in the heaven and on earth*  
 ἰσχυρότερον ὄπλον· ἀπαλλαγείς τῆς νόσου ἀνύμνει τὸν  
*a-stronger weapon having-been-freed from-the disease hymn the(-one)*  
 λυτρωσάμενον· εὐχαριστούμενος γὰρ εἰς αἰῶνα σκεπάσει σε·  
*having-redeemed being-thanked for to (the)-age he-will-shelter you*  
 οὐδέποτε δυνήσῃ τὴν γαστέρα ὑφ' ἐν ἐμπλήσαι· ὥσπερ  
*never you-will-be-able the belly at once to-fill as*

οὐδὲ δειλίαν νικῆσαι· κατὰ τὸ μέτρον τοῦ πένθους  
*nor cowardice to-conquer according-to the measure of-the mourning*  
 θάπτον ὑποχωρήσει, καὶ κατὰ τὴν ἐκείνου ἔλλειψιν  
*more-quickly it-will-withdraw and according-to the its lack*  
 δειλοὶ διαμένομεν· Ἐφριζάν μου τρίχες, καὶ σάρκες, ὁ  
*cowardly we-remain bristled my hairs and flesh —*  
 Ἐλιφᾶζ ἔφησε, τὴν τοῦ δαίμονος πανουργίαν διηγούμενος.  
*Eliphaz said the of-the demon villainy narrating*  
 Ποτὲ μὲν ἡ ψυχὴ, ποτὲ δὲ τὸ σῶμα προεδειλίασε·  
*sometimes indeed the soul sometimes and the body was-first-afraid*  
 καὶ τῷ ἑτέρῳ τοῦ πάθους μετέδωκεν. Ὅταν τῆς σαρκὸς  
*and to-the other of-the passion gave-a-share when the flesh*  
 δειλανθείσης, ἐν τῇ ψυχῇ ὁ φόβος ὁ ἄκαιρος οὐκ εἰσέδυσσε,  
*having-been-frightened in the soul the fear the untimely not entered*  
 πλησίον ἢ τῆς νόσου ἀπαλλαγῇ· ὅταν δὲ ὄντως δειλίας  
*near the of-the disease deliverance when but truly from-cowardice*  
 ἡλευθερώθῃμεν, οὐ τόπων σκοτία καὶ ἐρημία ἐνισχύει καθ'  
*we-have-been-freed not of-places darkness and desolation strengthens against*  
 ἡμῶν τοὺς δαίμονας, ἀλλὰ ψυχῆς ἀκαρπία· ἔστι δὲ ὅτε καὶ  
*us the demons but of-soul barrenness there-is and when also*  
 ἡ οἰκονομικὴ παιδευσίς. Ὁ δοῦλος Κυρίου γενόμενος  
*the providential chastening the(-one) servant of-(the)-Lord having-become*  
 τὸν οἰκεῖον Δεσπότην καὶ μόνον φοβηθήσεται· ὁ δὲ  
*the own Master and only will-fear the(-one) but*  
 τοῦτον οὐπω φοβούμενος, τὴν ἑαυτοῦ σκιὰν πολλάκις  
*him not-yet fearing the own shadow often*  
 πεφόβηται, ἐπιστάντος μὲν ἀοράτου πνεύματος φοβεῖται  
*has-feared having-come-upon indeed an-invisible spirit fears*  
 τὸ σῶμα· ἐπιστάντος δὲ ἀγγέλου ἀγάλλεται ταπεινῶν ἢ  
*the body having-come-upon and an-angel exults of-(the)-humble the*  
 ψυχῇ. Διὸ ἐκ τῆς ἐνεργείας τὴν παρουσίαν νοήσαντες,  
*soul therefore from the working the presence having-perceived*

θάττον εἰς προσευχὴν ἀναπηδήσωμεν, συμπροσεύξασθαι  
*more-quickly to prayer let-us-leap-up to-pray-with*  
 γὰρ ἡμῖν ὁ ἀγαθὸς ἡμῶν φύλαξ ἐλήλυθεν.  
*for us the good our guardian has-come*

## XXII • VAINGLORY

*Some separate vainglory from pride and so count eight chief thoughts; Gregory the Theologian counts seven, and John agrees, since the two differ as boy from man. Vainglory scatters labors, waits like the ant for the harvest, and finds matter in fasting and in eating, in speech and in silence, like a caltrop that always lands point up. It reveals one brother's thoughts to another to make him seem a seer, urges a monk toward a bishopric, and sends the frivolous out to fall at visitors' feet. A seer saw its demon and pride's at his two sides, and learned that praise lifts the soul for pride to seize. Its cure begins with guarding the mouth and loving dishonor; grown, it gives birth to pride, as a worm grows wings.*

Τινὲς μὲν ἰδιατέρῳ τάξει καὶ λόγῳ τὴν κενοδοξίαν παρὰ 1  
*some indeed in-a-separate order and account the vainglory from*  
 τὴν ὑπερηφανίαν φιλοῦσιν ὀρίζειν· ὅθεν καὶ ὀκτὼ τοὺς τῆς  
*the pride like to-define whence also eight the of-the*  
 κακίας λογισμοὺς πρωτεύοντας καὶ ἐπιτρόπους λέγουσιν  
*evil thoughts chief and governors say*  
 εἶναι. Ὁ δὲ θεολόγος Γρηγόριος, καὶ ἕτεροι ἑπτὰ πάλιν  
*to-be the but theologian Gregory and others seven again*  
 τούτους ἐξέδωκαν· οἷς ἔγωγε μάλιστα συντίθεσθαι  
*them set-out with-whom I most to-agree*  
 πείθομαι. Τίς γὰρ κενοδοξίαν νικήσας ὑπερηφανίαν  
*am-persuaded who for vainglory having-conquered pride*  
 κέκτηται; Τοσαύτην δὲ μόνον πρὸς ἀλλήλας τὴν διαφορὰν  
*has-acquired so-much and only toward each-other the difference*  
 κέκτηνται, ὅσῃν ἔχει τῇ φύσει ὁ παῖς παρὰ τὸν  
*they-have as-much-as has in-the nature the boy compared-with the*

ἄνδρα, καὶ ὁ σῖτος παρὰ τὸν ἄρτον· ἀρχὴ μὲν γὰρ  
*man and the wheat compared-with the bread beginning indeed for*  
 τὸ πρότερον, τέλος δὲ τὸ δεύτερον. Οὐκοῦν περὶ ἀρχῆς  
*the former end and the second therefore about (the)-beginning*  
 καὶ πληρώματος παθῶν τῆς ἀνοσίου οἰήσεως καιροῦ  
*and fulfillment of-passions of-the unholy conceit time*  
 καλέσαντος, εἴπωμεν συντόμως. Ὁ γὰρ διὰ μήκους  
*having-called let-us-speak briefly the(-one) for through length*  
 περὶ τούτων φιλοσοφεῖν ἐπιχειρῶν, ὅμοιός ἐστι τῷ  
*about these to-philosophize attempting like is to-the(-one)*  
 περὶ ἀνέμων σταθμοῦ πολυπραγμονοῦντι εἰκῇ. Κενοδοξία  
*about of-winds weight busying-himself in-vain vainglory*  
 ἐστὶ κατὰ μὲν τὸ εἶδος φύσεως ἐναλλαγῇ, καὶ ἡθῶν  
*is according-to indeed the form of-nature an-alteration and of-character*  
 διαστροφή, καὶ παρατήρησις μέμψεως· κατὰ δὲ τὴν  
*a-perversion and a-watching for-blame according-to and the*  
 ποιότητα, καμάτων σκορπιστήριον, ἰδρώτων ἀπώλεια,  
*quality of-labors a-scatterer of-sweats loss*  
 θησαυροῦ ἐπιβουλή, ἀπιστίας ἔκγονος, ὑπερηφανίας  
*of-treasure a-plot of-unbelief offspring of-pride*  
 πρόδρομος, ἐν λιμένι ναυάγιον, ἐν ἄλωνι μύρμηξ,  
*forerunner in harbor shipwreck on (the)-threshing-floor an-ant*  
 λεπτὸς μὲν ὑπάρχων, παντὶ δὲ καμάτῳ καὶ καρπῷ  
*slight indeed being every but labor and fruit*  
 ἐπιβουλεύων· ἀναμένει μύρμηξ τελεσθῆναι τὸν σῖτον, καὶ  
*plotting-against waits (the)-ant to-be-finished the wheat and*  
 κενοδοξία συναθῆναι τὸν πλοῦτον. Ὁ μὲν γὰρ χαίρει  
*vainglory to-be-gathered the wealth the-one indeed for rejoices*  
 ἵνα κλέψῃ, ἡ δὲ ἵνα σκορπίσῃ· πνεῦμα ἀπογνώσεως  
*that it-may-steal the-other and that it-may-scatter (the)-spirit of-despair*  
 χαίρει θεωροῦν πληθynoμένην κακίαν· πνεῦμα δὲ κενοδοξίας  
*rejoices seeing multiplying vice (the)-spirit and of-vainglory*



πληθυνομένην ἀρετήν· θύρα γὰρ τοῦ προτέρου τὰ πλήθη  
*multiplying virtue a-door for of-the former the multitudes*  
 τῶν τραυμάτων· τοῦ δὲ δευτέρου, ὁ πλοῦτος τῶν  
*of-the wounds of-the and second the wealth of-the*  
 καμάτων. Ἐπιτήρει, καὶ μέχρι μνήματος τὴν ἀνοσίαν  
*labors watch and to (the)-tomb the unholy(-one)*  
 ἀνθοῦσαν εὐρήσεις, ἐν ἱματίοις, καὶ μύροις, καὶ προπομπῇ,  
*flowering you-will-find in garments and perfumes and procession*  
 καὶ ἀρώμασι, καὶ ἑτέροις. Πᾶσιν ἀφθόνως λάμπει ὁ  
*and spices and other(-things) on-all ungrudgingly shines the*  
 ἥλιος, καὶ πᾶσιν ἐπιτηδεύμασιν ἐπιχαίρει κενοδοξία· οἶόν  
*sun and in-all pursuits rejoices vainglory for-instance*  
 τι λέγω, νηστεύων κενοδοξῶ, καὶ καταλύων ἵνα  
*something I-say fasting I-am-vainglorious and breaking-the-fast that*  
 μὴ γνωσθῶ, ὥς φρόνιμος πάλιν κενοδοξῶ. Λαμπρὰ  
*not I-may-be-known as prudent again I-am-vainglorious bright(-clothes)*  
 περιβεβλημένος, ἡττώμαι ταύτῃ, καὶ εὐτελῇ ἐξαλλάσσων,  
*having-put-on I-am-defeated by-it and cheap(-clothes) changing-into*  
 πάλιν κενοδοξῶ· λαλῶν ἡττώμαι, καὶ σιωπῶν πάλιν  
*again I-am-vainglorious speaking I-am-defeated and keeping-silent again*  
 ἡττήθην. Ὡς ἂν ρίψῃς ταύτην τὴν τρίβolon, ὀρθὸν τὸ  
*I-was-defeated as — you-throw this the caltrop upright the*  
 κέντρον ἴσταται. Κενόδοξός ἐστιν εἰδωολάτρης πιστός,  
*spike stands a-vainglorious(-man) is an-idolater faithful*  
 Θεὸν μὲν τῷ δοκεῖν σεβόμενος, ἀνθρώποις δέ, καὶ οὐ Θεῷ,  
*God indeed in-the seeming revering men but and not God*  
 ἀρέσκειν βουλόμενος. Κενόδοξός ἐστι πᾶς φιλενδείκτης·  
*to-please wishing vainglorious is every show-off*  
 κενοδοξοῦ νηστεία ἄμισθος, καὶ προσευχὴ ἄκαιρος·  
*of-a-vainglorious(-man) fasting unrewarded and prayer untimely*  
 δι' ἑπαινον γὰρ ἀνθρώπων ἀμφοτέρα ἐργάζεται·  
*because-of praise for of-men both he-works*

κενόδοξος ἀσκητῆς ἀδικεῖται διπλῶς· καὶ τὸ σῶμα  
*a-vainglorious ascetic is-wronged doubly both the body*  
 κατατήκων, καὶ μισθὸν μὴ λαμβάνων· τίς μὴ γελάσῃ  
*wasting and reward not receiving who not would-laugh-at*  
 τὸν τῆς κενοδοξίας ἐργάτην, ἐν ταῖς ψαλμωδίαις ἱστάμενον,  
*the of-the vainglory worker in the psalmodies standing*  
 καὶ ὑπὸ ταύτης κινούμενον; Ποτὲ μὲν γελᾶν, ποτὲ δὲ  
*and by it moved sometimes indeed to-laugh sometimes and*  
 ἐπὶ πάντων κλαίειν παρασκευάζει. Κρύπτει Κύριος ἐξ  
*before all to-weep it-makes bides (the)-Lord from*  
 ὀφθαλμῶν ἡμῶν πολλάκις, καὶ ἅπερ κεκτήμεθα καλὰ.  
*eyes our often even what we-have good(-things)*  
 Ἄνθρωπος δὲ ἐπαινέτης, μᾶλλον δὲ πλανήτης, διὰ τοῦ ἐπαίνου  
*a-man but praiser rather but deceiver through the praise*  
 τοὺς ὀφθαλμοὺς ἡμῶν ἀνέωξε. Τούτων δὲ ἀνοιγέντων  
*the eyes our opened these and having-been-opened*  
 ἄφαντος ὁ πλοῦτος ἐγένετο ἀφ' ἡμῶν· κολακευτῆς ἐστὶ  
*vanished the wealth became from us a-flatterer is*  
 δαιμόνων διάκονος, ὑπερηφανίας χειραγωγός, κατανύξεως  
*of-demons a-servant of-pride a-guide of-compunction*  
 ἐξολοθρευτῆς, καλῶν ἀφανιστῆς, πλάνος ὁδοῦ· Οἱ  
*a-destroyer of-good(-things) an-abolisher a-misleader of-(the)-road those*  
 γὰρ μακαρίζοντες ὑμᾶς, πλανῶσιν ὑμᾶς, φησὶν ὁ προφήτης.  
*for blessing you mislead you says the prophet*  
 2 Ὑψηλῶν μὲν, τὸ ὑπενεγκεῖν γενναίως καὶ ἀσμένως ὕβριν.  
*of-(the)-lofty indeed the to-endure nobly and gladly insult*  
 Ἀγίων δὲ καὶ ὁσίων, τὸ ἀβλαβῶς παρελθεῖν τὸν  
*of-(the)-holy and also of-(the)-devout the unharmed to-pass-by the*  
 ἔπαινον. Εἶδον πενθοῦντας ἐπαινεθέντας, καὶ εἰς ὀργὴν  
*praise I-saw mourners having-been-praised and into anger*  
 ἐξαφθέντας, καὶ ὥς ἐν πανηγύρει πάθος συναλλάξαντας.  
*having-been-inflamed and as at a-fair passion having-exchanged*

Οὐδείς γινώσκει τὰ τοῦ ἀνθρώπου, εἰ μὴ τὸ πνεῦμα  
*no-one knows the(-things) of-the man if not the spirit*  
 τοῦ ἀνθρώπου. Αἰσχυνέσθωσαν οὖν καὶ φιμούσθωσαν οἱ  
*of-the man let-them-be-ashamed then and be-muzzled those*  
 ἐπὶ πρόσωπον μακαρίζειν ἐπιχειροῦντες. Ὅταν ἀκούσης  
*to (the)-face to-bless attempting when you-hear*  
 ὅτι ὁ πλησίον σου καὶ ὁ φίλος ἐλοιδόρησέ σε ἀπόντα,  
*that the neighbor your and the friend reviled you absent*  
 ἢ παρόντα, τότε τὴν ἀγάπην ἔνδειξαι ἐπαινέσας αὐτόν·  
*or present then the love show having-praised him*  
 μέγα τὸ ἀποσεισάσθαι ἐκ τῆς ψυχῆς ἔπαινον ἀνθρώπων·  
*great the to-shake-off from the soul (the)-praise of-men*  
 μεῖζον δέ, ἔπαινον δαιμόνων. Ταπεινοφροσύνην ἔδειξεν,  
*greater and (the)-praise of-demons humility showed*  
 οὐχὶ ἑαυτὸν εὐτελίζων (πῶς γὰρ ἑαυτὸν οὐ βαστάσει;) *not himself disparaging how for himself not will-be-bear*  
 ἀλλ' ὁ παρ' ἐτέρου ὀνειδισθείς, καὶ τὴν ἀγάπην  
*but the(-one) by another having-been-reproached and the love*  
 αὐτοῦ μὴ μειώσας. Ἐπεσημηνάμην τὸν τῆς κενοδοξίας  
*his not having-lessened I-noticed the of-the vainglory*  
 δαίμονα λογισμοὺς ἀδελφῶ ὑποβάλλοντα, καὶ ἐτέρω  
*demon thoughts to-a-brother suggesting and to-another*  
 τούτους ἀποκαλύψαντα, κακείνῳ τὰ ἐγκάρδια αὐτοῦ  
*them having-revealed and-to-that(-one) the secrets-of-the-heart his*  
 εἰπεῖν παρασκευάσαντα, καὶ ὡς προγνώστην λοιπὸν τοῦτον  
*to-tell having-prepared and as a-foreknower thereafter him*  
 μακαρίζοντα. Ἔστι δὲ ὅτε καὶ αὐτῶν τῶν τοῦ σώματος  
*blessing there-is and when also the-very the of-the body*  
 μελῶν ἐφαπτόμενος παλμοὺς ποιεῖν ὁ ἀνόσιος πέφυκεν.  
*members touching twitchings to-make the unholy(-one) is-wont*  
 Μὴ παραδέξῃ αὐτόν, ἐπισκοπὴν σοι, καὶ ἡγουμενείαν, καὶ  
*not accept him a-bishopric to-you and abbacy and*

διδασκαλίαν ὑποβάλλοντα. Κόπος γὰρ κύνα ἀπὸ μακελλικῆς  
*teaching suggesting labor for a-dog from butcher's*  
 τραπέζης διώξει. Ἐπὰν μικρόν τι εἰρηνικὴν ἴδῃ  
*table to-drive-away when a-little somewhat peaceful he-sees*  
 ἔχοντας κατάστασιν, εὐθὺς ἐκ τῆς ἐρήμου εἰς τὸν  
*having state immediately from the desert into the*  
 κόσμον παραγενέσθαι προτρέπεται, Ἄπελθε, λέγων, εἰς  
*world to-go he-urges go saying for*  
 σωτηρίαν ἀπολλυμένων ψυχῶν. Ἄλλη μορφὴ Αἰθιοπῶν,  
*(the)-salvation of-perishing souls other (the)-form of-Ethiopians*  
 καὶ ἑτέρα ἀνδριάντων· καὶ ἄλλος ὁ τῆς τῶν ἐν κοινοβίῳ  
*and other of-statues and other the of-the of-those in community*  
 διατριβόντων κενοδοξίας τρόπος, παρὰ τὸν τῶν ἐν  
*living vainglory manner compared-with the(-one) of-those in*  
 ἐρήμοις ὄντων. Κοσμικῶν ἐπιδημίας προλαμβάνει κενοδοξία,  
*deserts being of-worldlings (the)-arrivals anticipates vainglory*  
 καὶ τοὺς κουφοτέρους εἰς ἀπαντὴν τῶν ἐρχομένων  
*and the more-frivolous to meeting of-the(-ones) coming*  
 μοναχοὺς προτρέπεται ἐξελεῖν, πρὸ τῶν ποδῶν ἐκείνων  
*monks urges to-go-out before the feet of-those*  
 παρασκευάζει προσπίπτειν, καὶ ταπείνωσιν ὑποδέεται ἢ  
*it-makes(-them) to-fall and humility puts-on the(-one)*  
 ὑπερηφανίας ἀνάπλεως· ἡθος καὶ φωνὴν καταστέλλει,  
*of-pride full (the)-manner and voice it-subdues*  
 καὶ πρὸς τὰς χεῖρας τῶν ἐπιδημησάντων πρὸς τὸ λαβεῖν  
*and to the hands of-the(-ones) having-arrived for the to-receive*  
 ἀποβλέπει, δεσπότης καλεῖ καὶ προστάτας, καὶ μετὰ  
*it-looks masters it-calls(-them) and patrons and after*  
 Θεὸν τὴν ζωὴν χαριζομένους· εἰς τὴν τράπεζαν καθεσθέντας  
*God the life bestowing at the table having-sat-down*  
 ἐγκρατεῦσθαι προτρέπεται· καὶ τοῖς κατωτέροις ἀνηλεῶς  
*to-be-abstinent it-urges and the inferiors mercilessly*

ἐπιπλήττει· ἐν ψαλμωδίᾳ σταθέντας τοὺς ῥαθύμους ἀνδρείους  
*rebukes in psalmody having-stood the indolent valiant*  
 ἐποίησε· τοὺς ἀφώνους καλλιφώνους, καὶ τοὺς νυστακτὰς  
*it-made the voiceless fine-voiced and the drowsy*  
 ἀγρύπνους. Τὸν ἐπὶ τοῦ κανόνος θωπεύει· καὶ τὰ πρωτεῖα  
*wakeful the(-one) over the canon it-flatters and the first-places*  
 αὐτῷ χαρίσασθαι δυσωπεῖ, πατέρα καὶ διδάσκαλον καλεῖ,  
*to-him to-grant importunes father and teacher calls(-him)*  
 ἄχρι τῆς τῶν ξένων ἀποδημίας· προτιμωμένους ὑπερηφάνους  
*until the of-the guests departure those-preferred proud*  
 κατέστησε· καὶ καταφρονουμένους μνησικάκους ἔδειξε.  
*it-made and those-despised grudge-bearing showed*  
 Κενοδοξία ἀντὶ τιμῆς πολλάκις ἀτιμίας ἐγένετο πρόξενος·  
*vainglory instead-of honor often of-dishonor became cause*  
 ὀργισθεῖσι γὰρ τοῖς αὐτῆς μαθηταῖς αἰσχύνην μεγάλην  
*having-become-angry for on-the its disciples shame great*  
 προσήγαγεν. Κενοδοξία τοὺς ὀξεῖς ἐπὶ ἀνθρώπων  
*brought vainglory the quick-tempered before men*  
 πρᾶεῖς εἰργάσατο· φυσικοῖς χαρίσμασιν ἐπιπηδᾷ μεγάλως  
*meek made on-natural gifts it-leaps greatly*  
 Εἶδον δαίμονα τὸν ἑαυτοῦ ἀδελφὸν λυπήσαντα καὶ  
*I-saw a-demon the own brother having-grieved and*  
 διώξαντα· ὀργιζομένου γὰρ ποτέ τινος ἀδελφοῦ ἐν τῷ  
*having-driven-out being-angry for once a-certain brother in the*  
 μεταξὺ κοσμικῶν παρουσία κατέλαβε, καὶ τῇ κενοδοξίᾳ  
*meantime of-worldlings a-visit came and to-the vainglory*  
 ἐξ ὀργῆς μετεπράθη ὁ ἄθλιος· ὁμοθυμαδὸν γὰρ αὐταῖς  
*from anger was-sold-over the wretched(-one) together for them*  
 δουλεῦσαι οὐκ ἠδύνατο. Ὁ κενοδοξία ἀπεμποληθεὶς  
*to-serve not he-was-able the(-one) to-vainglory having-been-sold*  
 διπλοῦν τὸν βίον κέκτηται· ἐν μοναχοῖς μὲν διατρίβων τῷ  
*a-double the life has among monks indeed living in-the*

σχήματι, ἐν κόσμῳ δὲ τῷ φρονήματι καὶ τῷ ἐνθυμήματι.  
*habit in (the)-world but in-the mind and in-the thought*  
Ἐὰν πρὸς τὴν ἄνω εὐαρέστησιν τρέχειν ἐπειγόμεθα, τῆς  
*if toward the above pleasing to-run we-hasten the*  
ἄνω δόξης πάντως καὶ γευσόμεθα. Ἐκείνης δὲ ὁ  
*above glory surely also we-will-taste that and the(-one)*  
γευσάμενος πάσης τῆς ἐπιγείου καταφρονήσει. Θαυμάζω γὰρ  
*having-tasted all the earthly will-despise I-marvel for*  
εἰ μὴ τῆς προτέρας τις γευσάμενος, πάσης τῆς δευτέρας  
*if not the former anyone having-tasted all the second*  
κατεφρόνησε. Πολλάκις ὑπὸ κενοδοξίας συληθέντες,  
*despised often by vainglory having-been-plundered*  
στραφέντες ἡμεῖς εὐφυστέρως αὐτὴν ἐσυλήσαμεν. Εἰδὼν  
*having-turned we more-cleverly it plundered I-saw*  
τινας ἐργασίας πνευματικῆς ἐκ κενοδοξίας ἀπαρξαμένους,  
*some work spiritual from vainglory having-begun*  
καὶ τῆς ἀρχῆς καταβληθείσης μωμητῆς, τὸ τέλος γέγονεν  
*and the beginning having-been-laid blameworthy the end has-become*  
ἐπαινετόν, διὰ τὸ μετενεχθῆναι τὴν ἔννοιαν. Ὁ ἐπὶ  
*praiseworthy because-of the to-be-changed the intention the(-one) on*  
φυσικοῖς πλεονεκτημασι, λέγω δὴ ἀγχινοία, εὐμαθεία,  
*natural advantages I-mean indeed quickness aptness*  
ἀναγνώσει, προφορᾷ εὐφυΐᾳ, καὶ τοῖς τοιούτοις πᾶσι τοῖς  
*reading delivery talent and the such all that*  
ἀπόνως προσοῦσιν ἡμῖν ἐπαιρόμενος, οὐδέποτε τῶν ὑπὲρ  
*without-toil belong to-us being-lifted-up never the beyond*  
φύσιν ἀγαθῶν ἐντεύξεται. Ὁ γὰρ ἐν ὀλίγῳ ἄπιστος,  
*nature good(-things) will-obtain the(-one) for in little faithless*  
καὶ ἐν πολλῷ ἄπιστος, καὶ κενόδοξος· δι' ἀπάθειαν  
*also in much faithless and vainglorious because-of dispassion*  
ἀκροτάτην, καὶ πλοῦτον χαρισμάτων, καὶ θαυμάτων  
*highest and wealth of-gifts and of-miracles*

ἐνέργειαν, καὶ προγνώσεως δύναμιν, τινὲς τὰ ἑαυτῶν  
*working and of-foreknowledge power some the own*  
 σώματα εἰκῇ κατατρίβουσι λαθόντες οἱ τάλανες,  
*bodies in-vain wear-out having-failed-to-notice the wretched(-ones)*  
 ὥς οὐ πόνοι, ἀλλὰ μᾶλλον ταπείνωσις τῶν τοιούτων  
*that not toils but rather humility of-the such(-things)*  
 μήτηρ καθέστηκεν. Ὁ δὲ χρεώστην ἑαυτὸν λογιζόμενος,  
*mother is the(-one) but a-debtor himself reckoning*  
 ἀπροσδόκητον πλοῦτον καὶ αἰφνίδιον λήψεται. Μὴ πείθου  
*unexpected wealth and sudden will-receive not obey*  
 τῷ λικμήτορι τῷ πρὸς ὠφέλειαν τῶν ἀκουόντων  
*the winnow the(-one) for (the)-benefit of-the(-ones) hearing*  
 τὰς ἀρετὰς θριαμβεύειν ὑποβάλλοντι· Τί γὰρ ὠφελήσει  
*the virtues to-parade suggesting what for will-profit*  
 ἄνθρωπος, εἰς ὅλον τὸν κόσμον κερδήσει, ἑαυτὸν δὲ  
*a-man if whole the world he-gains himself but*  
 ζημιωθῇ; Οὐδὲν οὕτως ὡς ταπεινόν, καὶ ἀνόθευτον ἡθὺς,  
*he-loses nothing so as humble and unadulterated character*  
 καὶ λόγος τοὺς ὁρῶντας οἰκοδομῆσαι δύναται· γίνεται γὰρ  
*and speech those seeing to-edify is-able it-becomes for*  
 καὶ ἑτέροις ἐφόδιον τοῦ μηδέποτε ἐπαίρεσθαι· οὐ τί  
*also to-others provision for-the never to-be-lifted-up than-which what*  
 ἂν ὠφελείας μείζον καθέστηκεν;  
*— of-benefit greater is*

Ἔπεσημῖνάτο τις τῶν ὁρᾶν δυναμένων, καὶ διηγείτο 4  
*noticed someone of-those to-see able and related*  
 βλέπων· Ὅτι περ, φησὶν, ἐν συνεδρίῳ μου καθημένον  
*seeing that he-says in an-assembly me sitting*  
 ἐληλυθότες οἱ τῆς κενοδοξίας καὶ τῆς ὑπερηφανίας δαίμονες  
*having-come the of-the vainglory and of-the pride demons*  
 ἐξ ἐκατέρωθεν μου ἐκάθηντο, καὶ ὁ μὲν ἔνυπτε μου τὴν  
*on each-side of-me sat and the-one indeed prodded my the*

πλευρὰν τῷ δακτύλῳ αὐτοῦ τῷ κενოდόξῳ προτρεπόμενός  
*side with-the finger his the vainglorious urging*  
 με λέγειν τινὰ θεωρίαν ἢ ἐργασίαν, ἣν πεποίηκα ἐν τῇ  
*me to-tell some contemplation or work which I-have-done in the*  
 ἐρήμῳ. Ὡς δὲ τοῦτον ἀπεσεισάμην εἰπών· Ἀποστραφείσαν  
*desert when and him I-shook-off having-said may-they-be-turned*  
 εἰς τὰ ὀπίσω καὶ καταισχυνθείσαν οἱ λογιζόμενοί μοι  
*to the back and be-put-to-shame those devising against-me*  
 κακά· θᾶπτον ὁ ἐξ εὐωνύμων πρὸς τὸ ἐμὸν οὖς ἔλεγεν·  
*evils quickly the(-one) on (the)-left to the my ear said*  
 Εὖγε, εὖγε πεποίηκας· καὶ μέγας γέγονας, τὴν ἐμὴν  
*well-done well-done you-have-done and great you-have-become the my*  
 ἀναιδεστάτην μητέρα νενικηκώς. Πρὸς ὃν ἐγὼ εὐθυβόλως  
*most-shameless mother having-conquered to whom I aptly*  
 τὸ ἐξῆς τοῦ στίχου ἀναλαβὼν εἶρηκα· Ἀποστραφήτωσαν  
*the following of-the verse having-taken-up said let-them-be-turned-back*  
 παραντίκα αἰσχυνόμενοι οἱ λέγοντές μοι· Εὖγε, εὖγε  
*at-once being-ashamed those saying to-me well-done well-done*  
 πεποίηκας. Ἐρωτήσαντί μοι τὸν αὐτὸν πῶς ἡ κενοδοξία  
*you-have-done having-asked to-me the same(-man) how the vainglory*  
 μήτηρ ὑπερηφανίας, ἀπεκρίνατο· Οἱ μὲν ἔπαινοι ὑψοῦσι  
*mother of-pride he-answered the indeed praises exalt*  
 καὶ φυσιοῦσιν· ὑψωθείσης δὲ τῆς ψυχῆς, τότε αὐτὴν  
*and puff-up having-been-exalted and the soul then it*  
 ἡ ὑπερηφανία λαβοῦσα ἀναφέρει ἕως τῶν οὐρανῶν, καὶ  
*the pride having-taken carries-up to the heavens and*  
 καταφέρει ἕως τῶν ἀβύσσων. Ἔστι δόξα ἐκ Κυρίου  
*carries-down to the abysses there-is glory from (the)-Lord*  
 προσγινομένη· Τοὺς γὰρ δοξάζοντάς με δοξάσω, φησίν·  
*coming those for glorifying me I-will-glorify he-says*  
 καὶ ἔστιν ἐκ διαβολικῆς παρασκευῆς ἐπακολουθοῦσα. Οὐαὶ  
*and there-is from devilish contrivance following woe*



γάρ, φησίν, ὅταν καλῶς ὑμᾶς εἴπωσι πάντες οἱ ἄνθρωποι.  
*for he-says when well you may-speak all the men*

Ἐπιγνώσῃ σαφῶς τὴν προτέραν, ὁπόταν αὐτὴν ὡς βλάβην  
*you-will-recognize clearly the former when it as harm*

λογιζόμενος πάσῃ μηχανῇ ταύτην ἀποστρέφῃ. Καὶ ὅπου  
*reckoning with-every device it you-turn-away and wherever*

δ' ἂν πορεύῃ τὴν σεαυτοῦ πολιτείαν ἀποκρύπτῃς· τὴν δὲ  
*and — you-go the your-own way-of-life you-hide the and*

δευτέραν, ὁπόταν κἂν τὸ τυχὸν πρὸς τὸν θεαθῆναι τοῖς  
*second when even-if the least toward the to-be-seen by-the*

ἀνθρώποις ἐργάζῃ σχηματίζεσθαι ἡμᾶς τὴν οὐ προσοῦσαν  
*men you-do to-feign us the not present*

ἡμῶν ἀρετὴν ἢ μαρὰ ὑποτίθεται. Οὕτως γάρ, φησίν,  
*in-us virtue the foul(-one) suggests thus for it-says*

λαμπράτω τὸ φῶς ὑμῶν ἔμπροσθεν τῶν ἀνθρώπων, ὅπως  
*let-shine the light your before the men that*

ἴδωσι τὰ καλὰ ὑμῶν ἔργα, ὑποβάλλουσα.  
*they-may-see the good your works suggesting*

Πολλάκις ὁ Κύριος τοὺς κενოდόξους δι' αἰτιμίας  
*often the Lord the vainglorious through dishonor*

ἐπισυμβαινούσης εἰς ἀκενοδοξίαν κατέστησεν. Ἀρχὴ  
*befalling into freedom-from-vainglory brought beginning*

ἀκενοδοξίας φυλακὴ στόματος, καὶ αἰτιμίας ἀγάπῃ·  
*of-freedom-from-vainglory guarding of-mouth and of-dishonor love*

μεσότης δὲ ἀνακοπὴ πάντων τῶν νοουμένων τῆς κενοδοξίας  
*middle and a-cutting-off of-all the conceived of-the vainglory*

ἐπιτηδευμάτων· τέλος δὲ (εἴπερ ἄρα καὶ ἔστι τῇ ἀβύσσῳ  
*practices end and if-indeed then also there-is to-the abyss*

τέλος) τὸ τὰ πρὸς αἰτιμίαν συντελοῦντα ἐπὶ πλήθους  
*an-end the the(-things) toward dishonor contributing before (a)-multitude*

ἐπιτηδεύειν ἀνεπαισθήτως. Μὴ κρύπτε σὴν αἰσχύνῃ διὰ  
*to-practice unfeelingly not hide your shame because-of*

τὸ δοκεῖν μὴ διδόναι πρόσκομμα· λοιπὸν δὲ καὶ πρὸς  
*the seeming not to-give offense thereafter but also according-to*  
 τὸ εἶδος τοῦ σφάλματος, οὐ τῇ αὐτῇ ἐμπλάστρῳ ἴσως  
*the kind of-the fault not the same plaster perhaps*  
 χρῆσασθαι χρή. Ὅποτεν ἡμεῖς τὴν δόξαν προσκαλούμεθα,  
*to-use one-must when we the glory summon*  
 καὶ ὅταν ἀκλήτως ὑφ' ἐτέρων προπεμπομένη πρὸς ἡμᾶς  
*and when unsummoned by others sent to us*  
 παραγίνηται. Ὅταν πρὸς κενοδοξίαν ἐπιτηδεύματά τινα  
*it-comes when for vainglory practices some*  
 ποιεῖν ἐπιχειρήσωμεν, τοῦ ἑαυτῶν πένθους, καὶ τῆς  
*to-do we-attempt of-the own mourning and of-the*  
 ἐν τῇ ἰδιαζούσῃ ἡμῶν προσευχῇ ἐμφόβου παραστάσεως  
*in the private our prayer fearful standing*  
 ἐννοηθῶμεν συντόμως, καὶ πάντως ἐντρέψομεν τὴν  
*let-us-think quickly and surely we-will-shame the*  
 ἀναιδῆ, εἴπερ ἄρα καὶ προσευχῆς ἀληθινῆς ἐπιμελούμεθα·  
*shameless(-one) if-indeed then also prayer true we-care-for*  
 εἰ δὲ οὐ, τῆς ἑαυτῶν ἐξόδου συντόμως ἔννοιαν λάβωμεν. Εἰ  
*if but not of-the own departure quickly thought let-us-take if*  
 δὲ μή, καὶ τὴν ἐπακολουθοῦσαν αἰσχύνῃ τῇ κενοδοξίᾳ  
*but not at-least the following shame on-the vainglory*  
 φοβηθῶμεν. Ὁ γὰρ ὑψίων ἑαυτόν, ταπεινωθήσεται  
*let-us-fear the(-one) for exalting himself will-be-humbled*  
 πάντως, καὶ ἐνταῦθα πρὸ τοῦ μέλλοντος αἰῶνος· ὅταν οἱ  
*surely even here before the coming age when the*  
 ἐπαινέται, μᾶλλον δὲ πλανῆται, ἐπαινεῖν ἡμᾶς ἄρξωνται,  
*praisers rather but deceivers to-praise us begin*  
 τοῦ πλήθους τῶν ἀνομιῶν ἡμῶν κατὰ νοῦν συντόμως  
*the multitude of-the iniquities our in mind quickly*  
 μνημονεύσωμεν, καὶ εὐρήσομεν ἑαυτοὺς ἀναξίους τῶν  
*let-us-remember and we-will-find ourselves unworthy of-the(-things)*

λεγομένων ἢ πραττομένων. Εἰσὶ πάντως καὶ κενόδοξοι  
*said or done there-are surely also vainglorious(-ones)*  
 ἐν τισιν αἰτήμασιν αὐτῶν εἰσακουσθῆναι παρὰ τοῦ Θεοῦ  
*in some requests their to-be-heard by — God*  
 ὀφείλοντες, ὧν ὁ Κύριος προκαταλαμβάνει τὰς εὐχὰς  
*deserving whose the Lord to-anticipate the prayers*  
 καὶ τὰς δεήσεις πέφυκεν· ἵνα μὴ δι' εὐχῆς εἰληφότες  
*and the petitions is-wont that not through prayer having-received*  
 τῇ ἐαυτῶν οἰήσει προσθήσουσιν· οὐ πάνυ οἱ ἀπλούστεροι  
*to-the own conceit they-add not very the simpler*  
 τῷ ἰῷ τούτῳ περιπίπτειν πεφύκασι. Κενοδοξία γάρ  
*into-the poison this to-fall are-wont vainglory for*  
 ἐστὶν ἀπλότητος ἀποβολή, καὶ ἐπίπλαστος διαγωγή·  
*is of-simplicity a-casting-off and feigned conduct*  
 σκώληξ πολλάκις αὐξηθεὶς πτεροφυήσας ἀνιχνέχθη εἰς  
*a-worm often having-grown having-sprouted-wings was-carried-up to*  
 ὕψος, καὶ κενοδοξία τελεσθεῖσα ὑπερηφανίαν ἔτεκε, τὴν  
*height and vainglory having-been-completed pride bore the*  
 πάντων τῶν κακῶν ἀρχηγὸν καὶ τελειωτὴν.

*of-all the evils author and finisher*  
 Ὁ τῆς νόσου ταύτης ἐκτός, ἔγγιστα τῆς σωτηρίας· 6  
*the(-one) of-the disease this outside very-near to-the salvation*  
 ὁ δ' οὐ, πόρῳ φανήσεται τῆς ἀγίων δόξης.  
*the(-one) and not far will-appear from-the of-(the)-saints glory*  
 Βαθμὸς κβ'. Ὁ ταύτῃ μὴ ἀλούς, οὐ μὴ περιπέσῃ 7  
*step twenty-second the(-one) by-this not caught not — will-fall-into*  
 τῇ ἐχθραυνούσῃ Θεῷ ἀκεφάλῳ ὑπερηφανία.  
*the hostile to-God headless pride*

*Pride is the denial of God, a demons' invention, the mother of condemnation, and the agent of falls; it begins where vainglory ends and ends in denying God's help. A proud brother who told an elder he was not proud gave the clearest proof that he was. Gifts are no cause for boasting, since all that came after birth was given, and ten thousand deaths for Christ would not repay his blood. Pride is poverty imagining wealth, a pomegranate rotten within. Scourged, pride and vainglory confess that they beget all the passions and are powerless against sincere self-blame before the Lord; vainglory is pride's horse, and humility throws horse and rider into the sea.*

- 1 Ὑπερηφανία ἐστὶ Θεοῦ ἄρνησις, δαιμόνων εὕρημα,  
 pride is of-God denial of-demons invention  
 ἐξουδένωσις ἀνθρώπων, κατακρίσεως μήτηρ, ἐπαίνων  
 contempt of-men of-condemnation mother of-praises  
 ἀπόγονος, ἀκαρπίας τεκμήριον, βοηθείας Θεοῦ  
 offspring of-barrenness a-proof of-help of-God  
 φυγαδευτήριον, ἐκστάσεως πρόδρομος, πτωμάτων πρόξενος,  
 banisher of-derangement forerunner of-falls cause  
 ἐπιληψίας ὑπόθεσις, θυμοῦ πηγή, ὑποκρίσεως θύρα,  
 of-epilepsy foundation of-temper spring of-hypocrisy door  
 δαιμόνων στήριγμα, ἁμαρτημάτων φύλαξ, ἀσπλαχνίας  
 of-demons support of-sins guard of-mercilessness  
 πρόξενος, συμπαθείας ἄγνοια, λογοθέτης πικρός, δικαστὴς  
 cause of-compassion ignorance auditor bitter judge  
 ἀπάνθρωπος, Θεοῦ ἀντίπαλος, βλασφημίας ρίζα, ἀρχὴ  
 inhuman of-God adversary of-blasphemy root beginning  
 ὑπερηφανίας, τέλος κενοδοξίας· μεσότης δὲ ἐξουδένωσις  
 of-pride end of-vainglory middle and contempt  
 τοῦ πλησίον, πόνων ἰδίων ἀναιδὴς ἐκόμπευσις, ἔπαινος ἐν  
 of-the neighbor of-toils own sbameless parading praise in  
 καρδίᾳ, ἐλέγχου μῖσος· τέλος ἄρνησις Θεοῦ βοηθείας, καὶ  
 heart of-reproof hatred end denial of-God of-help and

οἰκείας σπουδῆς ἔπαρσις. δαιμονιώδες ἦθος. Ἀκούσωμεν  
of-own zeal exaltation demonic character let-us-hear  
πάντες οἱ τὸν βόθρον ἐκφυγεῖν βουλόμενοι, ἐξ εὐχαριστίας  
all those the pit to-escape wishing from thanksgiving  
πολλάκις τὸ πάθος τὴν νομὴν φιλεῖ προσλαμβάνεσθαι·  
often the passion the pasture loves to-take  
ἀναιδῶν γὰρ ἐκ προοιμίων Θεὸν ἀρνεῖσθαι οὐχ  
shamelessly for from (the)-outset God to-deny not  
ὑποτίθεται. Εἶδον εὐχαριστοῦντας τῷ Θεῷ στόματι, καὶ  
suggests I-saw thanking — to-God with-(the)-mouth and  
μεγαλαυχοῦντας τῷ φρονήματι καὶ μαρτυρεῖ τοῦτο σοφῶς  
boasting in-the mind and testifies this wisely  
ὁ Φαρισαῖος ἐκεῖνος εἰρηκώς· Ὁ Θεός, εὐχαριστῶ σοι.  
the Pharisee that having-said O God I-thank you  
Ὅπου πτώμα κατέλαβεν, ἐκεῖ ὑπερηφανία προεσκίνησε·  
where a-fall came there pride encamped-first  
μηνυτὴς γὰρ τοῦ προτέρου τὸ δεύτερον. Ὑπόθου μοι  
informer for of-the former the second suppose for-me  
εἶναι δώδεκα πάθη τῆς ἀτιμίας. Τινὸς τετιμημένον  
to-be twelve passions of-the dishonor someone honored  
ἀκήκοα φήσαντος· Ἐὰν ἐν τούτων (λέγω δὴ τὴν  
I-have-beard saying if one of-these I-mean indeed the  
οἷσιν) ἀγαπήσης θελήματι, ἐκεῖνο ἀναπληρώσει τὸν τόπον  
conceit you-love by-will that will-fill the place  
τῶν ἑνδεκα. Ὑψηλόφρων μοναχὸς ἀντιλέγει σφοδρῶς.  
of-the eleven a-high-minded monk contradicts vehemently  
Ὁ δὲ ταπεινόφρων οὐδαμῶς ἀντιλέγειν ἐπίσταται. Οὐχ  
the but humble-minded(-one) in-no-way to-contradict knows not  
ὑποκλίνει κυπάρισσος εἰς γῆν περιπατεῖν· οὐδὲ μοναχὸς  
bends (a)-cypress to earth to-walk nor a-monk  
ὑψηλοκάрдιος ὑπακοὴν κτήσασθαι. Ἀνὴρ ὑψηλοκάрдιος τοῦ  
high-bearded obedience to-acquire a-man high-bearded for-the

ἄρχειν ὀρέγεται· ἄλλως γάρ, ὡς ἔτυχεν, ἀπολέσθαι εἰς  
*to-rule longs otherwise for as it-happened to-perish to*  
 τέλος οὐ δύναται· μᾶλλον δὲ οὐ βούλεται. Ὑπερηφάνους  
*(the)-end not is-able rather but not wishes (the)-proud*  
 Κύριος ἀντιτάσσειται. Τίς λοιπὸν τούτους ἐλεῆσαι δύναται;  
*(the)-Lord resists who thereafter them to-pity can*  
 Ἀκάθαρτος παρὰ Κυρίῳ πᾶς ὑψηλοκάρδιος. Καὶ τίς  
*unclean before (the)-Lord every high-hearted(-man) and who*  
 λοιπὸν τὸν τοιοῦτον ἀποκαθᾶραι δύναται; Παῖδευσις μὲν  
*thereafter the such(-man) to-cleanse can correction indeed*  
 ὑπερηφάνῳ πτώμα· σκόλοψ δὲ δαίμων· ἐγκατάλειψις δὲ  
*for-a-proud(-man) a-fall a-thorn and (a)-demon abandonment and*  
 ἔκτασις. Καὶ τὰ μὲν πρότερα πολλάκις καὶ ἄνθρωποι  
*derangement and the indeed former often also men*  
 ὑπὸ τῶν ἀνθρώπων ἐθεραπεύθησαν· τὸ δὲ ἔσχατον παρ'  
*by the men were-healed the but last with*  
 ἀνθρώποις ἀνίατον. Ὁ ἀποσειόμενος ἔλεγχον, τὸ πάθος  
*men incurable the(-one) shaking-off reproof the passion*  
 ἐσήμανεν· ὁ δὲ προσδραμών, τοῦ δεσμοῦ λέλυται· εἰ  
*showed the(-one) but having-run-to(-it) from-the bond is-loosed if*  
 χωρὶς ἑτέρου πάθους τις διὰ τούτου καὶ μόνου τῶν  
*without other passion someone through this and alone from-the*  
 οὐρανῶν κατέπεσε, ζητητέον μήπως καὶ δίχα ἀρετῆς  
*heavens fell it-must-be-asked whether also without virtue*  
 ἐτέρας ἐκ ταπεινώσεως εἰς οὐρανούς ἀναβαίνειν ἐνδέχεται.  
*other from humility to heaven to-ascend it-is-possible*  
 Ὑπερηφανία ἐστὶ πλούτου καὶ ἰδρώτων ἀπώλεια· ἐκέκραξαν,  
*pride is of-wealth and of-sweats loss they-cried*  
 καὶ οὐκ ἦν ὁ σώζων, πάντως, ὅτι μεθ' ὑπερηφανίας·  
*and not was the(-one) saving surely because with pride*

ἐκέκραξαν πρὸς Κύριον, καὶ οὐκ εἰσήκουσεν αὐτῶν,  
*they-cried to (the)-Lord and not he-heard them*  
 πάντως, ὅτι τὰς αἰτίας καθ' ὧν ἤϋχοντο, οὐκ ἀπέκοπτον.  
*surely because the causes against which they-prayed not they-cut-off*  
 Ἀδελφὸν ὑπερηφανευόμενον γέρων γνωστικώτατος 2  
*a-brother being-proud an-elder most-knowing*  
 πνευματικῶς ἐνουθέτησεν, ὃ δὲ τυφλώτων φησί·  
*spiritually admonished the(-one) but being-blind says*  
 Συγχώρησον, πάτερ, οὐκ εἰμὶ ὑπερήφανος. Ὁ δὲ πάνσοφος  
*forgive father not I-am proud the but all-wise*  
 γέρων πρὸς αὐτόν· Καὶ ποίαν, φησί, τέκνον, ἀπόδειξιν  
*elder to him and what he-says child proof*  
 σαφεστέραν ταύτης παρέχεις ἡμῖν τοῦ πάθους, ἀλλ' ἢ τὸ  
*clearer than-this do-you-give us of-the passion but than the*  
 εἰπεῖν· Οὐκ εἰμὶ ὑπερήφανος; Πάνυ τοῖς τοιοῦτοις συνέρχεται  
*to-say not I-am proud very the such(-men) helps*  
 ἡ ὑποταγή, καὶ παχυτέρα καὶ ἀτιμοτέρα διαγωγή· καὶ ἡ  
*the submission and a-coarser and more-disbonored conduct and the*  
 τῶν ὑπὲρ φύσιν τῶν πατέρων κατορθωμάτων ἀνάγνωσις·  
*of-the beyond nature of-the fathers achievements reading*  
 ἴσως καὶ οὕτως ἔσται τοῖς νοσοῦσι μικρὰ σωτηρίας ἐλπίς.  
*perhaps at-least thus will-be for-the sick a-small of-salvation hope*  
 Αἰσχύνῃ ἐπ' ἄλλοτρίῳ κόσμῳ ἐπαίρεσθαι· ἄνοια δὲ ἐσχάτη,  
*a-shame in another's adornment to-be-lifted-up folly and utmost*  
 ἐπὶ χαρίσμασι Θεοῦ φαντάζεσθαι. Ὅσα σοι κατορθώματα  
*in (the)-gifts of-God to-give-oneself-airs as-many to-you achievements*  
 πρὸ τῆς σῆς γεννήσεως γεγόνασιν, ἐπὶ τούτοις μόνοις  
*before the your birth have-happened in these alone*  
 ἐπαίρου· τὰ γὰρ μετὰ γέννησιν ὁ Θεὸς ἔδωρῆσατο,  
*be-lifted-up the(-ones) for after birth — God gave*  
 ὥσπερ καὶ τὴν γέννησιν· ὅσας ἐκτὸς τοῦ νοὸς ἀρετὰς  
*as also the birth as-many without the mind virtues*

κατώρθωκας, αὐται καὶ μόναι σοῦ τυγχάνουσι· τὸν γὰρ  
*you-have-achieved these also alone yours are the for*  
 νοῦν Θεὸς ὁ δωρησάμενος. Ὅσα ἐκτὸς τοῦ σώματος  
*mind God the(-one) having-given as-many without the body*  
 ἐπεδείξω ἔπαθλα, ἐκ σῆς σπουδῆς καὶ μόνον γεγόνασι· τὸ  
*you-displayed prizes from your zeal and alone have-come the*  
 γὰρ σῶμα, οὐ σόν, ἀλλὰ τοῦ Θεοῦ ποίημα· μὴ θάρσει ἕως  
*for body not yours but — of-God work not be-confident until*  
 τὴν ἀπόφασιν δέξῃ, ὁρῶν ἐκεῖνον καὶ μετὰ τὴν ἐν τῷ  
*the verdict you-receive seeing that(-man) even after the in the*  
 νυμφῶνι κατάκλισιν χεῖρας καὶ πόδας δεσμούμενον, καὶ  
*bridal-chamber reclining hands and feet being-bound and*  
 εἰς τὸ σκότος τὸ ἐξώτερον ἐξοριζόμενον· μὴ ὑψαυχένοι,  
*into the darkness the outer being-banished not hold-your-neck-high*  
 γήϊνος ὦν· πολλοὶ γὰρ καὶ ἐξ οὐρανῶν ἐρρίφησαν ἅγιοι  
*earthly being many for even from heaven were-thrown holy*  
 καὶ αἰῶλοι τυγχάνοντες. Ὅταν χώραν ἐν τοῖς ἑαυτοῦ  
*and immaterial being when room in the own*  
 ἐργάταις ὁ δαίμων λήψεται· τότε ἂν τοῖς κατὰ τοὺς  
*workers the demon will-take then — to-them in the*  
 ὕπνου, ἢ καὶ καθ' ὕπαρ ὥς ἐν σχήματι δῆθεν ἁγίου  
*sleeps or also in waking as in form supposedly of-a-holy*  
 ἀγγέλου, ἢ καὶ μάρτυρός τινος ἐπιφαινόμενος, μυστηρίων  
*angel or also of-a-martyr some appearing of-mysteries*  
 αὐτοῖς ἀποκάλυψιν, ἢ χαρισμάτων δωρεὰν ἐπιδίδωσιν, ἵνα  
*to-them revelation or of-gifts bestowal grants that*  
 ἀπατηθέντες οἱ τάλανες τελείως τῶν φρενῶν ἐκπέσωσιν.  
*having-been-deceived the wretched(-ones) completely from-the wits they-may-fall*  
 Εἰ καὶ μυρίους θανάτους ὑπὲρ Χριστοῦ ὑπομείνωμεν, οὐδὲ  
*if even ten-thousand deaths for Christ we-endure not-even*  
 οὕτως τὸ δέον ἀνεπληρώσαμεν· ἄλλο γὰρ αἷμα Θεοῦ, καὶ  
*thus the due we-have-fulfilled other for blood of-God and*



ἕτερον αἷμα δούλων, κατὰ τὸ ἀξίωμα, καὶ οὐ κατὰ τὴν  
*other blood of-servants in the dignity and not in the*  
οὐσίαν· συζητοῦντες ἑαυτοὺς αἰεί, καὶ ἀνακρίνοντες πρὸς τοὺς  
*essence examining ourselves always and comparing with the*  
πρὸ ἡμῶν πατέρας καὶ φωστήρας, μὴ παυσώμεθα, καὶ τότε  
*before us fathers and luminaries not let-us- cease and then*  
εὐρήσομεν ἑαυτοὺς μηδὲ ὅλως ἵχνος ἀκριβοῦς πολιτείας  
*we-will-find ourselves not-even at-all (the)-track of-(an)-exact way-of-life*  
πατήσαντας· μηδὲ τὸ ἐπάγγελμα ὁσίως τηρήσαντας· ἀλλ'  
*having-trodden nor the vow piously having-kept but*  
ἔτι ἐν τῇ κοσμικῇ καταστάσει διατρίβοντας.  
*still in the worldly state living*

Μοναχὸς κυρίως ἐστὶν ἀμετέωριστον ὄμμα ψυχῆς, καὶ 3  
*a-monk properly is an-undistracted eye of-soul and*  
ἀκίνητος σώματος αἰσθησις. Μοναχὸς ἐστὶν ὁ τοὺς  
*unmoved of-body sense a-monk is the(-one) the*  
πολεμίους, δίκην θηρῶν, προσκαλούμενος, καὶ ἐρεθίζων  
*enemies like beasts calling-out and provoking*  
ἐν τῷ φεύγειν ἀπ' αὐτοῦ. Μοναχὸς ἐστὶν ἀδιάστατος  
*in the fleeing from him a-monk is unbroken*  
ἔκστασις, καὶ λύπη ζωῆς. Μοναχὸς ἐστὶν ὁ ποιωθείς  
*ecstasy and grief of-life a-monk is the(-one) formed*  
ταῖς ἀρεταῖς, ὡς ἄλλος ταῖς ἡδοναῖς. Μοναχὸς ἐστὶν  
*by-the virtues as another by-the pleasures a-monk is*  
ἄληκτον φῶς ἐν ὀφθαλμῷ καρδίας. Μοναχὸς ἐστὶν ἄβυσσος  
*unceasing light in (the)-eye of-(the)-heart a-monk is an-abyss*  
ταπεινώσεως, ἐν αὐτῇ πᾶν πνεῦμα κρημνίσας καὶ  
*of-humility in it every spirit having-burled-down and*  
ἀποπνίξας. Διήθην πταισμάτων τύφος ἐργάζεται· ἐκείνων  
*having-drowned forgetfulness of-failings conceit works of-them*  
γὰρ μνήμη ταπεινοφροσύνης πρόξενος. Ὑπερηφανία  
*for remembrance of-humility cause pride*

ἐστὶν ἐσχάτη πενία ψυχῆς· πλοῦτον ἐν σκοτεία οἰομένη οὐ  
*is utmost poverty of-soul wealth in darkness imagining not*  
 μόνον προβαίνειν οὐκ ἔῃ ἢ μιαν, ἀλλὰ καὶ τοῦ ὕψους  
*only to-advance not allows the foul(-one) but also from-the height*  
 ἀπορρίπτει. Ὑπερηφανία ἐστὶ ροιὰ ἔσωθεν σεσηπυῖα,  
*hurls-down pride is a-pomegranate within rotten*  
 ἔξωθεν δὲ τῇ ὥρᾳ ἀποστίλβουσα. Μοναχὸς ὑπερήφανος  
*without but with-the bloom gleaming a-monk proud*  
 οὐ δεηθήσεται δαίμονος· αὐτὸς γὰρ λοιπὸν ἑαυτῷ δαίμων  
*not will-need a-demon himself for thereafter to-himself demon*  
 καὶ πολέμιος γέγονεν· ἀλλότριον μὲν τοῦ φωτὸς τὸ σκότος·  
*and enemy has-become foreign indeed to-the light the darkness*  
 ἀλλότριος δὲ καὶ ὑπερήφανος παντοίας ἀρετῆς. Ἐν  
*foreign and also (the)-proud(-man) to-every-kind-of virtue in*  
 ὑπερηφάνων καρδίαις γεννηθήσονται βλασφημίας ῥήματα·  
*of-(the)-proud hearts will-be-born of-blasphemy words*  
 ἐν ταπεινῶν δὲ ψυχαῖς, οὐράνια θεωρήματα. Βδελύττεται  
*in of-(the)-humble but souls heavenly visions abhors*  
 ἥλιον κλέπτης, ὑπερήφανος δὲ πρᾶεῖς ἐξουδενώσει.  
*(the)-sun a-thief a-proud(-man) and (the)-meek will-despise*  
 Ἐλαθον, πῶς οὐκ οἶδα, ἑαυτοὺς ὑπερηφάνων πλεῖστοι·  
*deceived how not I-know themselves of-(the)-proud very-many*  
 καὶ δόξαντες ἀπαθεῖς εἶναι, τὴν οἰκίαν πενίαν ἐν ἐξόδῳ  
*and having-seemed dispassionate to-be the own poverty at departure*  
 ἐωράκασιν. Ὁ ταύτῃ ἀλοὺς Κυρίου δεηθήσεται ματαῖα  
*have-seen the(-one) by-this caught of-(the)-Lord will-have-need vain*  
 γὰρ παρ' ἐκείνῳ σωτηρία ἀνθρώπων. Κατείληφά ποῦ  
*for with him salvation of-men I-have-caught somewhere*  
 τὴν ἀκέφαλον πλανῆτιν πέλουσαν ἐν τῇ ἐμῇ καρδίᾳ, καὶ ἐπὶ  
*the headless wanderer being in the my heart and on*  
 τῶν ὤμων τῆς οἰκείας μητρὸς ὀχουμένην· ὥς παγιδεύσας  
*the shoulders of-the own mother riding whom having-snared*

δεσμῶ ὑπακοῆς, καὶ μάστιγι εὐτελείας μαστιγώσας,  
*with-(the)-bond of-obedience and with-(the)-whip of-lowliness having-whipped*  
 τὴν ἐν ἐμοὶ αὐτῶν εἴσοδον ἐξήταζον λέγειν· διὸ καὶ  
*the in me their entry I-questioned to-tell therefore also*  
 μαστιζόμεναι ἔλεγον· Ἡμεῖς ἀρχὴν οὐκ ἔχομεν, οὐδὲ  
*being-whipped they-said we beginning not have nor*  
 γέννησιν· ἄρχουσαι γὰρ καὶ γεννήτραι πάντων τῶν παθῶν  
*birth rulers for and begetters of-all the passions*  
 καθεστήκαμεν· πολεμεῖ δὲ ἡμᾶς οὐ μετρίως συντριμμὸς  
*we-are wars but us not moderately contrition*  
 καρδίας ἐν ὑποταγῇ τικτόμενος· ἄρχεσθαι γὰρ ὑπ' οὐδενὸς  
*of-heart in submission born to-be-ruled for by no-one*  
 σεσυνηθίκαμεν. Διὸ καὶ ἐν οὐρανοῖς ἄρχουσαι γεγονυῖαι,  
*we-are-accustomed therefore also in heaven rulers having-become*  
 ἐκεῖθεν ἀπεστατήσαμεν· διὸ καὶ πάντων συλλήβδην  
*from-there we-revolted therefore also of-all in-sum*  
 εἰπεῖν, τῶν ἀντιπραττόντων τῇ ταπεινοφροσύνῃ, ἡμεῖς  
*to-say the(-things) opposing the humility we*  
 γεννήτραι· πάντα γὰρ τὰ ἐκείνῃ συνεργοῦντα, ἡμῖν  
*begetters all for the(-things) it aiding us*  
 ἀντίκεινται. Πλὴν ἐν οὐρανῷ ἰσχύσαμεν, καὶ ποῦ ἀπὸ  
*oppose but in heaven we-prevailed and where from*  
 προσώπου ἡμῶν φεύξει; Ἡμεῖς πολλάκις ἐπ' ἀτιμίαις,  
*(the)-face our will-you-flee we often upon dishonors*  
 καὶ ὑπακοῇ, καὶ ἀοργησίᾳ, καὶ ἀμνησικακίᾳ, καὶ  
*and obedience and freedom-from-anger and freedom-from-grudges and*  
 διακονίᾳ ἐπακολουθεῖν πεφύκαμεν· ἡμῶν ἕκγονα πτώματα  
*service to-follow are-wont our offspring falls*  
 πνευματικῶν· ὀργή, καταλαλιά, πικρία, θυμός, κραυγή,  
*of-spiritual(-men) anger slander bitterness temper clamor*  
 βλασφημία, ὑπόκρισις, μῖσος, φθόνος, ἀντιλογία, ἰδιορυσμία,  
*blasphemy hypocrisy hatred envy contradiction self-will*

ἀπειθεια. Ἐν ἐστὶ καὶ μόνον ἐν ᾧ ἐπιχειρεῖν οὐκ  
*disobedience one-thing is and only in which to-attack not*  
 ἔχομεν δύναμιν· καὶ τοῦτο σοι μαστιζόμεναι λέγομεν·

*we-have power and this to-you being-whipped we-tell*

Ἐὰν ἑαυτὸν ἐνώπιον Κυρίου εἰλικρινῶς καταμέμψῃ, ἡμᾶς  
*if yourself before (the)-Lord sincerely you-blame us*

ὡς ἀράχνην λελογίσῃ. Ἴππος μὲν γάρ, ὡς ὁρᾷς,

*as a-spider's-web you-will-have-reckoned a-horse indeed for as you-see*

ὑπερηφανίας κενοδοξία, ἐφ' ἣν ἐπιβέβηκα· ἡ δὲ ὁσία  
*of-pride vainglory on which I-am-mounted the but holy*

ταπείνωσις, καὶ αὐτομεμβία καταγελάσσονται ἵππου καὶ

*humility and self-blame will-laugh-at (the)-horse and*

τοῦ ἐπιβάτου αὐτοῦ· τὴν ἐπινίκιον ᾠδὴν ἐνηδόνως ᾄδουσαι·

*the rider its the victory song sweetly singing*

Ἄσωμεν τῷ Κυρίῳ, ἐνδόξως γὰρ δεδόξασται ἵππον καὶ

*let-us-sing to-the Lord gloriously for he-has-been-glorified horse and*

ἀναβάτην ἑρρίψεν εἰς θάλασσαν, καὶ ἄβυσσον ταπεινώσεως.

*rider he-threw into (the)-sea and (the)-abyss of-humility*

4 Εἴκοστὸς τρίτος βαθμός· ὁ ἀναβεβηκὼς ἴσχυσεν, εἴπερ

*twenty third step the(-one) having-climbed was-strong if-indeed*

ἄρα καὶ ἀναβεβηκέναι δεδύνηται.

*then also to-have-climbed has-been-able*

*Pride's worst offspring is blasphemy, a thought hard to confess, which has driven many to despair. It strikes during the holy services and at the moment of the mysteries, and shows that the words are not ours but those of the demon fled from heaven, so no one should hold himself guilty of them. The unclean thoughts rise when prayer begins and vanish when it ends. The way to master them is to despise them and say, 'Get behind me, Satan'; to argue with them is to try to seize lightning. The demon haunts simple souls, and those who stop judging their neighbors stop fearing blasphemy. A monk troubled for twenty years gave his thought in writing to an elder, who laid it on his own neck, and the passion vanished before the monk left the cell.*

Χαλεπῆς ρίζης καὶ μητρὸς χαλεπώτατον ἀπόγονον εἶναι 5  
*of-a-grievous root and mother most-grievous offspring to-be*  
 ἐν τοῖς φθάσασιν ἀκηκόαμεν, λέγω δὴ τῆς μαρᾶς  
*in the(-things) preceding we-have-heard I-mean indeed of-the foul*  
 ὑπερηφανίας ἄρρητον τῆς βλασφημίας ἀπόγονον· διὸ  
*pride (the)-unspeakable of-the blasphemy offspring therefore*  
 ἀναγκαῖον αὐτὸν εἰς μέσον ἀχθῆναι· οὐ γὰρ τῶν τυχόντων,  
*necessary it into (the)-open to-be-brought not for of-the ordinary*  
 ἀλλὰ γε καὶ πολὺ πάντων χαλεπώτερος ἐχθρὸς καὶ  
*but at-least also much than-all more-grievous enemy and*  
 πολέμιος καθέστηκε, καὶ τὸ δὴ χαλεπώτερον οὐδὲ  
*foe it-is and the indeed more-grievous not-even*  
 εὐχερῶς ἐκφρασθῆναι καὶ ἐξομολογηθῆναι, ἢ στηλιτευθῆναι  
*easily to-be-expressed and to-be-confessed or to-be-exposed*  
 πνευματικῷ ἱατρῷ δυνάμενος. Διὸ καὶ πολλοῖς πολλάκις  
*to-a-spiritual physician able therefore also in-many often*  
 ἀπόγνωσιν καὶ ἀνελπιστίαν ἐγέννησεν· ὥσπερ σκώληξ ἐν  
*despair and hopelessness it-begot like a-worm in*  
 ξύλῳ, πᾶσαν αὐτῶν τὴν ἐλπίδα ἐξαναλώσας ὁ ἀνόσιος.  
*wood all their the hope having-consumed the unboly(-one)*

Οὗτος τοίνυν, οὗτος ὁ παμμίαρος φιλεῖ πολλάκις παρ'  
*this therefore this the all-foul(-one) loves often during*  
 αὐτὰς τὰς ἀγίας συνάξεις, καὶ κατ' αὐτὴν τὴν φρικτὴν  
*the-very the holy services and at the-very the awesome*  
 τῶν μυστηρίων ὥραν δυσφημεῖν τὸν Κύριον, καὶ τὰ  
*of-the mysteries hour to-revile the Lord and the(-things)*  
 τελούμενα ἅγια. Ὅθεν μάλιστα καὶ μανθάνομεν σαφῶς  
*performed holy whence especially also we-learn clearly*  
 μὴ οὖσαν τὴν ἡμετέραν ψυχὴν τὴν τὰ ἄθεσμα, καὶ  
*not being the our soul the(-one) the lawless and*  
 ἀκατάληπτα ἐκεῖνα, καὶ ἄρρητα λόγια ἔνδοθεν φθεγξαμένην·  
*incomprehensible those and unspeakable oracles within having-uttered*  
 ἀλλὰ τὸν μισόtheon δαίμονα τὸν ἐκ τῶν οὐρανῶν  
*but the God-hating demon the(-one) from the heavens*  
 δραπετεύσαντα· διὰ τὸ κακεῖ τὸν Κύριον βλασφημίας  
*having-fled because-of the and-there the Lord blasphemies*  
 τῷ δοκεῖν βαλεῖν. Εἰ γὰρ ἐμοὶ οἱ ἄσεμνοι ἐκεῖνοι καὶ  
*in-the seeming to-have-cast if for mine the indecent those and*  
 ἀπρεπεῖς λόγοι, πῶς τὸ δῶρον δεξάμενος προσκυνῶ; Πῶς  
*unseemly words how the gift having-received do-I-worship how*  
 λοιδορεῖν καὶ εὐλογεῖν δύνάμαι; Πολλοὺς ὁ ἀπατεὼν οὗτος  
*to-revile and to-bless can-I many the deceiver this*  
 καὶ ψυχοφθόρος εἰς ἔκστασιν φρενῶν ἤγαγε πολλάκις· οὐδεὶς  
*and soul-destroyer into derangement of-wits led often no*  
 γὰρ ἕτερος λογισμὸς οὕτως δυσεξαγόρευτος, ὥς αὐτὸς  
*for other thought so hard-to-confess as it*  
 καθέστηκε· διὸ πολλάκις τοῖς πολλοῖς καὶ συνεγήρασεν.  
*is therefore often with-the many even it-grew-old*  
 Οὐδὲν γὰρ οὕτως τοῖς δαίμοσι καὶ τοῖς λογισμοῖς ἰσχὺν  
*nothing for so to-the demons and the thoughts strength*  
 καθ' ἡμῶν δίδωσιν, ὥς τὸ τούτους ἀνεξαγορεύτους ἐν τῇ  
*against us gives as the them unconfessed in the*

καρδιά σιτίζεσθαι καὶ ἀποκρύπτεσθαι· μηδεὶς ἐπὶ λογισμοῖς  
 heart to-be-fed and to-be-hidden let-no-one for thoughts  
 βλασφημίας αὐτὸν αἴτιον εἶναι λογίσοιτο· καρδιογνώστης  
 of-blasphemy himself responsible to-be reckon knower-of-hearts  
 γάρ ἐστιν ὁ Κύριος, καὶ ἐπίσταται, οὐχ ἡμῶν, ἀλλὰ  
 for is the Lord and knows not ours but  
 τῶν ἐχθρῶν ἡμῶν εἶναι τὰ τοιαῦτα ῥήματα. Τὸ μεθύειν  
 of-the enemies our to-be the such words the to-be-drunk  
 αἴτιον τοῦ προσκόπτειν· καὶ τὸ ὑπερηφανεύεσθαι, αἴτιον  
 cause of-the stumbling and the to-be-proud cause  
 τῶν ἀπρεπῶν λογισμῶν, καὶ ἐκ μὲν τοῦ προσκόπτειν  
 of-the unseemly thoughts and from indeed the stumbling  
 ἀναίτιος ὁ προσκόψας, ἐκ δὲ τοῦ μεθύειν πάντως  
 blameless the(-one) having-stumbled from but the being-drunk surely  
 τιμωρηθήσεται. Ἐν προσευχῇ σταθέντων ἡμῶν οἱ  
 will-be-punished in prayer having-stood us the  
 ἀκάθαρτοι καὶ ἄρρητοι λογισμοὶ ἐκείνοι ἐπανεστήσαν·  
 unclean and unspeakable thoughts those rose-up  
 καὶ τὴν προσευχὴν πληρωσάντων, εὐθέως ὑπεχώρησαν·  
 and the prayer having-finished immediately withdrew  
 τοῖς γὰρ μὴ μαχομένοις αὐτοῖς οὐ φιλοῦσι μάχεσθαι.  
 with-those for not fighting them not they-love to-fight  
 Οὐ μόνον τὸ Θεῖον, καὶ τὰ θεῖα πάντα ὁ ἄθεος  
 not only the Divine and the divine(-things) all the godless(-one)  
 βλασφημεῖ, ἀλλὰ αἰσχροτάτους τινὰς καὶ ἀπρεπεῖς λόγους  
 blasphemes but most-shameful certain and unseemly words  
 ἐν ἡμῖν φθέγγεται· ἵνα ἢ τὴν προσευχὴν καταλείψωμεν,  
 in us utters that either the prayer we-may-abandon  
 ἢ ἐαυτῶν ἀπογνώμεν· πολλοὺς μὲν τῆς προσευχῆς  
 or of-ourselves despair many indeed from-the prayer  
 ἀνέκοψε, πολλοὺς δὲ τῶν μυστηρίων ἀπεχώρησε· τινῶν  
 be-cut-off many and from-the mysteries drove-away of-some

μὲν τὰ σώματα τῇ λύπῃ κατέτηξεν· ἄλλους δὲ διὰ  
*indeed the bodies with-the grief he-wasted others and through*  
 νηστείας δεδάμακεν ὁ πονηρὸς οὗτος καὶ ἀπάνθρωπος  
*fasting has-subdued the wicked this and inhuman*  
 τύραννος· καὶ οὐδεμίαν αὐτῆς τὴν ἄνεσιν δέδωκεν· οὐ  
*tyrant and no its the respite has-given not*  
 μόνον τοῖς κατὰ κόσμον, ἀλλὰ καὶ τοῖς τὸν μοναδικὸν  
*only to-those in (the)-world but also to-those the monastic*  
 βίον μετερχομένοις τοῦτο ἀπεργασάμενος, μηδεμίαν αὐτοῖς  
*life pursuing this having-done no to-them*  
 λοιπὸν σωτηρίαν ἔχειν ὑποτιθέμενος, ἀλλὰ καὶ ἀπίστων  
*thereafter salvation to-have suggesting but also than-unbelievers*  
 καὶ Ἑλλήνων πάντων ἑλεεινότερους εἶναι ἀποφαινόμενος.  
*and Pagans all more-pitiable to-be declaring*

- 6 Ὁ πνεύματι βλασφημίας ὀχλούμενος, καὶ τούτου  
*the(-one) by-(the)-spirit of-blasphemy troubled and from-it*  
 ἀπαλλαγῆναι βουλόμενος ἐπιγνώτω ἀκριβῶς, μὴ τὴν  
*to-be-freed wishing let-him-recognize exactly not the*  
 ψυχὴν τὴν ἑαυτοῦ αἴτιον εἶναι τῶν τοιούτων λογισμῶν,  
*soul the own cause to-be of-the such thoughts*  
 ἀλλὰ αὐτὸν ἀκάθαρτον δαίμονα, τὸν ποτε πρὸς Κύριον  
*but the-very unclean demon the(-one) once to (the)-Lord*  
 λέγοντα· Ταῦτα πάντα σοι δώσω, εἰ ἂν πεσὼν  
*saying these(-things) all to-you I-will-give if — having-fallen*  
 προσκυνήσῃς μοι. Διὸ καὶ ἡμεῖς ἐξουθενοῦντες αὐτόν,  
*you-worship me therefore also we despising him*  
 καὶ μηδὲν τὰ παρ' αὐτοῦ λογιζόμενα εἰς μέτρον  
*and in-no-way the(-things) from him thought into account*  
 ἔχοντες, εἵπωμεν· Ὑπαγε ὀπίσω μου, Σατανᾶ, Κύριον τὸν  
*taking let-us-say get behind me Satan (the)-Lord —*  
 Θεόν μου προσκυνήσω, καὶ αὐτῷ μόνῳ λατρεύσω. Σοῦ δὲ  
*God my I-will-worship and him alone I-will-serve your and*



ἐπιστρέψει ὁ πόνος καὶ ὁ λόγος ἐπὶ τὴν κεφαλὴν σου,  
*will-return the toil and the word upon the head your*  
 καὶ ἐπὶ τὴν κορυφὴν σου, ἡ βλασφημία σου καταβήσεται  
*and upon the crown your the blasphemy your will-come-down*  
 ἐν τῷ νῦν καὶ ἐν τῷ μέλλοντι αἰῶνι· ὁ ἐκτὸς  
*in the present and in the coming age the(-one) outside*  
 τοῦ προειρημένου τρόπου τὸν τῆς βλασφημίας δαίμονα  
*the aforesaid way the of-the blasphemy demon*  
 παλαῖσαι βουλόμενος, ὅμοιός ἐστι τῷ ἐν ταῖς αὐτοῦ  
*to-wrestle wishing like is to-the(-one) in the his*  
 χερσὶν ἀστραπὴν κατασχεῖν δοκιμάζοντι· πῶς γὰρ καὶ  
*hands lightning to-hold trying how for even*  
 καταλήψεται, ἢ ἀντείπη, ἢ παλαίσῃ τῷ ἐξαίφνης ἐν  
*will-be-seize or contradict or wrestle with-the(-one) suddenly in*  
 τῇ καρδίᾳ δίκην ἀνέμου παρερχομένῳ καὶ ῥοπῆς, τάχιστα  
*the heart like wind passing and an-instant most-quickly*  
 τὸν λόγον λέγοντι, καὶ εὐθέως ἀφαντουμένῳ; Πάντες  
*the word saying and immediately vanishing all*  
 γὰρ οἱ πολέμιοι καὶ ἴστανται, καὶ προσπαλαίουσι, καὶ  
*for the enemies both stand and grapple and*  
 χρονίζουσι, καὶ καιρὸν παρέχουσι τῷ κατ' αὐτῶν  
*linger and time give to-the(-one) against them*  
 παλαίειν βουλομένῳ· οὗτος δὲ οὐ, ἀλλὰ ἅμα τοῦ  
*to-wrestle wishing this but not but at-once with-the*  
 φανῆναι ἀπέστη, καὶ ἅμα τοῦ προσλαλήσαι παρήλθε.  
*appearing withdrew and at-once with-the speaking passed-by*  
 Πολλάκις ἐν τῇ τῶν ἀπλουστείων ἀκεραιότερων διανοίᾳ ὁ  
*often in the of-the simpler purer mind the*  
 τοιοῦτος δαίμων φιλοχωρεῖν εἴωθε, οἷτινες καὶ μάλιστα  
*such demon to-linger is-accustomed who also most*  
 σφοδροτέρως τῶν ἄλλων θορυβοῦνται καὶ ταράττονται.  
*more-vehemently than-the others are-troubled and disturbed*

Ἐν οἷς καὶ λέγομεν κυρίως, οὐκ ἐξ οἰήσεως, ἀλλ' ἐκ  
*in whom also we-say properly not from conceit but from*  
 φθόνου τῶν δαιμόνων τὸ πᾶν γίνεσθαι. Τοῦ κρίνειν  
*envy of-the demons the whole to-happen from-the to-judge*  
 καὶ τοῦ κατακρίνειν τὸν πλησίον παυσώμεθα, καὶ  
*and from-the to-condemn the neighbor let-us-cease and*  
 λογισμοὺς βλασφημίας οὐ φοβηθησόμεθα· ἀφορμὴ γὰρ καὶ  
*thoughts of-blasphemy not we-will-fear occasion for and*  
 ῥίζα τοῦ δευτέρου τὸ πρότερον. Ὡςπερ ὁ ἐν οἴκῳ  
*root of-the second the first as the(-one) in a-house*  
 κατακεκλεισμένος ὑπάρχων τῶν ἔξω παριόντων τοὺς  
*shut-up being of-those outside passing the*  
 λόγους ἀκούει, αὐτὸς τούτους μὴ φθεγγόμενος· οὕτω καὶ  
*words hears himself them not uttering thus also*  
 ἡ ψυχὴ ἐν ἑαυτῇ διάγουσα, τὰς τοῦ δαίμονος βλασφημίας  
*the soul in itself dwelling the of-the demon blasphemies*  
 ἀκροωμένη ταραττεται, ἅπερ φθέγγεται δι' αὐτῆς  
*bearing is-disturbed which he-utters through it*  
 παρερχόμενος. Ὁ ἐξουθενώσας τοῦτον, τοῦ πάθους  
*passing the(-one) having-despised him from-the passion*  
 ἡλευθέρωται· ὁ δὲ ἄλλως αὐτῷ παλαίειν σοφίζόμενος,  
*has-been-freed the(-one) but otherwise with-him to-wrestle contriving*  
 εἰς τέλος ὑπόκειται· ὁ γὰρ λόγοις πνεύματα κρατῆσαι  
*to (the)-end is-subject the(-one) for with-words spirits to-master*  
 βουλόμενος, ὁμοίως ἐστὶ τῷ ἀνέμῳ ἐγκλείοντι.  
*wishing like is to-the(-one) winds shutting-in*

8 Μοναχὸς σπουδαῖος ὑπὸ τούτου ὀχλούμενος τοῦ δαίμονος  
*a-monk earnest by this troubled the demon*  
 ἐπὶ εἰκοστὸν ἔτος τὰς ἑαυτοῦ σάρκας νηστεύει καὶ  
*for twentieth year the own flesh with-fasts and*  
 ἀγρυπνίας κατέτηξε. Καὶ ὥς οὐδεμιᾶς ὠφελείας ἦσθετο  
*vigils wasted and when no benefit he-perceived*

ἀπελθὼν καὶ τὸ πάθος ἐν χάρτῃ γεγραφώς, ἀγίῳ τινὶ  
*having-gone-away and the passion on paper having-written to-a-holy certain*  
 ἀνδρὶ ἐπέδωκεν, ἐπὶ πρόσωπον κείμενος καὶ πρὸς αὐτὸν  
*man gave(-it) on (his)-face lying and to him*  
 ἀνανεύειν μὴ δυνάμενος. Ὡς δὲ ἀνέγνω ὁ γέρων, ἐμειδίασε,  
*to-look-up not able when and read(-it) the elder he-smiled*  
 καὶ ἀναστήσας τὸν ἀδελφὸν λέγει αὐτῷ· Ἐπίθεε, τέκνον, τὴν  
*and having-raised the brother says to-him put child the*  
 σὴν χεῖρα ἐπὶ τὸν ἐμὸν αὐχένα. Καὶ ὡς τοῦτο ὁ ἀδελφὸς  
*your hand on the my neck and when this the brother*  
 πεποίηκε, λέγει ὁ μέγας· Ἐπὶ τὸν ἐμὸν τράχηλον, ἀδελφέ,  
*had-done says the great(-man) on the my neck brother*  
 ἡ ἁμαρτία αὕτη, ὅσα ἔτη καὶ πεποίηκε, καὶ ποιήσει ἐν  
*the sin this as-many years both it-has-worked and will-work in*  
 σοί, μόνον σὺ αὐτὴν εἰς μέτρον μηκέτι ἔχει. Καὶ διεβεβαιούτο  
*you only you it into account no-longer take and affirmed*  
 ὁ τοιοῦτος, ὡς οὐ πρῶν τῆς κέλλης τοῦ γέροντος  
*the such(-man) that not yet from-the cell of-the elder*  
 ἐξεληλύθει, ἕως οὗ τὸ πάθος θάπτον ἄφαντον γέγονεν· τούτου  
*he-had-come-out until — the passion quickly vanished became of-this*  
 ἐν πείρᾳ γενόμενος ἐμοὶ διηγήσατο εὐχαριστῶν τῷ Χριστῷ.  
*in experience having-been to-me he-related thanking — Christ*  
 Νίκην τοῦ πάθους ὁ εἰληφώς ἀπώσατο ὑπερηφανίαν. 9  
*victory over-the passion the(-one) having-received thrust-away pride*

*Meekness runs before humility as morning light before the sun, and must be learned first. It is a mind unmoved in honor and dishonor, a rock above the sea of temper, the mother of love, and the dwelling of the Holy Spirit; the meek are filled with knowledge. Simplicity is an unvaried habit of soul, guilelessness a cheerful state free of scheming, and wickedness a demonic knowledge; the wicked man is the devil's namesake, so the Lord taught us to pray to be delivered from the evil one. Adam kept his simplicity while he did not see his nakedness, but simplicity grafted by toil onto wickedness is higher than simplicity by nature, for it bears humility. Paul the Simple is its pattern, and a fall has often taught the clever innocence.*

- 1 Προτρέχει μὲν τοῦ ἡλίου τὸ πρωῒνὸν φῶς, πάσης δὲ  
*runs-before indeed the sun the morning light of-all and*  
 ταπεινοφροσύνης πραΰτης πρόδρομος· διὸ καὶ τοῦ φωτὸς  
*humility meekness forerunner therefore also the light*  
 ἀκούσωμεν, οὕτως αὐτὰς τῷ βαθμῷ κατατάττοντος·  
*let-us-bear thus them in-the step arranging*  
 Μάθετε γὰρ ἀπ' ἐμοῦ, φησί, ὅτι πρᾶός εἰμι, καὶ ταπεινὸς τῇ  
*learn for from me he-says that meek I-am and humble in-the*  
 καρδίᾳ. Οὐκοῦν θέμις πρὸ ἡλίου περὶ φωτὸς φωτισθῆναι·  
*heart therefore (it-is)-right before (the)-sun about light to-be-illuminated*  
 εἰθ' οὕτως τῷ ἡλίῳ ἐνατενίσαι τρανῶς. Οὐκ ἔστι γάρ,  
*then thus at-the sun to-gaze clearly not it-is-possible for*  
 οὐκ ἔστι τὸν μὴ τοῦτο προγνόντα, ἐκείνον θεάσασθαι,  
*not it-is-possible the-(one) not this having-first-known that to-behold*  
 ὥς ἡ τῶν λεγομένων διδάσκει ἀληθῆς κατάστασις. Πραΰτης  
*as the of-the (things)-said teaches true state meekness*  
 ἐστὶν ἀμετάθετος νοὸς κατάστασις, ἐν τιμαῖς καὶ ἀτιμίαις  
*is an-unchanging of-mind state in honors and dishonors*  
 ὡσαύτως ἔχουσα. Πραΰτης ἐστὶν ἐν ταραχαῖς τοῦ πλησίον  
*alike being meekness is in disturbances of-the neighbor*

ἀνεπαισθήτως καὶ εἰλικρινῶς ὑπὲρ αὐτοῦ προσεύχεσθαι.  
*unfeelingly and sincerely for him to-pray*  
 Πραῦτης ἐστὶν ὑπερκειμένη τῆς τοῦ θυμοῦ θαλάττης πέτρα,  
*meekness is standing-above the of-the temper sea a-rock*  
 πάντα τὰ προσρήσσοντα κύματα διαλύουσα, καὶ οὐδαμῶς  
*all the breaking-against(-it) waves dissolving and in-no-way*  
 κλόνον ὑπομένουσα. Πραῦτης ἐστὶν ὑπομονῆς στήριγμα,  
*shaking enduring meekness is of-patience support*  
 ἀγάπης θύρα, μᾶλλον δὲ μήτηρ, διακρίσεως ὑπόθεσις·  
*of-love door rather but mother of-discernment foundation*  
 Διδάξει γάρ, φησί, Κύριος πραεῖς ὁδοὺς αὐτοῦ· ἀφέσεως  
*will-teach for he-says (the)-Lord (the)-meek ways his of-forgiveness*  
 πρόξενος· παρρησία ἐν προσευχῇ· Πνεύματος ἁγίου χωρίον·  
*cause boldness in prayer of-(the)-Spirit holy dwelling*  
 Ἐπὶ τίνας γὰρ ἐπιβλέψω, ἀλλ' ἢ ἐπὶ τὸν πρᾶον καὶ  
*on whom for will-I-look but than on the meek and*  
 ἡσύχιον; Πραῦτης ὑπακοῆς συνεργός, ἀδελφότητος ὁδηγός,  
*quiet meekness of-obedience co-worker of-brotherhood guide*  
 μαινομένων χαλινός, θυμουμένων ἐκκοπή, καὶ χαρὰς  
*of-(the)-raging bridle of-(the)-enraged cutting-off and of-joy*  
 χορηγός, Χριστοῦ μίμημα, ἀγγέλων ἰδίωμα, δαιμόνων  
*supplier of-Christ imitation of-angels property of-demons*  
 δεσμός, καὶ πικρίας θυρεός. Ἐν καρδίαις πραέων  
*bond and against-bitterness shield in hearts of-(the)-meek*  
 ἐπαναπαύεται Κύριος· ψυχὴ δὲ ταραχώδης διαβόλου  
*will-rest (the)-Lord a-soul but turbulent of-(the)-devil*  
 καθέδρα. Οἱ πραεῖς κληρονομήσουσι γῆν· μᾶλλον δὲ  
*seat the meek will-inherit (the)-earth rather but*  
 κατακυριεύσουσι γῆς· μεμνηότες δὲ ἄνδρες ἐκπορθοῦνται  
*will-master (the)-earth raging but men are-driven-out*  
 ἀπὸ γῆς αὐτῶν. Ψυχὴ πραεῖα θρόνος ἀπλότητος· νοῦς δὲ  
*from land their a-soul meek throne of-simplicity a-mind but*

ὀργίλος δημιουργὸς πονηρίας. Ψυχὴ ἡπία χωρήσει λόγους  
 angry maker of-wickedness a-soul gentle will-hold words  
 σοφίας, Ὅδηγήσει γὰρ Κύριος πραεῖς ἐν κρίσει, μᾶλλον δὲ  
 of-wisdom will-guide for (the)-Lord (the)-meek in judgment rather but  
 ἐν διακρίσει. Ψυχὴ εὐθὴς σύμβιος ταπεινώσεως· ἡ δὲ  
 in discernment a-soul upright companion of-humility the(-one) but  
 πονηρὰ ὑπερηφανίας νεανίς. Ψυχαὶ πραέων πλησθήσονται  
 wicked of-pride handmaid souls of-(the)-meek will-be-filled  
 γνώσεως· θυμώδης δὲ νοῦς σκότους καὶ ἀγνωσίας  
 with-knowledge a-hot-tempered but mind of-darkness and of-ignorance  
 σύνοικος. Θυμώδης καὶ εἴρων ἀλλήλοις ὑπὴντησαν·  
 housemate a-hot-tempered(-man) and a-dissembler each-other met  
 καὶ οὐκ ἦν εὐρεῖν λόγον εὐθὴ ἐν διαλέξει αὐτῶν.  
 and not it-was-possible to-find (a)-word straight in conversation their  
 Ἀναπτύξας τὴν καρδίαν τοῦ προτέρου, εὐρήσεις μανίαν,  
 having-opened the heart of-the former you-will-find madness  
 τὴν δὲ τοῦ δευτέρου ψυχὴν ἐρευνήσας, θεωρήσεις πονηρίαν.  
 the and of-the second soul having-searched you-will-see wickedness  
 Ἀπλότης ἐστὶν ἕξις ψυχῆς ἀποίκιλος, πρὸς κακόνοιαν  
 simplicity is a-habit of-soul unvaried toward malice  
 γενομένη ἀκίνητος. Πονηρία ἐστὶν ἐπιστήμη, μᾶλλον  
 become immovable wickedness is knowledge rather  
 δὲ ἀσχημοσύνη δαμονιώδης, ἀληθείας ἀποστερηθεῖσα,  
 but disgrace demonic of-truth deprived  
 καὶ τοὺς πολλοὺς λανθάνειν δοκοῦσα. Ὑπόκρισις ἐστὶ  
 and the many to-escape thinking hypocrisy is  
 σώματος καὶ ψυχῆς ἐναντία κατάστας ἐπινοίαις ἀπάσαις  
 of-body and of-soul contrary state with-schemes all  
 ἐμπεπλεγμένη· ἀκακία ἐστὶν ἰλαρὰ ψυχῆς κατάστας  
 entwined innocence is a-cheerful of-soul state  
 ἐπινοίας πάσης ἀπηλλαγμένη. Εὐθύτης ἐστὶν ἀπεριέργος  
 from-scheming all freed uprightness is unmeddling

ἔννοια, ἀνόθευτον ἦθος, ἄπλαστος καὶ ἀπροκατασκευάστος  
*thought unadulterated character unfeigned and unrehearsed*

λόγος· ἀπόνηρός ἐστι καθαρά φύσις ψυχῆς, ὡς  
*speech (the)-guileless(-one) is pure nature of-soul as*  
 πέφυκε κτισθεῖσα τὰς ἐντεύξεις πρὸς πάντας ποιουμένη.  
*it-was created the dealings with all making*

Πονηρία ἐστὶν εὐθύτητος ἐναλλαγή, πεπλανημένη ἔννοια·  
*wickedness is of-uprightness perversion a-deluded thought*  
 οἰκονομίας ψευδομένη· κεκολασμένοι ὄρκοι, συμπεπλεγμένοι  
*of-dispensation feigning punishable oaths entangled*

λόγοι· βυθὸς καρδίας, ἄβυσσος δόλου, πεπωμμένοι  
*words a-depth of-heart an-abyss of-guile ingrained*

ψεῦδος, φυσικὴ λοιπὸν οὔσις, ταπεινώσεως ἀντίπαλος,  
*falsehood natural thereafter conceit of-humility adversary*

μετανοίας ὑπόκρισις, πένθους μικρυσμός, ἐξομολογήσεως  
*of-repentance hypocrisy of-mourning diminishing of-confession*

ἔχθρα, ιδιογνώμωρυσμος, πτωμάτων πρόξενος, ἀναστάσεως  
*enmity self-willed of-falls cause to-rising*

ἀντίθετος, ὕβρεων μειδιασμός, μεμωραμένη κατήφεια,  
*opposed at-insults smiling foolish dejection*

ἐπίπλαστος εὐλάβεια, δαιμονιώδης βίος.  
*feigned piety demonic life*

Πονηρός ἐστι διαβόλου συνώνυμος καὶ συνόμιλος. Διὸ 2  
*a-wicked(-man) is of-(the)-devil namesake and companion therefore*

καὶ Κύριος οὕτως αὐτὸν ἡμᾶς ὀνομάζειν ἐδίδαξε λέγοντας·  
*also (the)-Lord thus him us to-name taught saying*

Ὶῥῡσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ. Φύγωμεν ἀπὸ κρημνοῦ  
*deliver us from the evil(-one) let-us-flee from (the)-cliff*

ὑποκρίσεως, καὶ ἀπὸ λάκκου ὑπουλότητος, ἀκούοντες τοῦ  
*of-hypocrisy and from (the)-pit of-deceit bearing the(-one)*

λέγοντος ὅτι οἱ πονηρευόμενοι ἐξολοθρευθήσονται, καὶ  
*saying that those acting-wickedly will-be-destroyed and*

ὥσεί λάχανα χλόης ταχὺ ἀποπεσοῦνται. Οἱ γὰρ τοιοῦτοι  
*like herbs of-grass quickly will-fall-away the for such(-men)*  
 βοσκή δαιμόνων. Ὡσπερ ἀγάπη ὁ Θεὸς ὀνομάζεται, οὕτως  
*pasture of-demons as love — God is-named thus*  
 καὶ εὐθύτης. Διὸ ὁ σοφὸς ἐν τοῖς Ἰσμοσὶ φησι πρὸς  
*also uprightness therefore the wise(-man) in the Songs says to*  
 τὴν καθαρὰν καρδίαν· Εὐθύτης ἡγάπησέ σε. Καὶ πάλιν ὁ  
*the pure heart uprightness loved you and again the*  
 τούτου πατήρ· Χρηστὸς καὶ εὐθὺς ὁ Κύριος. Καὶ τοὺς  
*his father good and upright the Lord and the(-ones)*  
 συνωνύμους αὐτοῦ σώζεσθαι λέγει· φησὶ γάρ· Τοῦ  
*named-like him to-be-saved he-says he-says for of-the(-one)*  
 σώζοντος τοὺς εὐθεῖς τῇ καρδίᾳ. Καὶ πάλιν· Εὐθύτητας  
*saving the upright in-the heart and again uprightnesses*  
 ψυχῶν εἶδε, καὶ ἐπεσκέψατο τὸ πρόσωπον αὐτοῦ. Πρῶτον  
*of-souls saw and visited the face his first*  
 ἰδίωμα τῆς τῶν παιδῶν αὐξήσεως, ἀπλότης ἀποίκιλος,  
*property of-the of-the children growth simplicity unvaried*  
 ἣν ἕως εἶχεν Ἀδὰμ ἐκεῖνος, οὐκ εἶδε γύμνωσιν ψυχῆς  
*which while had Adam that not saw nakedness of-soul*  
 αὐτοῦ· οὐδὲ ἀσχημοσύνην σαρκὸς αὐτοῦ. Καλὴ μὲν καὶ  
*his nor shame of-flesh his good indeed also*  
 ἡ φύσει τισὶν ἐνυπάρχουσα ἀπλότης, καὶ μακαρία·  
*the(-one) by-nature in-some existing simplicity and blessed*  
 οὐχ οὕτως δέ, ὥς ἡ ἐκ πονηρίας δι' ἰδρώτων  
*not so but as the(-one) from wickedness through sweats*  
 κατεγκεντρισθεῖσα· ἡ μὲν γὰρ ἀπὸ πολλῆς ποικιλίας καὶ  
*grafted-in the-one indeed for from much wiliness and*  
 παθῶν σκέπεται· ἡ δὲ ὑψηλοτάτης ταπεινοφροσύνης  
*passions is-sheltered the-other and of-highest humility*  
 καὶ πραότητος γίνεταί· πρόξενος· καὶ τῇ μὲν οὐ  
*and meekness becomes cause and for-the-one indeed not*



πολὺς ὁ μισθός, τῇ δὲ ὑπερύμνητος. Πάντες οἱ  
*much the reward for-the-other and highly-praised all those*  
 τὸν Κύριον ἑαυτοῖς ἐπισπάσασθαι βουλόμενοι, ἀπλῶς καὶ  
*the Lord to-ourselves to-draw wishing simply and*  
 ἀπλάστως, καὶ ἀποικίλως, καὶ ἀπονήρως ὡς διδασκάλῳ  
*unfeignedly and without-wiles and without-malice as to-a-teacher*  
 ἐν τοῖς μαθήμασιν ἀπεριέργως προσέλθωμεν. Ἀπλοῦς γὰρ  
*in the lessons without-curiosity let-us-approach simple for*  
 ὢν, καὶ ἀσύνθετος, ἀπλᾶς τινὰς καὶ ἀκεραίους τὰς ἑαυτῷ  
*being and uncompounded simple certain and pure the to-him*  
 προσερχομένας ψυχὰς εἶναι βούλεται. Οὐκ ἔστι γὰρ  
*approaching souls to-be he-wishes not it-is-possible for*  
 ἀπλότητα ἀπηλλαγμένην ταπεινώσεως θεάσασθαί ποτε.  
*simplicity freed from-humility to-behold ever*  
 Πονηρός ἐστι προβλέπτῃς, ψευδὴς ἐκ λόγων τοὺς  
*a-wicked(-man) is a-seer false from words the*  
 λογισμούς, καὶ ἐκ σχημάτων τὰ ἐγκάρδια λαμβάνειν  
*thoughts and from gestures the secrets-of-the-heart to-grasp*  
 φανταζόμενος· εἶδον εὐθεῖς ἐκ πονηρῶν πονηρεύεσθαι  
*imagining I-saw upright(-men) from wicked(-men) to-act-wickedly*  
 μεμαθηκότας, καὶ πεφάντασμαι πῶς καὶ φύσεως ιδίωμα  
*having-learned and I-have-wondered how both of-nature property*  
 καὶ προτέρημα οὕτως ταχέως ἀπολέσαι ἴσχυσαν. Ὅσα οἱ  
*and advantage thus quickly to-lose they-could as-much the*  
 εὐθεῖς εὐχερῶς μεταπίπτουσι, τοσούτῳ δυσχερῶς οἱ ἐναντίοι  
*upright easily change so-much with-difficulty the opposite*  
 μεταποιηθῆναι δύνανται. Ξενιτεία ἀληθῆς καὶ ὑποταγή, καὶ  
*to-be-changed can exile true and submission and*  
 φυλακὴ χελέων πολλὰ πολλάκις ἴσχυσαν καὶ μετεποίησαν  
*guarding of-lips much often availed and transformed*  
 παραδόξως ἀνίατα. Εἰ ἡ γνώσις φυσιοῖ τοὺς πλείονας·  
*wonderfully incurable(-things) if the knowledge puffs-up the most*

μή πως ἡ ἰδιωτεία, καὶ ἡ ἀμαθία ταπεινοῦν συμμέτρως  
*not perhaps the plainness and the ignorance to-humble moderately*  
 πέφυκεν. Ἀπόδειξις καὶ ὁρος ἐναργῆς καὶ τύπος ἡμῖν τῆς  
*is-wont proof and definition clear and model for-us of-the*  
 μακαρίας ἀπλότητος ὁ τρισμακάριος Παῦλος γέγονεν ὁ  
*blessed simplicity the thrice-blessed Paul has-become the*  
 ἀπλοῦς. Οὐδεὶς γάρ, οὐδεὶς οὐδαμοῦ τοιαύτην προκοπὴν ἐν  
*simple no-one for no-one anywhere such progress in*  
 ὀλίγῳ οὐδὲ εἶδεν, οὐδὲ ἤκουεν, οὐδὲ ἰδεῖν δύναται πώποτε.  
*little(-time) neither saw nor heard nor to-see can ever*  
 Ἀπλοῦς μοναχός, ἄλογον λογικόν, ὑπήκοον, τὸ  
*a-simple monk an-irrational(-animal) rational obedient the*  
 οἰκεῖον φορτίον τελείως τῷ ἄγοντι ἀποθέμενος. Οὐκ  
*own burden completely on-the(-one) leading having-put-down not*  
 ἀντείπει ζῶν τῷ δεσμοῦντι· οὐδὲ ψυχὴ εὐθὴς τῷ  
*will-contradict an-animal the(-one) binding nor a-soul upright the(-one)*  
 ἐπιστατοῦντι· ἔπεται τῷ ἔλκοντι ὡς βούλεται, καὶ μέχρι  
*presiding it-follows the(-one) drawing as he-wishes and to*  
 θύσεως ἀντιλέγειν οὐκ ἐπίσταται. Δυσκόλως πλούσιοι εἰς  
*slaughter to-contradict not knows with-difficulty (the)-rich into*  
 βασιλείαν, καὶ φρόνιμοι ἄφρονες εἰς ἀπλότητα εἰσελεύσονται.  
*(the)-kingdom and (the)-prudent foolish into simplicity will-enter*  
 Πτώμα πολλάκις δεινὸς ἐσωφρόνισεν, ἀκούσιον αὐτοῖς  
*a-fall often clever(-men) sobered involuntary to-them*  
 σωτηρίαν καὶ ἀκακίαν κεχαρισμένον. Πάλαιε πλανᾷν σου  
*salvation and innocence having-granted wrestle to-lead-astroy your*  
 τὴν φρόνησιν, καὶ οὕτως ποιῶν εὐρήσεις σωτηρίαν, καὶ  
*the prudence and thus doing you-will-find salvation and*  
 εὐθύτητα ἐν Χριστῷ Ἰησοῦ τῷ Κυρίῳ ἡμῶν. Ἀμήν.  
*uprightness in Christ Jesus the Lord our amen*

*To describe humility in words is to teach honey's sweetness to those who have never tasted it. Those led by the Spirit gather to read its inscription, and each defines it differently; John, gathering their crumbs, calls it a nameless grace of the soul, learned from Christ, meek and humble in heart. Repentance, mourning, and humility differ as leaven and flour from bread, yet are one three-stranded chain, marked by glad acceptance of dishonor, the death of temper, and distrust of one's own goods. Demons praised a wise brother, who answered that their going made him great and their staying made him humble. A monk wrote the virtues' names on his cell wall to answer his praising thoughts. Humility is an abyss no thief can reach.*

Ὁ ἀγάπης Κυρίου κυρίως, καὶ ταπεινοφροσύνης 1  
*the(-one) of-love of-(the)-Lord properly and of-humility*  
 πρεπόντως, καὶ μακαρίας ἀγνείας ἀληθῶς, καὶ ἐλλάμψεως  
*fittingly and of-blessed purity truly and of-illumination*  
 Θεοῦ ἐναργῶς, καὶ φόβου αὐτοῦ ἀψεudῶς, καὶ πληροφορίας  
*of-God clearly and of-fear his unfeignedly and of-assurance*  
 καρδίας εἰλικρινῶς αἰσθῆσιν καὶ ἐνέργειαν διὰ λόγου  
*of-heart sincerely (the)-perception and working through speech*  
 ὁρατοῦ διηγεῖσθαι βουλόμενος, καὶ τοὺς ταύτης ἀγεύστους  
*visible to-describe wishing and those of-it untasting*  
 ἐν ἐξηγήσει περὶ τῶν τοιούτων φωτίζειν δοκῶν,  
*in explanations about the such(-things) to-enlighten thinking*  
 ὅμοιον τι ποιεῖ ἀνδρί, τῷ τοὺς μὴ γευσταμένους  
*like something does to-a-man the(-one) those not having-tasted*  
 μέλιτος πώποτε τὴν τούτου γλυκύτητα διὰ λόγων, καὶ  
*honey ever the its sweetness through words and*  
 ὑποδειγμάτων διδάσκειν θέλοντι. Ἄλλ' ὁ μὲν δεύτερος εἰς  
*examples to-teach wishing but the indeed second in*  
 μάτην φιλολογεῖ, ἵνα μὴ εἶπω βαττολογεῖ· ὁ δὲ πρότερος,  
*vain talks that not I-say babbles the and former*

ἢ ἀπειρος τῆς ἑαυτοῦ διηγήσεως κατέστηκεν, ἢ ὑπὸ  
 either inexperienced of-the own account is or by  
 κενοδοξίας ὀξέως ἐμπαίζεται. Προέθηκεν ὁ λόγος θησαυρὸν  
 vainglory sharply is-mocked set-forth the discourse a-treasure  
 εἰς βάσανον ἐν ὀστρακίοις σκεύεσι, μᾶλλον δὲ σώμασι,  
 for testing in earthen vessels rather but bodies  
 κατησφαλισμένον ὑπάρχοντα, παντὶ λόγῳ τῇ ποιότητι  
 secured being to-every word in-the quality  
 ἀγνώριστον διαμένοντα, μόνην δὲ τὴν ἄνωθεν ἐπιγραφὴν  
 unknowable remaining only and the from-above inscription  
 ἀκατάληπτον περικείμενον πολλὴν καὶ ἀπέραντον τοῖς  
 incomprehensible bearing much and endless to-those  
 λόγῳ ζητοῦσι τὴν ἔρευναν, καὶ τὸν μόχθον παρέχουσιν.  
 by-reason seeking the search and the toil providing  
 Εἶχε δὲ ἡ λέξις οὕτως· Ἡ ἀγία ταπεινῶσις. Ὅσοι  
 had and the wording thus the holy humility as-many-as  
 Πνεύματι Θεοῦ ἄγονται, οὗτοι ἡμῖν εἰς τὸ νοερὸν τοῦτο  
 by-(the)-Spirit of-God are-led these with-us into the spiritual this  
 καὶ πάνσοφον συνεισιέτωσαν συνέδριον, πλάκας γνώσεως  
 and all-wise let-them-come-in council tablets of-knowledge  
 θεογράφους σὺν αὐτοῖς μετὰ χεῖρας νοερὰς ἐπιφερόμενοι·  
 God-written with them in hands spiritual carrying  
 καὶ συνεληλύθαμεν καὶ συνεζητήκαμεν, καὶ βεβασανίκαμεν  
 and we-have-come-together and have-inquired and have-tested  
 τῆς τιμίας ἐπιγραφῆς τὴν δύναμιν. Καὶ ὁ μὲν ἔλεγε  
 of-the precious inscription the meaning and the-one indeed said  
 λήθην τῶν κατορθουμένων προσεχῇ· ἕτερος δὲ τὸ πάντων  
 forgetfulness of-the achievements constant another and the than-all  
 ἐσχατώτερον καὶ ἁμαρτωλότερον ἑαυτὸν λογίζεσθαι· ἄλλος  
 lower and more-sinful oneself to-reckon another  
 ἐπίγνωσιν νοδὸς τῆς οἰκείας ἀσθενείας καὶ ἀδυναμίας·  
 recognition of-mind of-the own weakness and powerlessness

ἕτερος, τὸ προκαταλαμβάνειν τὸν πλησίον ἐν παροργισμοῖς  
*another the to-anticipate the neighbor in provocations*  
 καὶ λύειν πρῶτον τὴν μῆνιν· ἕτερος πάλιν χάριτος  
*and to-dissolve first the wrath another again of-(the)-grace*  
 Θεοῦ καὶ συμπαθείας ἐπίγνωσιν· ἄλλος συντετριμμένης  
*of-God and compassion recognition another of-a-contrite*  
 ψυχῆς αἴσθησιν, καὶ θελήματος οἰκείου ἄρνησιν. Ἐγὼ δὲ  
*soul perception and of-will own denial I but*  
 πάντων ἀκηκόως, καὶ ἐν ἑαυτῷ ταῦτα ἐπεσκεμμένως  
*all having-heard and in myself these(-things) attentively*  
 τε καὶ νηφόντως βεβασανικώς, τὴν μακαρίαν ἐκείνης  
*both and soberly having-tested the blessed its*  
 αἴσθησιν δι' ἀκοῆς μανθάνειν οὐ δεδύνημαι. Διόπερ  
*perception through hearing to-learn not I-have-been-able therefore*  
 καὶ ἔσχατος πάντων ὡς κύων ἐκ ψιχίων τραπέζης  
*also last of-all as a-dog from crumbs of-(the)-table*  
 τῶν γνωστικῶν καὶ μακαρίων ἐκπιπτόντων αὐτῶν τοῦ  
*of-the knowing and blessed falling their from-the*  
 στόματος συλλελεχώς περὶ ταύτης ὀριζόμενος εἶπον·  
*mouth having-gathered about it defining I-said*  
 Ταπεινοφροσύνη ἐστὶ ἀνώνυμος χάρις ψυχῆς, μόνοις  
*humility is a-nameless grace of-(the)-soul to-those-alone*  
 εὐώνυμος· τοῖς τὴν πείραν εἰληφόσιν, ἀφραστός πλοῦτος  
*well-named to-those the experience having-received unspeakable wealth*  
 Θεοῦ ὀνομασία, καὶ χορηγία. Μάθετε γάρ, φησὶν, οὐκ ἀπ'  
*of-God name and gift learn for he-says not from*  
 ἀγγέλου, οὐκ ἀπ' ἀνθρώπου, οὐκ ἀπὸ δέλτου, ἀλλ' ἀπ'  
*an-angel not from a-man not from a-book but from*  
 ἐμοῦ, τοῦτ' ἔστιν, ἐκ τῆς ἐμῆς ἐν ὑμῖν ἐνοικειώσεως καὶ  
*me this is from the my in you indwelling and*  
 ἐλλάμψεως, καὶ ἐνεργείας· ὅτι πρᾶός εἰμι καὶ ταπεινός  
*illumination and working that meek I-am and humble*

τῇ καρδίᾳ, καὶ τῷ λογισμῷ, καὶ τῷ φρονήματι, καὶ  
*in-the heart and in-the thought and in-the mind and*  
 εὐρήσετε ἀνάπαυσιν πολέμων, καὶ κουφισμὸν λογισμῶν  
*you-will-find rest from-wars and relief from-thoughts*  
 ταῖς ψυχαῖς ὑμῶν. Ἄλλη τῆς ὁσίας ταύτης ἀμπέλου ἡ  
*for-the souls your other of-the holy this vine the*  
 θέα ἐν χειμῶνι παθῶν ἔτι, καὶ ἄλλη ἐν ἔαρι λοιπὸν τῶν  
*sight in winter of-passions still and other in spring thereafter of-the*  
 καρπῶν· καὶ ἑτέρα ἡ ἐν θέρει τῶν ἀρετῶν, εἰ καὶ εἰς  
*fruits and other the(-one) in summer of-the virtues if even into*  
 μίαν πᾶσαι αὐτῆς αἱ θεωρίαι συντρέχουσιν τὴν εὐφροσύνην  
*one all its the views run-together the gladness*  
 καὶ καρποφορίαν· ὅθεν καὶ οἰκεῖα ὥσπερ εἰς τὰ σύμβολα  
*and fruitfulness whence also own as-it-were the signs*  
 καὶ τὰ τεκμήρια τῶν καρπῶν κέκτηνται. Ὅταν μὲν γὰρ  
*and the proofs of-the fruits they-have when indeed for*  
 ἐν ἡμῖν ὁ τῆς ὁσίας ταύτης ἐπανθεῖν βότρυς ἀρξῇται,  
*in us the of-the holy(-one) this to-bloom cluster begins*  
 μισοῦμεν εὐθέως μετὰ πόνου πᾶσαν ἀνθρωπίνην δόξαν  
*we-hate immediately with toil all human glory*  
 καὶ εὐφημίαν· θυμὸν καὶ ὀργὴν ἐξ ἑαυτῶν ἐξορίζοντες.  
*and praise temper and anger from ourselves banishing*  
 Προκοποῦσθαι δὲ λοιπὸν τῆς βασιλίδος ταύτης τῶν ἀρετῶν  
*advancing and thereafter the queen this of-the virtues*  
 τῇ πνευματικῇ ἡλικίᾳ ἐν τῇ ψυχῇ, εἰς οὐδέν, μᾶλλον  
*in-the spiritual stature in the soul as nothing rather*  
 εἰς βδέλυγμα, πάντα τὰ παρ' ἡμῶν ἐκτελούμενα  
*as abomination all the(-things) by us accomplished*  
 ἀγαθὰ λογιζόμεθα, πᾶσαν ἡμέραν προστιθέναι μᾶλλον τῷ  
*good we-reckon every day to-add rather to-the*  
 φορτίῳ ἐν ἀγνώστῳ σκορπισμῷ ὑπολαμβάνοντες· τὴν δὲ  
*burden in unknown scattering supposing the and*

τῶν ἐν ἡμῖν ἐπιδημούντων θείων χαρισμάτων περιουσίαν,  
*of-the in us dwelling divine gifts abundance*  
 ὡς προσθήκην πλείονος κολάσεως, ὡς οὐκ ἄξιους αὐτῶν  
*as addition of-greater punishment as not worthy of-them*  
 ὑποπτεύομεν. Διὸ τότε καὶ μένει ὁ νοῦς ἄσυλος ἐν  
*we-suspect therefore then also remains the mind unplundered in*  
 βαλαντίῳ μετριότητος ἑαυτὸν κατασφαλίσάμενος, τοὺς  
*(the)-purse of-modesty itself having-secured the*  
 κτύπους μόνον καὶ τὰ ἀθύρματα τῶν κλεπτῶν ἀκούων,  
*noises only and the games of-the thieves bearing*  
 καὶ ὑπ' οὐδενὸς τούτων ἐπηρεασθῆναι δυνάμενος, εἴπερ  
*and by none of-them to-be-harmed able if-indeed*  
 μετριότης ἐστὶν ταμεῖον ἀνεπιχείρητον. Περὶ μὲν οὖν τῆς  
*modesty is a-storehouse unassailable about indeed then the*  
 ἀνθηφορίας καὶ προκοπῆς βραχείας τοῦ ἀειθαλοῦς καρποῦ  
*flowering and advance slight of-the ever-blooming fruit*  
 διὰ μικρολογίας φιλοσοφεῖν τετολμήκαμεν· τί δὲ λοιπὸν  
*through few-words to-philosophize we-have-dared what but thereafter*  
 τὸ τέλειον ἔπαθλον τῆς ἱεράς, τὸν Κύριον οἱ τοῦ Κυρίου  
*the perfect prize of-the holy(-one) the Lord you of-the Lord*  
 οἰκεῖοι ἐρωτήσατε. Περὶ μὲν οὖν τῆς ποσότητος τῆς  
*intimates ask about indeed then the quantity of-the*  
 οὐσίας ταύτης λέγειν οὐ δυνατόν· περὶ δὲ τῆς ποιότητος  
*substance this to-speak not possible about and the quality*  
 ἀδυνατώτερον φράσαι. Πλὴν δὲ περὶ τῆς ιδιότητος κατὰ  
*more-impossible to-tell but and about the character according-to*  
 τὴν ὑπεισελθοῦσαν ἡμῖν ἔννοιαν λέγειν ἐπιχειρήσομεν.  
*the having-entered us thought to-speak we-will-attempt*  
 Μετάνοια, μεμερμνημένη μέντοι, καὶ πένθος ἀφηνισμένον 2  
*repentance careful however and mourning purified*  
 πάσης κηλίδος, καὶ ἡ πανόσιος εἰσαγομένων ταπεινώσις,  
*from-every stain and the all-holy of-beginners humility*

τοσαύτην ἀπ' ἀλλήλων τὴν διαφοράν, καὶ τὴν διάκρισιν  
*so-much from one-another the difference and the distinction*  
 κέκτηνται, ὅσην ἔχει παρὰ τὸν ἄρτον ἢ ζύμη καὶ ὁ  
*have as-much-as has compared-with the bread the leaven and the*  
 ἄλευρος. Συντρίβεται μὲν γὰρ ψυχὴ καὶ λεπτύνεται διὰ  
*flour is-crushed indeed for (the)-soul and ground-fine through*  
 μετανοίας ἐναργοῦς· ἐνοῦται δέ πως, καὶ ἔν' οὕτως εἴπω  
*repentance manifest is-united and somehow and that thus I-may-say*  
 συμφύρεται Θεῷ δι' ὕδατος πένθους ἀψευδοῦς· ἐξ οὗ  
*kneaded-together with-God through water of-mourning unfeigned from which*  
 καὶ ἐξάψασα πῦρ Κυρίου ἀρτοποιεῖται καὶ στερεοῦται  
*also having-kindled (the)-fire of-(the)-Lord is-baked and made-firm*  
 ἡ μακαρία ταπείνωσις ἡ ἄζυμος καὶ ἄτυφος· ὅθεν καὶ  
*the blessed humility the unleavened and unpuffed whence also*  
 ὥς εἰς μίαν δύναμιν, καὶ ἐνέργειαν, καὶ συνθέουσα ἑαυτῇ  
*as into one power and working also running-together with-itself*  
 ἡ πανόσιος αὕτη τρίσειρος ἄλυσις, μᾶλλον δὲ ἵρις,  
*the all-holy this three-stranded chain rather but rainbow*  
 οἰκειάς πως καὶ τὰς ἐργασίας, καὶ ιδιότητος κέκτηται·  
*own somehow also the workings and properties has*  
 καὶ ὅπερ ἂν θατέρας εἴποις ὑπάρχειν σύμβολον, τοῦτο  
*and what — of-one you-might-say to-be sign this*  
 καὶ τῆς ἐτέρας εὔροις ἂν γινόμενον γνώρισμα. Διὸ  
*also of-the other you-would-find — being mark therefore*  
 καὶ ἐν συντόμῳ τὸ εἰρημένον δι' ἀποδείξεως  
*also in brief the(-thing) said through proof*  
 κυρῶσαι πειράσομαι. Ἰδίωμα μὲν γὰρ τῆς καλῆς ταύτης  
*to-confirm I-will-try property indeed for of-the fair this*  
 καὶ ἀξιαγαστοῦ Τριάδος πρῶτον καὶ ἐξαίρετον ἀτιμίας  
*and admirable Triad first and chief of-dishonor*  
 ὑπόδοχὴ ἀσμενεστάτη, ὑπτίαις χερσὶ ψυχῆς προσδεχομένης  
*reception most-glad with-open hands (the)-soul receiving*



καὶ περιπτυσσομένης ταύτην ὡς καταπαύουσιν καὶ  
*and embracing it as ending and*  
καταφλέγουσαν νόσους ψυχῆς, καὶ ἁμαρτίας μεγάλας·  
*burning-up diseases of-soul and sins great*  
δεύτερον δὲ ἀπ' ἐκείνου θυμοῦ παντὸς ἀπώλεια, καὶ  
*second and from that of-temper all destruction and*  
μετριότης ἐν τῇ τούτου κατευνάσει· τρίτος δὲ βαθμὸς  
*modesty in the its lulling third and step*  
κάλλιστος, τῶν οἰκείων καλῶν ἀπιστία πιστή, καὶ διηνεκῆς  
*fairest of-the own goods distrust faithful and constant*  
μαθήσεως ὄρεξις. Τέλος μὲν νόμου καὶ προφητῶν,  
*of-learning desire end indeed of-(the)-law and of-(the)-prophets*  
Χριστὸς εἰς δικαιοσύνην παντὶ τῷ πιστεύοντι τέλος  
*Christ for righteousness to-everyone the-(one) believing end*  
δὲ παθῶν ἀκαθάρτων κενοδοξία καὶ ὑπερηφανία παντὶ  
*and of-passions unclean vainglory and pride to-everyone*  
τῷ μὴ προσέχοντι· ὧν καθαιρέτις οὐσα ἡ νοερὰ  
*the-(one) not taking-heed of-which destroyer being the spiritual*  
αὕτη ἔλαφος φυλάττει τὸν ἑαυτῆς σύμβιον παντὸς ἰοῦ  
*this deer keeps the own companion from-every venom*  
θανατηφόρου ἀνεπίδηκτον. Ποῦ γὰρ ἐν αὐτῇ ὑποκρίσεως  
*deadly unbitten where for in it of-hypocrisy*  
ἰὸς ἐμφανίζεται; ποῦ καταλαλιᾶς; ποῦ ὄφεις ἐν φωλεᾷ  
*venom appears where of-slander where a-serpent in (a)-den*  
κρύπτεται; καὶ οὐχὶ μᾶλλον ἐκ τῆς γῆς τῆς καρδίας  
*is-hidden and not rather from the earth of-the heart*  
δημοσιευόμενος θανατοῦται καὶ ἀναλίσκεται· οὐκ ἔστιν  
*being-exposed is-killed and consumed not is*  
ἐν τῇ ταύτῃ συναφείᾳ μίσους ἐμφάνεια, οὐκ ἀντιλογίας  
*in the this union of-hatred appearance not of-contradiction*  
εἶδος, οὐκ ἀπειθείας ὁσμῆ, εἰ μὴ που ὁ λόγος περὶ  
*form not of-disobedience smell if not perhaps the question about*

πίστewς. Ὁ ταύτη νυμφικῶς ένwθεις, ἥπιος, προσηνής,  
*faith the(-one) to-this as-a-bride united gentle kindly*  
 ευκατάνυκτος, συμπαθής, υπέρ ἅπαντα γαληνός, φαιδρός,  
*quick-to-compunction compassionate above all calm bright*  
 εύημις, ἄλυπος, ἄγρυπνος, ἄοκνος πέλει· καί τί δει  
*docile griefless wakeful unsloughful is and what need*  
 πολλά λέγειν, ἀπαθής, εἴπερ Ἐν τῇ ταπεινώσει ἡμῶν  
*many(-things) to-say dispassionate if-indeed in the humility our*  
 ἐμνήσθη ἡμῶν ὁ Κύριος, καί ἐλυτρώσατο ἡμᾶς ἐκ  
*remembered us the Lord and redeemed us from*  
 τῶν ἐχθρῶν, καί τῶν παθῶν, καί τῶν μολυσμῶν ἡμῶν.  
*the enemies and the passions and the defilements our*  
 Μοναχὸς ταπεινόφρων οὐ πολυπραγμονήσει ἄρρήτα·  
*a-monk humble-minded not will-pry-into unspeakable(-things)*  
 ὁ δὲ υπερέφανος πολυπραγμονήσει κρίματα. Τινὰ  
*the(-one) but proud will-pry-into judgments a-certain(-one)*  
 τῶν γνωστικωτάτων ἀδελφῶν ὀφθαλμοφανῶς οἱ δαίμονες  
*of-the most-knowing brothers visibly the demons*  
 ἐμακάρισαν ἐπιστάντες· ὁ δὲ πάνσοφός φησι πρὸς  
*blessed having-appeared the(-one) but all-wise says to*  
 αὐτούς· Εἰ μὲν τοῦ ἐπαινεῖν με ἐν τῇ ἐμῇ ψυχῇ  
*them if indeed from-the to-praise me in the my soul*  
 ἐπαύσασθε, ἐκ τῆς ὑμῶν ὑποχωρήσεως μέγαν εἶναι ἑαυτὸν  
*you-ceased from the your withdrawal great to-be myself*  
 νενόηκα· εἰ δὲ ἐπαινοῦντες οὐ παύεσθε, ἐκ τοῦ ὑμῶν  
*I-have-perceived if but praising not you-cease from the your*  
 ἐπαίνου τὴν ἑαυτοῦ ἀκαθαρσίαν στοχάσομαι. Ἀκάθαρτος γὰρ  
*praise the own uncleanness I-will-infer unclean for*  
 παρὰ Κυρίῳ πᾶς ὑψηλοκάρδιος. Ἡ οὖν ὑποχωρεῖτε, καί  
*before (the)-Lord every high-hearted(-man) either then withdraw and*

ἰδοὺ μέγας γέγονα, ἣ ἐπαινεῖτε, καὶ δι' ὑμῶν ταπείνωσιν  
*behold great I-have-become or praise and through you humility*  
 κτώμαι· καὶ καταπλαγέντες τὴν ἀπορίαν ἄφαντοι γεγόνασιν.  
*I-acquire and astounded-at the dilemma vanished they-became*  
 Μὴ ἔστω ἡ ψυχὴ λάκκος τοῦ ζωοποιοῦ τούτου νόματος, 3  
*not let-be the soul a-cistern of-the life-giving this stream*  
 ποτὲ μὲν τοῦτο βρύουσα, ποτὲ δὲ πάλιν λήγουσα  
*sometimes indeed it gushing sometimes and again ceasing*  
 ὑπὸ καύσωνος δόξης καὶ ἐπάρσεως· ἀλλὰ πηγὴ ἀπαθείας,  
*by (the)-beat of-glory and exaltation but a-spring of-dispassion*  
 ποταμὸν πτωχείας ἐξ αὐτῆς διὰ παντὸς ἀναφέρουσα.  
*a-river of-poverty from itself through all(-time) sending-up*  
 Γίνωσκε, ὦ φιλότης, ὡς αἱ κοιλάδες πληθύνουσι σίτον  
*know O friend that the valleys multiply wheat*  
 καὶ καρπὸν πνευματικὸν ἐν αὐταῖς. Κοιλὰς ἐστὶ ψυχὴ  
*and fruit spiritual in them a-valley is a-soul*  
 τεταπεινωμένη ἀνὰ μέσον ὀρέων, πόνων καὶ ἀρετῶν,  
*humbled in the-midst of-mountains of-toils and of-virtues*  
 ἄτυφος αἰὲ καὶ ἀκίνητος μένουσα. Οὐ νενήστευκα, οὐκ  
*unpuffed always and unmoved remaining not I-have-fasted not*  
 ἡγρύπνικα, οὐκ ἐχαμεύνικα, ἀλλ' ἐταπεινώθην, καὶ  
*I-have-kept-vigil not I-have-slept-on-the-ground but I-was-humbled and*  
 ἔσωσέ με συντόμως ὁ Κύριος. Ἡ μὲν μετάνοια ἀνιστᾷ·  
*saved me quickly the Lord the indeed repentance raises*  
 τὸ δὲ πένθος εἰς οὐρανὸς κρούει· ἡ δὲ ὁσία ταπείνωσις  
*the and mourning at heaven knocks the and holy humility*  
 ἀνοίγει. Ἐγὼ δὲ λέγω, καὶ προσκυνῶ Τριάδα ἐν μονάδι,  
*opens I and say and worship Trinity in unity*  
 καὶ μονάδα ἐν Τριάδι. Πάντα μὲν τὰ ὁρώμενα  
*and unity in Trinity all indeed the(-things) seen*  
 φωτίζει ὁ ἥλιος· πάντα δὲ τὰ λόγῳ πραττόμενα  
*lights the sun all and the(-things) with-reason done*

κρατύνει ταπεινώσεις. Μὴ παρόντος φωτός, πάντα ζοφώδη·  
*strengthens humility not being-present light all gloomy*  
 καὶ μὴ παρούσης ταπεινοφροσύνης, πάντα ἡμῶν ἔωλα.  
*and not being-present humility all our stale*  
 Εἰς ἐν πάσῃ τῇ κτίσει χῶρος ἅπαξ τεθέαται ἥλιον· καὶ  
*one in all the creation place once has-beheld (the)-sun and*  
 εἰς λογισμὸς πολλάκις ταπείνωσιν τέτοκε. Μιᾶ καὶ μόνη  
*one thought often humility has-borne on-one and only*  
 ἡμέρα πᾶς ὁ κόσμος ἡγαλλίαται· καὶ μία αὕτη ἐστὶν  
*day all the world has-rejoiced and one this is*  
 ἀρετὴ τοῖς δαίμοσι ἀμίμητος. Ἄλλο τὸ ἐπαίρεσθαι· καὶ  
*virtue to-the demons inimitable other the to-be-lifted-up and*  
 ἕτερον τὸ μὴ ἐπαίρεσθαι, καὶ ἄλλο τὸ ταπεινοῦσθαι· ὁ  
*other the not to-be-lifted-up and other the to-be-humbled the-one*  
 μὲν γὰρ κρίνει πᾶσαν ἡμέραν· ὁ δὲ οὐ κρίνει· οὐ  
*indeed for judges every day the-other and not judges not*  
 μέντοι καὶ ἐαυτὸν κατακρίνει· ὁ δὲ ἀκαταδίκαστος ὢν  
*however also himself condemns the-other and uncondemned being*  
 διὰ παντὸς ἐαυτὸν καταδικάζει. Ἄλλο τὸ ταπεινοφρονεῖν·  
*through all(-time) himself condemns other the to-be-humble-minded*  
 καὶ ἄλλο τὸ ἀγωνίζεσθαι ταπεινοφρονεῖν· καὶ ἕτερον τὸ  
*and other the to-strive to-be-humble-minded and other the*  
 ἐπαινεῖν τὸν ταπεινόφρονα. Τὸ μὲν πρῶτον τελείων· τὸ  
*to-praise the humble-minded the indeed first of-(the)-perfect the*  
 δὲ δεύτερον ὑποτακτικῶν ἀληθινῶς· τὸ δὲ τρίτον, πάντων  
*and second of-(the)-obedient truly the and third of-all*  
 πιστῶν. Ὁ τὰ ἔσω τεταπεινωκός, ὑπὸ χειλέων  
*faithful the(-one) the(-things) within having-humbled by lips*  
 οὐ κλέπτεται· ὁ γὰρ οὐκ ἔχει ὁ θησαυρός, οὐ προφέρει  
*not is-robbed what for not has the treasury not brings-out*  
 ἢ θύρα. Μεμονωμένος ἵππος πολλάκις τρέχειν δοκεῖ,  
*the door alone a-horse often to-run seems*

συναγελαζόμενος δὲ τότε τὴν ἑαυτοῦ ἐπέγνω νωθρότητα.  
*herded-together but then the own recognized sluggishness*  
 Ἐὰν μηκέτι ἐν τοῖς φυσικοῖς ὁ λογισμὸς ἐναβρύνηται,  
*if no-longer in the natural(-gifts) the thought prides-itself*  
 ἀρχῆς ὑγείας τεκμήριον· ἕως δὲ τῆς ὀζωδίας ἐκείνης  
*of-(the)-beginning of-health a-proof while but the stench that*  
 ἐπαισθάνεται, ὁσμῆς μύρου οὐκ αἰσθάνεται. Οὐκ ἔτι  
*it-perceives (the)-smell of-perfume not it-perceives no longer*  
 πλήξει, οὐ δικάσει, οὐκ ἄρξει, οὐ σοφισθήσεται ὁ ἐμὸς  
*will-strike not will-judge not will-rule not will-be-clever the my*  
 ἐραστής, ἡ ὁσία ἔφησεν, ἄχρις ἂν ἐμοὶ συναφθῇ. Μετὰ  
*lover the holy(-one) said until — to-me he-is-joined after*  
 γὰρ τὴν ἐμὴν συνάφειαν τούτῳ λοιπὸν νόμος οὐ κεῖται.  
*for the my union for-him thereafter law not is-laid-down*  
 Τινὶ τῶν ἐπὶ τὴν μακαρίαν ταύτην σπουδαζόντων,  
*to-a-certain(-one) of-those for the blessed this striving*  
 ἀνδρὶ ἀγωνιστῇ ἔπαινον ἐν καρδίᾳ οἱ ἀνόσιοι ὑπέσπειραν  
*man contender praise in (the)-heart the unholy sowed*  
 δαίμονες· ὁ δὲ μηχανᾶται ἐκ θείας ἐμπνεύσεως  
*demons the(-one) but contrives from divine inspiration*  
 πνευμάτων πονηρίαν νικῆσαι εὐσεβεῖ μεθοδεΐα· καὶ διὰ  
*of-spirits (the)-wickedness to-conquer with-a-pious stratagem and indeed*  
 ἀναστὰς κατατάττει ἐν τῷ τοίχῳ τῆς ἑαυτοῦ κέλλης τὰς  
*having-risen writes-up on the wall of-the own cell the*  
 τῶν ὑψηλοτάτων ἀρετῶν προσηγορίας· λέγω δὲ τῆς τελείας  
*of-the highest virtues names I-mean and of-the perfect*  
 ἀγάπης, τῆς ἀγγελικῆς ταπεινοφροσύνης, τῆς καθαρᾶς  
*love of-the angelic humility of-the pure*  
 προσευχῆς, τῆς ἀφθάρτου ἀγνείας, καὶ τῶν τοιούτων.  
*prayer of-the incorruptible purity and of-the such(-things)*  
 Ἦνίκα οὖν αὐτὸν οἱ λογισμοὶ ἐπαινεῖν ἤρχοντο, ἔλεγεν  
*when then him the thoughts to-praise began he-said*

αὐτοῖς· Ἄγωμεν ἐπὶ τὸν ἔλεγχον, καὶ ἐρχόμενος λοιπὸν τὰς  
*to-them let-us-go to the test and coming thereafter the*  
 προσηγορίας ἀνεγίνωσκε· καὶ ἐβόα αὐτῷ· Ὅπηνίκα ταύτας  
*names he-read and cried to-himself when these*  
 κτήσῃ, γινῶθι ὅτι μακρὰν εἰ ἔτι ἀπὸ τοῦ Θεοῦ. Τίς μὲν  
*you-acquire know that far you-are still from — God what indeed*  
 ἢ τοῦ ἡλίου δύναμις καὶ οὐσία, εἰπεῖν ἡμεῖς οὐ δυνάμεθα·  
*the of-the sun power and substance to-say we not can*  
 ἐκ τῶν δὲ ἐνεργειῶν αὐτοῦ λοιπὸν καὶ ιδιωμάτων τὴν  
*from the but workings its thereafter and properties the*  
 ἐνοῦσαν αὐτῷ οὐσίαν πεφανερῶκαμεν. Ταπεινοφροσύνη  
*being-in it substance we-have-shown humility*  
 ἐστὶ σκέπη θεία, ἐπὶ ἀβλεψία τῶν οἰκείων κατορθωμάτων.  
*is a-shelter divine for blindness-to the own achievements*  
 Ταπεινοφροσύνη ἐστὶν ἄβυσσος εὐτελείας πᾶσι κλέπταις  
*humility is an-abyss of-lowliness to-all thieves*  
 οὐσα ἀνεπιχείρητος. Ταπεινοφροσύνη ἐστὶ πύργος ἰσχύος  
*being unassailable humility is a-tower of-strength*  
 ἀπὸ προσώπου ἐχθροῦ. Οὐκ ὠφελήσει ἐχθρὸς ἐν αὐτῷ,  
*against (the)-face of-(the)-enemy not will-profit (the)-enemy in it*  
 καὶ υἱός, μᾶλλον δὲ λογισμός, ἀνομίαν οὐ προσθήσει τοῦ  
*and (the)-son rather but thought lawlessness not will-add the*  
 κακῶσαι αὐτόν, καὶ συγκόψαι ἀπὸ προσώπου αὐτοῦ τοὺς  
*to-harm it and to-cut-down from (the)-face its the*  
 ἐχθροὺς αὐτοῦ, καὶ τοὺς μισοῦντας αὐτὸν τροπώσειται.  
*enemies its and those hating it it-will-rout*

*Humility's marks in the soul are an abundance of light, an untold love of prayer, and a heart that does not revile others' stumbles; it is the gate of the kingdom. Some reached it through the memory of past sins, some through Christ's passion, some through daily failings, temptations, or illness, and a few through God's gifts themselves. Saints feigned faults for lowliness' sake, one eating bread and cheese in public, another walking unclothed through the city, and the Lord took a towel to show its way. Many were saved without miracles, none without humility; it healed Manasseh and won David's pardon. Obedience and an upright heart are its road, and humility will not name her nameless begetter until God is gained.*

Ἄλλα τὰ τῷ κτήτορι τούτῳ τῷ μεγάλῳ τοῦ οἰκείου 4  
*other the to-the possessor this the great of-the own*  
 πλούτου ἐν τῇ ψυχῇ γνωριζόμενα ἰδιώματα, παρὰ πάντα  
*wealth in the soul made-known properties beside all*  
 τὰ προδεδηλωμένα. Ἐκεῖνα γὰρ ἅπαντα, ἄτερ ἐνός,  
*the(-things) shown-before those for all without one*  
 τοῖς ὁρῶσιν εἰσι τοῦ πλούτου σημαντικά· γνώση καὶ  
*to-those seeing are of-the wealth indicative you-will-know and*  
 οὐκ ἀπατηθήσῃ ἐν σεαυτῷ προσοῦσάν σοι τὴν ὁσίαν  
*not you-will-be-deceived in yourself present to-you the holy*  
 ταύτην οὐσίαν, ἐν πλήθει φωτὸς ἀρρήτου, καὶ προσευχῆς  
*this substance in abundance of-light unspeakable and of-prayer*  
 ἔρωτι ἀμυθῆτῳ προκαταλήψεως τούτων, ἀλοιδόρητος  
*in-love untold by-anticipation of-these unreviling*  
 καρδία ἐν πταίσμασιν ἀλλοτρίοις. Πρόδρομον τῆς λεχθείσης  
*a-heart in failings of-others forerunner of-the said(-one)*  
 κενοδοξίας πάσης μίσος. Ὁ ἑαυτὸν ἐπιγνὼς ἐν πάσῃ  
*of-vainglory all hatred the(-one) himself having-known in all*  
 αἰσθήσει ψυχῆς, ἐπὶ τὴν γῆν ἔσπειρεν· οὐκ ἔστι γὰρ  
*perception of-soul on the earth sowed not it-is-possible for*

μὴ οὕτως σπείραντας ταπεινοφροσύνην ἀνθῆσαι· ὁ  
 not thus having-sown humility to-flower the(-one)  
 ἑαυτὸν ἐπιγνούς κατείληφε φόβου Κυρίου ἔννοιαν, διὰ  
 himself having-known has-grasped of-fear of-(the)-Lord (the)-thought through  
 δὲ ταύτης βαδίσας εἰς πύλην ἀγάπης ἔφθασε. Ταπείνωσίς  
 and it having-walked to (the)-gate of-love arrived humility  
 ἐστὶ βασιλείας πύλη, τοὺς πλησιάζοντας εἰσάγουσα. Διὰ  
 is of-(the)-kingdom gate those approaching leading-in through  
 ταύτης οἶμαι τὸν Κύριον εἰρηκέναι τὸν εἰσιόντα, ὅτι  
 it I-think the Lord to-have-said the(-one) entering that  
 καὶ εἰσελεύσεται καὶ ἐξελεύσεται ἀφόβως ἐκ τοῦ βίου,  
 both will-go-in and will-go-out fearlessly from the life  
 καὶ νομὴν εὐρήσει, καὶ χλόην ἐν τῷ παραδείσῳ πάντες  
 and pasture will-find and grass in the paradise all  
 ὅσοι ἦλθον δι' ἑτέρας ἐν τῷ σχήματι, κλέπται εἰσὶ  
 as-many-as came through another in the habit thieves are  
 τῆς ἑαυτῶν ζωῆς καὶ λησταί. Συζητοῦντες ἑαυτοὺς οἱ  
 of-the own life and robbers examining ourselves those  
 καταλαβεῖν βουλόμενοι, μὴ διαλίπωμεν, κἂν ἐν αἰσθήσει  
 to-attain wishing not let-us-cess and-if in perception  
 ψυχῆς τὸν πλησίον πάντα προὔχειν ἡμῶν οἰώμεθα ἐγγὺς τὸ  
 of-soul the neighbor all to-excel us we-think near the  
 ἔλεος. Ἀδύνατον ἐκ χιόνος προϊέναι φλόγα· ἀμηχανώτερον  
 mercy impossible from snow to-come-forth a-flame more-impracticable  
 δὲ ἐν ἑτεροδόξῳ ταπεινοφροσύνην ὑπάρχειν. Πιστῶν  
 and in a-heterodox humility to-exist of-(the)-faithful  
 καὶ εὐσεβῶν τὸ κατόρθωμα, καὶ τοῦτο τοῖς λοιπὸν  
 and pious the achievement and this for-those thereafter  
 κεκαθαρμένοις. Οἱ πλείους μὲν ἑαυτοὺς ἀμαρτωλοὺς καὶ  
 purified the most indeed ourselves sinners both  
 λέγομεν ἴσως καὶ ἔχομεν· ἀτιμία δὲ καρδίαν ἐδοκίμασεν·  
 we-call perhaps and we-bold dishonor but (the)-heart tested



οὐ παύσεται ὁ ἐπειγόμενος ἐπὶ τὸν λιμένα τοῦτον  
*not will- cease the(-one) hastening to the harbor this*  
 τὸν ἀκύμαντον, τρόπους, καὶ λόγους, καὶ ἐννοίας, καὶ  
*the waveless ways and words and thoughts and*  
 ἐπινοίας, καὶ ζητήσεις, καὶ ἐκζητήσεις, καὶ ἀγωγάς, καὶ  
*devices and inquiries and searchings and disciplines and*  
 μηχανάς, καὶ εὐχάς, καὶ προσευχὰς ποιῶν, καὶ νοῶν, καὶ  
*means and vows and prayers making and thinking and*  
 ἐπινοῶν, ἄχρις οὗ διὰ Θεοῦ συνεργίας καὶ ταπεινοτέρων  
*devising until — through of-God help and humbler*  
 καὶ ἀτιμωτέρων ἀγωγῶν, τῆς ἀειχειμάστου οἰήσεως  
*and more-disbonored disciplines from-the ever-stormy of-conceit*  
 θαλάσσης ἐλευθερώσῃ τὸ τῆς οἰκείας ψυχῆς σκάφος·  
*sea he-frees the of-the own soul boat*  
 ὁ γὰρ ταύτης ἀπαλλαγείς, ἐπὶ πᾶσι τοῖς λοιποῖς  
*the(-one) for from-it freed in all the other*  
 ἁμαρτήμασιν εὐαπολόγητος τελώνης γίνεται. Τινὲς γὰρ  
*sins well-defended (a)-tax-collector becomes some for*  
 τὰ προγεγονότα κακά, καὶ μετὰ τὴν ἄφεσιν τούτων εἰς  
*the former evils even after the forgiveness of-them as*  
 ὑπόθεσιν ταπεινοφροσύνης, ἕως τέλους ἐσχήκασιν, δι'  
*foundation of-humility until (the)-end have-kept through*  
 ἐκείνων τὸ μάταιον οἷμα κολαφίζοντες. Ἅτεροι δὲ τὸ  
*them the vain conceit buffeting others and the*  
 τοῦ Χριστοῦ ἐννοοῦντες πάθος, ἑαυτοὺς αἰὲν χρεώστας  
*— of-Christ pondering passion themselves always debtors*  
 λογιζονται. Ἄλλοι διὰ τῶν καθημερινῶν ἐλλείψεων  
*reckon others through the daily shortcomings*  
 ἑαυτοὺς εὐτελίζουσιν. Ἄλλοι ἐκ συμβατικῶν πειρασμῶν,  
*themselves belittle others from chance temptations*  
 καὶ νόσων, καὶ πτωμάτων, τὴν τῶν χαρισμάτων μητέρα  
*and diseases and falls the of-the gifts mother*

ὠκειώσαντο. Εἰσὶ δέ τινες· εἴπερ καὶ νῦν εἰσιν, οὐκ  
*made-their-own there-are and some if-indeed also now there-are not*  
 ἔχω λέγειν· οἱ δι' αὐτῶν τῶν τοῦ Θεοῦ δωρεῶν κατὰ  
*I-can to-say those through the-very the — of-God gifts in*  
 πρόσβασιν τούτων ἑαυτοὺς ταπεινοῦντες, ἀναξίους ἑαυτοὺς  
*increase of-them themselves humbling unworthy themselves*  
 τοῦ τοιούτου πλούτου λογιζόμενοι, καὶ ὡς καθημέραν  
*of-the such wealth reckoning and as daily*  
 τῷ ἑαυτοῦ χρεεῖ προστιθέντες οὕτως διακέμειναι. Τοῦτο  
*to-the own debt adding thus disposed this*  
 ταπείνωσις, τοῦτο ἡ μακαριότης· τοῦτο τὸ τέλειον  
*humility this the blessedness this the perfect*  
 ἔπαθλον. Ὅποτεν τινὰ ἴδῃς ἢ ἀκούσῃς ἐν ὀλίγοις ἔτεσιν  
*prize when someone you-see or hear in few years*  
 ὑψηλοτάτην ἀπάθειαν κτησάμενον, καὶ μὴ ἄλλην, ἀλλὰ  
*highest dispassion having-acquired and not another but*  
 ταύτην αὐτὸν τὴν μακαρίαν σύντομον ὁδὸν πεζοπορήσαντα  
*this he the blessed short road having-walked*  
 ὑπολάμβανε. Ἡ ἱερὰ ξυνωρίς, ἀγάπη καὶ ταπείνωσις·  
*suppose the holy pair love and humility*  
 ἡ μὲν γὰρ ὑψοῖ, ἡ δὲ τοὺς ὑψωθέντας κρατοῦσα  
*the-one indeed for exalts the-other and those exalted holding*  
 οὐδέποτε πίπτει. Ἄλλο συντριμμός, καὶ ἄλλο ἐπίγνωσις,  
*never falls other contrition and other recognition*  
 καὶ ἄλλο ταπείνωσις. Συντριμμός ἐστι πτώματος γέννημα.  
*and other humility contrition is of-a-fall offspring*  
 Ὁ γὰρ πίπτων συντρίβεται καὶ ἀπαρρήσιαστος ἐν  
*the-(one) for falling is-crushed and unassuming in*  
 προσευχῇ μετ' ἐπαινουμένης ἀναιδείας παρίσταται, ῥάβδῳ  
*prayer with praiseworthy shamelessness stands on-a-staff*  
 ἐλπίδος ὡς συντεθλασμένος ἐπιστηριζόμενος, καὶ ἐν αὐτῇ  
*of-hope as crushed leaning and with it*

τὸν κύνα τῆς ἀπογνώσεως διώκων. Ἐπίγνωσίς ἐστιν  
*the dog of-the despair driving-off recognition is*  
 ἀσφαλῆς τῶν οἰκείων μέτρων, καὶ ψιλῶν πταισμάτων  
*sure of-the own measures and slightest failings*  
 ἀρέμβαστος μνήμη καὶ κατάληψις. Ταπεινώσις ἐστι  
*undistracted remembrance and grasp humility is*  
 διδαχὴ Χριστοῦ νοερὰ νοητῶς τοῖς καταξιουμένοις ἐν τῷ  
*teaching of-Christ spiritual spiritually by-those deemed-worthy in the*  
 ταμείῳ τῆς ψυχῆς θαλαμειομένη, καὶ λόγοις αἰσθητοῖς  
*chamber of-the soul kept-in-the-bridal-chamber and to-words sensible*  
 οὐσα ἀπρόσιτος. Ὁ ὅλως ὁσμῆς τοῦ τοιούτου μύρου ἐν  
*being inaccessible the(-one) at-all (the)-scent of-the such perfume in*  
 ἑαυτῷ αἰσθῆσθαι λέγων, καὶ ἐν καιρῷ ἐπαίνων, κὰν πρὸς  
*himself to-have-perceived saying and in (the)-time of-praises even for*  
 βραχὺ τὴν καρδίαν κινούμενος· ἢ τὴν τῶν λόγων δύναμιν  
*a-moment the heart moved or the of-the words meaning*  
 ἐπιστάμενος, μὴ πλανηθῇ πεπλάνηται. Μὴ ἡμῖν, Κύριε,  
*knowing not let-him-be-deceived he-has-been-deceived not to-us Lord*  
 μὴ ἡμῖν, ἐν αἰσθήσει ψυχῆς τινος ἀκήκοα λέγοντος· ἀλλ' ἢ  
*not to-us in perception of-soul someone I-have-heard saying but than*  
 τῷ ὀνόματί σου δὸς δόξαν. Ἐγίνωσκε γὰρ τὴν φύσιν, μὴ ὥς  
*to-the name your give glory he-knew for the nature not as*  
 ἔτυχεν ἐξ ἑαυτῆς ἀβλαβῇ διαμένειν. Παρὰ σοὶ ὁ ἔπαινος  
*it-happened of itself unharmed to-remain with you the praise*  
 μου ἐν ἐκκλησίᾳ μεγάλῃ, ἐν τῷ μέλλοντι. Πρὸ γὰρ ἐκείνου,  
*my in (the)-church great in the coming(-age) before for that*  
 ταύτην ἀκινδύνως φέρειν οὐ δύναμαι. Εἰ τοῦτο ὅρος, καὶ  
*it without-danger to-bear not I-can if this definition and*  
 λόγος, καὶ τρόπος ἐσχάτης ὑπερηφανίας καθέστηκε, τὸ τὰς  
*account and manner of-extreme pride is the the*  
 μὴ προσούσας ἀρετάς, δόξης χάριν, ὑποκρίνεσθαι, οὐκ οὖν  
*not present virtues of-glory for-the-sake to-feign not then*

τοῦτο τεκμήριον βαθυτάτης ταπεινοφροσύνης κατέστηκε τὸ  
*this proof of-deepest humility is the*  
 τὰς μὴ προσοῦσας ἡμῖν αἰτίας ἐπὶ τινων εὐτελείας χάριν  
*the not present in-us faults before some of-lowliness for-the-sake*  
 σχηματίζεσθαι. Οὕτως ὁ τὸν ἄρτον καὶ τὸν τυρὸν μετὰ  
*to-pretend thus the(-one) the bread and the cheese in*  
 χεῖρας εἰληφὼς πεποίηκεν· οὕτως ὁ τὴν ἑαυτοῦ ἐσθήτα  
*hands having-taken did thus the(-one) the own clothing*  
 ἐκδυσάμενος, καὶ ἀπαθῶς ὁ τῆς ἀγνείας ἐργάτης τὴν  
*having-stripped-off and dispassionately the of-the purity worker the*  
 πόλιν περιπολήσας· οὐ μεριμνῶσιν οἱ τοιοῦτοι ἀνθρωπίνου  
*city having-walked-around not care the such(-men) about-human*  
 προσκόμματος, λοιπὸν εἰληφότες δύναμιν διὰ προσευχῆς  
*offense thereafter having-received power through prayer*  
 ἀοράτως πάντας πληροφορήσαι. Ὁ τοῦ προτέρου  
*invisibly all to-satisfy the(-one) of-the former*  
 ἐπιμελούμενος, τοῦ δευτέρου ἔνδειαν ἐσήμανεν. Ὅπου  
*taking-care of-the second lack showed where*  
 γὰρ Θεὸς πρὸς αἰτησιν ἔτοιμος, πάντα ποιεῖν δυνάμεθα.  
*for God for asking ready all to-do we-can*  
 Θέλε μᾶλλον ἀνθρώπους, καὶ μὴ Θεὸν λυπεῖν· χαίρει  
*wish rather men and not God to-grieve he-rejoices*  
 γὰρ ὁρῶν ἡμᾶς ἀτιμίᾳ προστρέχοντας, ἵνα τὴν ματαίαν  
*for seeing us to-dishonor running that the vain*  
 οἴησιν θλίβωμεν καὶ πλήξωμεν, καὶ ἀπολέσωμεν. Ξενιτεία  
*conceit we-may-crush and strike and destroy exile*  
 ἀκροτάτη τῶν τοιούτων ἁθλῶν πρόξενος· μεγάλων γὰρ  
*utmost of-the such contests cause of-great(-men) for*  
 ὄντως ἐξ οἰκείων φέρειν ἐμπαίζεσθαι. Μὴ θαμβηθῆς ἐπὶ  
*truly by one's-own to-bear to-be-mocked not be-amazed at*  
 τοῖς εἰρημένους· οὐδεὶς γὰρ κλίμακα ὑφ' ἑν ποτε  
*the(-things) said no-one for a-ladder at once ever*

ἀνελθεῖν δεδύνηται. Ἐν τούτῳ γνώσονται πάντες, ὅτι Θεοῦ  
 to-climb has-been-able in this will-know all that of-God  
 μαθηταί ἐσμεν, οὐχ ὅτι τὰ δαιμόνια ἡμῖν ὑπακούουσιν,  
 disciples we-are not that the demons us obey  
 ἀλλ' ὅτι τὰ ὀνόματα ἡμῶν γέγραπται ἐν τῷ οὐρανῷ  
 but that the names our are-written in the heaven  
 τῆς ταπεινώσεως. Ἡ μὲν ἀκαρπία φύσει εἰς ὕψος  
 of-the humility the indeed barrenness by-nature to height  
 τοὺς τῶν λεγομένων κίτρων κλάδους ἀνυψοῦν πέφυκε·  
 the of-the so-called citrons branches to-raise is-wont  
 κατακαμφθέντες δὲ θᾶπτον καρποφόροι γίνονται. Ὁ  
 bent-down but more-quickly fruitful become the(-one)  
 νουνεχῶς γνοὺς ἐπίσταται.

wisely having-understood knows  
 Κέκτηται ὁ τῆς ὁσίας ταύτης παρὰ Θεῷ βαθμὸς ἐν 5  
 has the of-the holy(-one) this with God step in  
 τριάκοντα καὶ ἐν ἑξήκοντα, καὶ ἐν ἑκατὸν τὴν ἀνάβασιν,  
 thirty and in sixty and in hundred the ascent  
 καὶ ἐν τῷ ἐσχάτῳ οἱ ἀπαθείς, ἐν δὲ τῷ μέσῳ οἱ ἀνδρεῖοι.  
 and in the last the dispassionate in and the middle the courageous  
 Ἐν δὲ τῷ πρώτῳ πάντες ἀνελθεῖν δύνανται· ὁ  
 in and the first all to-climb can the(-one)  
 γνοὺς ἑαυτὸν οὐδέποτε ἐμπαιχθεὶς ἐν τοῖς ὑπὲρ  
 having-known himself never mocked in the(-things) beyond  
 ἑαυτὸν ἐπιχειρήσειεν· ἀλλὰ βέβηκε λοιπὸν τὸν πόδα ἐπὶ  
 himself would-attempt but has-set thereafter the foot on  
 τὴν μακαρίαν ταύτην τρίβον. Δεδοίκασιν ὄρνεις ἰέρακος  
 the blessed this path fear birds of-a-hawk  
 εἶδος, ἐργάται δὲ ταύτης ἀντιλογίας ἦχον. Ἄνευ μὲν  
 (the)-form workers and of-it of-contradiction (the)-sound without indeed  
 προρρήσεων, καὶ ἐλλάμψεων, καὶ σημείων, καὶ τεράτων  
 prophecies and illuminations and signs and wonders

πολλοὶ τῆς σωτηρίας τετυχήκασιν· ἄνευ δὲ ταύτης οὐδεὶς  
*many the salvation have-obtained without but it no-one*  
 ἐν τῷ νυμφῶνι εἰσελεύσεται. Τῶν μὲν γὰρ προτέρων  
*in the bridal-chamber will-enter of-the indeed for former*  
 ἢ δευτέρα φύλαξ· ταύτης δὲ πολλάκις τὰ πρότερα, ἐν  
*the second guard of-it but often the former in*  
 τοῖς κουφοτέροις ἀναιρετικὰ γεγόνασιν. Ὁκονόμησεν ὁ  
*the more-frivolous destructive have-become arranged the*  
 Κύριος πρὸς τὸ ἡμᾶς καὶ μὴ θέλοντας ταπεινοῦσθαι  
*Lord for the us even not wishing to-be-humbled*  
 καὶ τοῦτο· οὐδεὶς γὰρ τοὺς ἑαυτοῦ μάλωπας, ὡς ὁ  
*also this no-one for the own bruises as the*  
 πλησίον ὁρᾶν δύναται· διόπερ ἀνάγκη ἡμᾶς, μὴ ἑαυτοῖς.  
*neighbor to-see can therefore necessity us not to-ourselves*  
 ἀλλ' ἐκείνῳ τὴν τῆς ὑγιείας χάριν, καὶ Θεῷ διδόναι·  
*but to-him the of-the health thanks and to-God to-give*  
 ὁ ταπεινόνους πάντοτε τὸ ἑαυτοῦ θέλημα ὡς πλάνον  
*the(-one) humble-minded always the own will as deceiver*  
 βδελύττεται· καὶ ἐν τοῖς αἰτήμασιν αὐτοῦ τοῖς πρὸς  
*abhors and in the requests his the to*  
 Κύριον, πίσκει ἀδιστακτῶ τὰ προσήκοντα μαθάνειν,  
*(the)-Lord with-faith undoubting the(-things) fitting to-learn*  
 καὶ ὑπακούειν πέφυκεν· οὐ τῇ πολιτείᾳ προσέχων τῶν  
*and to-obey is-wont not to-the way-of-life attending of-the*  
 διδασκάλων· ἀλλὰ Θεῷ ἀναθεὶς τὴν μέριμναν, τῷ καὶ  
*teachers but on-God having-laid the care the(-one) even*  
 δι' ὄνου ἐπὶ τοῦ Βαλαὰμ τὰ χρεώδη διδάξαντι.  
*through an-ass with — Balaam the(-things) needful having-taught*  
 Κἂν ἅπαντα ὁ τοιοῦτος ἐργάτης κατὰ Θεὸν καὶ ποιῇ,  
*even-if all the such worker according-to God both does*  
 καὶ νοῇ, καὶ φθέγγεται, οὐδ' οὕτως ἑαυτῷ ἀποδίδωσι·  
*and thinks and speaks not-even so to-himself attributes(-it)*

σκόλοψ καὶ βάρος τῷ ταπεινῷ τὸ οἰκειόπιστον· ὥσπερ  
*a-thorn and burden to-the humble(-man) the self-trust as*  
 τῷ ὑπερηφάνῳ τὸ ἑτερόλεκτον. Ἐμοὶ δοκεῖ ἀγγέλου,  
*to-the proud(-man) the another's-word to-me it-seems of-an-angel*  
 τὸ μὴ κλέπτεσθαι ἐφ' ἁμαρτήμασιν εἶναι, ἀκούοντι τοῦ  
*the not to-be-robbed over sins to-be bearing the*  
 ἐπιγείου ἀγγέλου λέγοντος· Οὐδὲν ἐμαυτῷ συνοῖδα· ἀλλ'  
*earthly angel saying nothing against-myself I-know but*  
 οὐκ ἐν τούτῳ δεδικαίωμαι· ὁ δὲ ἀνακρίνων με,  
*not in this I-am-justified the(-one) but judging me*  
 Κύριός ἐστιν· ὅθεν ὀφείλομεν διηλεκτῶς ἑαυτοὺς κατακρίνειν  
*(the)-Lord is whence we-ought continually ourselves to-condemn*  
 καὶ μέμψεσθαι, ἵνα διὰ τῆς ἐκουσίου εὐτελείας, τὰς  
*and to-blame that through the willing lowliness the*  
 ἀκουσίους ἁμαρτίας ἀπολογηθῶμεθα· εἰ δὲ μή, πάντως  
*involuntary sins we-may-answer-for if but not surely*  
 ἐν τῇ ἐξόδῳ χαλεπῶς ὑπὲρ αὐτῶν λογοθετησώμεθα.  
*at the departure grievously for them we-will-render-account*  
 Ὁ παρὰ τὴν ἑαυτοῦ ἀξίαν τὰ ἐκ Θεοῦ αἰτήματα  
*the(-one) beneath the own worth the from God requests*  
 αἰτούμενος, πάντως τῶν ὑπὲρ ἑαυτὸν τεύζεται· καὶ  
*asking surely the(-things) beyond himself will-obtain and*  
 τοῦτο τελώνης μαρτυρεῖ, ἄφεσιν μὲν αἰτησάμενος,  
*this (the)-tax-collector witnesses forgiveness indeed having-asked*  
 δικαιοσύνην δὲ κομισάμενος· μνήμην μόνην ὁ ληστής  
*righteousness but having-carried-off remembrance only the thief*  
 ἐκεῖνος ἐν τῇ βασιλείᾳ ἠτήσατο, καὶ ὅλον τὸν παράδεισον  
*that in the kingdom asked and whole the paradise*  
 πρῶτος ἐκληρονόμησεν· Οὐκ ἔστιν ἐν τῇ κτίσει μικρὸν  
*first inherited not it-is-possible in the creation small*  
 καὶ μέγα πῦρ θεάσασθαι τὴν φύσιν· καὶ οὐκ ἔστι  
*and great fire to-behold in-the nature and not it-is-possible*

ἐν τῇ ἀνοθεύτῳ ταπεινοφροσύνῃ ὕλης εἶδος ἐναπομένει  
*in the unadulterated humility of-matter form to-remain*  
 τὸ σύνολον. Ἔως οὐ ἐκουσίως πταίωμεν, τοῦτο ἐν  
*at all while — willingly we-fail this in*  
 ἡμῖν οὐ πρόσεστι, καὶ τοῦτο τὸ σημεῖον τῆς παρουσίας  
*us not is-present and this the sign of-the presence*  
 αὐτοῦ. Γινώσκων ὁ Δεσπότης τῇ ἔξωθεν διαγωγῇ  
*its knowing the Master to-the outward conduct*  
 συσχηματίζεσθαι τὴν τῆς ψυχῆς ἀρετὴν, λαβὼν λεντίον  
*to-be-conformed the of-the soul virtue having-taken a-towel*  
 ὑπέδειξεν ἡμῖν μέθοδον ὁδοῦ ταπεινώσεως· τοῖς γὰρ τοῦ  
*showed us (the)-method of-(the)-road of-humility to-the for of-the*  
 σώματος ἐπιτηδεύμασιν ἐξομοιοῦται ἡ ψυχὴ, καὶ πρὸς  
*body practices is-assimilated the soul and according-to*  
 ᾧ πράττει, τυποῦται, καὶ πρὸς αὐτὰ σχηματίζεται.  
*what it-does is-molded and according-to them is-shaped*  
 Ἀρχὴ ἀγγέλων τινὶ γέγονεν ὑψηλοφροσύνης ὑπόθεσις,  
*rule of-angels to-one became of-high-mindedness foundation*  
 οὐ διὰ τοῦτο κομισαμένῳ αὐτῇ. Ἄλλως ὁ ἐπὶ  
*not because-of this having-received it otherwise the(-one) on*  
 θρόνου, καὶ ἄλλως ὁ ἐπὶ κοπρίας καθήμενος διάκειται.  
*a-throne and otherwise the(-one) on a-dungbill sitting is-disposed*  
 Καὶ ἴσως διὰ τοῦτο ὁ μέγας ἐκεῖνος δίκαιος ἐν τῇ  
*and perhaps because-of this the great that just(-man) on the*  
 κοπρίᾳ ἔξω τῆς πόλεως ἐκαθέζετο. Τότε γὰρ τὴν τελείαν  
*dungbill outside the city sat then for the perfect*  
 ταπεινοφροσύνην κτησάμενος, εἶπεν ἐν αἰσθήσει ψυχῆς·  
*humility having-acquired he-said in perception of-soul*  
 Ἐφαύλισα ἐμαυτὸν καὶ ἐτάκην· ἡγήμαι δὲ ἐμαυτὸν γῆν  
*I-despised myself and wasted-away I-have-reckoned and myself earth*  
 καὶ σποδόν. Εὐρίσκω Μανασσὴν ἐκεῖνον ἐν ἀνθρώποις  
*and ashes I-find Manasseh that among men*



ὥς οὐδέν' ἕτερον ἀμαρτήσαντα, καὶ τὸν ναὸν τοῦ Θεοῦ ἐν  
*as no other having-sinned and the temple — of-God with*  
 εἰδώλοις, καὶ πᾶσαν τὴν θρησκείαν μολύναντα· ὑπὲρ οὗ εἰ  
*idols and all the worship having-defiled for whom if*  
 πᾶς ὁ κόσμος νενήστευκεν, οὐδὲν ἂν ἄξιον ἀντεισενεγκεῖν  
*all the world had-fasted nothing — worthy to-offer-in-return*  
 ἡδύνατο, ἀλλ' ἵσχυσεν ἡ ταπείνωσις ἀνίατα ἰάσασθαι  
*could but availed the humility incurable(-things) to-heal*  
 ἐν αὐτῷ· Ὅτι εἰ ἡθέλησας θυσίαν, ἔδωκα ἄν,  
*in him for if you-had-wished sacrifice I-would-have-given —*  
 τῷ Θεῷ, φησὶν ὁ Δαβὶδ, ὀλοκαυτώματα, σώματα διὰ  
*— to-God says — David burnt-offerings bodies through*  
 νηστείας, οὐκ εὐδοκήσεις. Θυσία τῷ Θεῷ, καὶ τὸ ἐξῆς  
*fasting not you-will-delight-in a-sacrifice — to-God and the(-rest) following*  
 νενόηται πᾶσιν. Ἡμάρτηκα τῷ Κυρίῳ, ποτὲ ἡ μακαρία  
*is-understood by-all I-have-sinned against-the Lord once the blessed*  
 ταπείνωσις πρὸς Θεὸν ὑπὲρ μοιχείας καὶ φόνου ἐβόησε,  
*humility to God for adultery and murder cried*  
 καὶ θάπτον ἤκουσε· Κύριος ἀφείλε τὸ ἀμάρτημά σου.  
*and quickly heard (the)-Lord has-taken-away the sin your*  
 Ὅδον μὲν ταύτης καὶ ὑπόθεσιν τοὺς σωματικούς κόπους οἱ 6  
*road indeed of-it and foundation the bodily toils the*  
 ἀείμνηστοι ὥρισαντο Πατέρες· ἐγὼ δὲ λέγω ὑπακοὴν καὶ  
*ever-memorable defined Fathers I but say obedience and*  
 εὐθύτητα καρδίας, αἱ καὶ φυσικῶς τῇ οἴῃσει ἀντίκεινται·  
*uprightness of-heart which also naturally to-the conceit are-opposed*  
 εἰ ἐξ ἀγγέλων δαίμονάς τινες αὕτη πεποιήκε, πάντως  
*if from angels demons some this has-made surely*  
 ἐκεῖνη καὶ ἐκ δαιμόνων ἀγγέλους ποιῆσαι δύναται· διὸ  
*that also from demons angels to-make can therefore*  
 οἱ πεσόντες θαρσεύωσαν. Σπεύσωμεν πάσῃ δυνάμει, ἐπὶ  
*the(-ones) having-fallen let-take-heart let-us-hasten with-all power to*

τὴν ταύτης κορυφὴν ἀναβῆναι. Εἰ δὲ μή, κἂν ἐποχηθῆναι  
*the its summit to-climb if but not at-least to-be-carried*  
 τοῖς ὤμοις. Εἰ δέ τι ὀκλάζομεν, τῶν ἀγκαλῶν γοῦν  
*on-the shoulders if but somewhat we-falter from-the arms at-least*  
 αὐτῆς μὴ ἀποπέσωμεν· ὁ γὰρ ἐκεῖθεν ἀποπίπτων,  
*its not let-us-fall the(-one) for thence falling*  
 θαυμάζω εἰ ἐπιτεύξεταί τινος αἰωνίου δωρεᾶς· νεύρα ταύτης  
*I-wonder if he-will-obtain any eternal gift sinews of-it*  
 καὶ ὁδοί, οὐ μέντοι καὶ σύμβολα, ἀκτημοσύνη, ξενιτεία,  
*and roads not however also signs poverty exile*  
 ἀφανῆς σοφίας ἀποκρυφή, προφορὰ ἀποίκιλος, ἐλεημοσύνης  
*hidden of-wisdom concealment speech plain of-alms*  
 ζήτησις, κρύψις εὐγενείας, παρρησίας ἐξορισμός, πολυλογία  
*seeking hiding of-noble-birth of-boldness banishment of-much-talk*  
 μακρυσμός· οὐδὲν γὰρ οὕτως ὡς πτωχὴ κατάστασις καὶ  
*removal nothing for so as a-poor state and*  
 προσαιτῶν δίαίτα, ψυχὴν ταπεινῶσαι δεδύνηται πώποτε·  
*of-beggars living (the)-soul to-humble has-been-able ever*  
 τότε γάρ, τότε φιλόσοφοι καὶ φιλόθεοι δεικνύμεθα, ὅτε  
*then for then lovers-of-wisdom and lovers-of-God we-are-shown when*  
 δυνάμενοι ὑψοῦσθαι τὸ ὕψος ἀποφεύγομεν ἀνεπιστροφῶς· εἰ  
*able to-be-exalted the height we-flee without-turning-back if*  
 ὀπλιζῇ ποτὲ κατὰ τινος πάθους τοῦ οἴου δήποτε, ταύτην  
*you-arm ever against some passion the of-what-kind soever this*  
 σύμμαχον ἐπίσπασαι· Ἐπὶ ἀσπίδα γὰρ καὶ βασιλίσκον  
*(as)-ally draw-in upon asp for and basilisk*  
 ἐπιβήσεται, καὶ καταπατήσει λέοντα καὶ δράκοντα· ἐγὼ δὲ  
*she-will-tread and will-trample lion and dragon I but*  
 λέγω, ἐπὶ ἁμαρτίαν καὶ ἀπόγνωσιν, καὶ τὸν διάβολον, καὶ  
*say upon sin and despair and the devil and*  
 τὸν δράκοντα τοῦ σώματος. Ταπεινοφροσύνη ἐστὶ σίφων  
*the dragon of-the body humility is a-whirlwind*

οὐράνιος ἐξ ἄβύσσου ἁμαρτημάτων εἰς οὐρανὸν ἀνενέγκαι  
*heavenly from (the)-abyss of-sins to heaven to-carry-up*  
 ψυχὴν δυνάμενος· ἑώρακέ ποῦ τις ἐν τῇ ἑαυτοῦ καρδίᾳ  
*(a)-soul able has-seen somewhere someone in the own heart*  
 ταύτης κάλλος· καὶ θάμβει ληφθεὶς ἡρώτα τοῦ  
*its beauty and by-amazement seized asked of-the(-one)*  
 τεκόντος μαθεῖν τὴν προσηγορίαν· ἡ δὲ φαιδρὸν αὐτῷ  
*having-borne(-her) to-learn the name she and brightly at-him*  
 καὶ γαληνὸν ὑπομειδιάσασα, φησί· Καὶ πῶς τοῦ ἐμὲ  
*and calmly having-smiled says and how of-the(-one) me*  
 γεγεννηκότος τὸ ὄνομα μαθεῖν ἐπείγῃ, καὶ οὗτός ἐστι  
*having-begotten the name to-learn do-you-basten and he is*  
 ἀνώνυμος; Οὐ μὴ σοι τοῦτο λέξω, ἕως οὗ Θεὸν κτήσῃ.  
*nameless not — to-you this I-will-tell until — God you-acquire*  
 Αὐτῷ ἡ δόξα εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.  
*to-him the glory to the ages of-the ages amen*  
 Πηγῆς μὲν μήτηρ ἄβυσσος κατέστηκε· διακρίσεως δὲ 7  
*of-a-spring indeed mother (the)-deep is of-discernment and*  
 πηγῇ ταπείνωσις.  
*spring humility*

*Discernment is, in beginners, true self-knowledge; in the middle, a spiritual sense that tells real good from natural good and its contrary; in the perfect, knowledge given by divine light. All war with the demons comes from negligence, pride, or the demons' envy, and they dig three pits in every good work. The humbled passionate become physicians to others, like men mired in mud who warn passers-by. The monk's sea holds reefs, whirlpools, pirates, and waterspouts: temper, despair, vainglory, and pride. John sets out an alphabet for all and one for the perfect, and shows the demons besetting the sick. Asked which of the eight thoughts begets which, he gives the fathers' answer: humility destroys them all, and pleasure and wickedness beget all evil.*

- 1 Διάκρισις ἐστὶν ἐν μὲν τοῖς εἰσαγομένοις, ἢ τῶν  
 discernment is in indeed the beginners the of-the(-things)  
 καθ' ἑαυτοὺς ἀληθῆς ἐπίγνωσις· ἐν τοῖς δὲ μέσοις ἢ  
 concerning themselves true recognition in the and middling the  
 τὸ κυρίως ἀγαθὸν ἐκ τοῦ φυσικοῦ, καὶ τοῦ ἐναντίου  
 the properly good from the natural and the contrary  
 ἀπταιστώσ διακρίνουσα νοερὰ αἴσθησις· ἐν τοῖς δὲ  
 unerringly distinguishing spiritual perception in the and  
 τελείοις, ἢ διὰ θείας ἐλλάμψεως ἐνυπάρχουσα γνώσις,  
 perfect the through divine illumination indwelling knowledge  
 ἥτις καὶ τὰ ἐν ἄλλοις σκοτεινῶς ἐνυπάρχοντα τῷ  
 which also the(-things) in others darkly present with-the  
 ἑαυτῆς λύχνῳ καταφωτίζειν ἰσχύουσα. Ἡ τάχα καθολικῶς  
 own lamp to-illumine able or perhaps generally  
 τοῦτο καὶ ἔστι, καὶ γνωρίζεται διάκρισις, ἢ τοῦ θείου  
 this both is and is-known discernment the of-the divine  
 θελήματος ἀσφαλῆς κατάληψις ἐν παντὶ καιρῷ, καὶ τόπῳ,  
 will sure grasp in every time and place  
 καὶ πράγματι, ἥτις ἐνυπάρχει μόνοις τοῖς καθαροῖς τῇ  
 and matter which is-present only in-the pure in-the

καρδιά, καὶ τῷ σώματι, καὶ τῷ στόματι. Ὁ μὲν τοὺς  
 heart and in-the body and in-the mouth the-one indeed the  
 τρεῖς εὐσεβῶς καθελὼν συγκαθεῖλε, καὶ τοὺς πέντε·  
 three piously having-overtrown overthrew-with(-them) also the five  
 ὁ δὲ ἐκείνων ἀμελῶν οὐδέτερον νικήσει. Διάκρισίς  
 the-other and them neglecting neither will-conquer discernment  
 ἐστὶ συνειδήσις ἀμόλυντος, καὶ καθαρὰ αἴσθησις· μηδεὶς ἐν  
 is a-conscience undefiled and pure perception let-no-one in  
 τῇ μοναδικῇ πολιτείᾳ ὑπὲρ φύσιν τινὰ ἀκούων ἢ ὁρῶν,  
 the monastic way-of-life beyond nature something hearing or seeing  
 ἐξ ἀγνωσίας εἰς ἀπιστίαν περιπέσοι· ὅπου γὰρ ἐνδημήσει  
 from ignorance into unbelief fall where for will-dwell  
 ὁ ὑπὲρ φύσιν Θεός, ὑπὲρ φύσιν λοιπὸν τὰ πλεῖστα τῶν  
 — beyond nature God beyond nature thereafter the most of-the  
 πραγμάτων γίνονται. Ἐν τρισὶ τούτοις γενικωτάτοις τρόποις  
 things happen in three these most-general ways  
 πᾶς πόλεμος δαιμονιώδης ἐν ἡμῖν συνίσταται, ἢ ἐξ  
 every war demonic in us arises either from  
 ἀμελείας, ἢ ἐξ ὑπερηφανίας, ἢ ἐκ φθόνου τῶν δαιμόνων·  
 negligence or from pride or from envy of-the demons  
 καὶ ἐλεεινὸς μὲν ὁ πρῶτος· πανάθλιος ὁ δεύτερος· ὁ  
 and pitiable indeed the first all-wretched the second the  
 δὲ τρίτος τρισμακάριστος. Σκοπῶ καὶ κανόνι τῷ ἡμετέρῳ  
 and third thrice-blessed as-aim and rule the our  
 κατὰ Θεὸν συνειδóτι πρὸς πάντα χρησώμεθα, ἵνα  
 according-to God conscience for all let-us-use that  
 γνόντες τὴν τῶν ἀνέμων πνοὴν πόθεν ἔρχεται, πρὸς αὐτὸ  
 having-known the of-the winds blowing whence it-comes to it  
 λοιπόν, καὶ τὰ ἱστία ἀνατείνωμεν. Ἐν πάσαις ἡμῶν ταῖς  
 thereafter also the sails we-may-spread in all our the  
 κατὰ Θεὸν ἐργασίας τρεῖς ἡμῖν βοθύνους οἱ δαίμονες  
 according-to God works three for-us pits the demons

ὀρύσσουσι. Καὶ πρῶτον μὲν παλαίουσιν, ἵνα τὸ ἀγαθὸν  
*dig and first indeed they-wrestle that the good*  
 κωλύσωσι γενέσθαι· δεύτερον δὲ μετὰ τὴν πρώτην αὐτῶν  
*they-may-prevent to-happen second and after the first their*  
 ἦτταν, ἵνα μὴ κατὰ Θεὸν τὸ τυχὸν γένηται. Ὅταν δὲ  
*defeat that not according-to God the thing may-be-done when and*  
 καὶ τούτου οἱ κλέπται τοῦ σκοποῦ ἀποτύχωσι, τότε λοιπὸν  
*also of-this the thieves of-the aim fail then thereafter*  
 ἡσυχίως ἐπιστάντες ἐν τῇ ἡμετέρᾳ ψυχῇ μακαρίζουσιν  
*quietly standing-by in the our soul they-bless*  
 ἡμᾶς, ὡς κατὰ Θεὸν ἐν πάσιν πολιτευομένους. Τοῦ  
*us as according-to God in all living of-the*  
 μὲν προτέρου ἐχθρός, σπουδὴ καὶ μέριμνα θανάτου· τοῦ  
*indeed first enemy zeal and care of-death of-the*  
 δὲ δευτέρου, ὑποταγὴ καὶ ἐξουδένωσις· τοῦ δὲ τρίτου, τὸ  
*and second submission and contempt of-the and third the*  
 ἑαυτὸν διηνεκῶς καταμέμψεσθαι. Τοῦτο κόπος ἐστὶν ἐνώπιον  
*oneself continually to-blame this toil is before*  
 ἡμῶν, ἕως οὗ εἰσέλθῃ εἰς τὸ ἀγιαστήριον ἡμῶν τὸ πῦρ  
*us until — enters into the sanctuary our the fire*  
 τὸ τοῦ Θεοῦ. Οὐκ ἔσονται γὰρ λοιπὸν τότε προλήψεων ἐν  
*the — of-God not will-be for thereafter then of-preconceptions in*  
 ἡμῖν ἀνάγκαι. Ὁ γὰρ Θεὸς ἡμῶν πῦρ καταναλίσκον πᾶσαν  
*us compulsions — for God our fire consuming all*  
 πύρωσιν καὶ κίνησιν, καὶ πρόληψιν, καὶ πώρωσιν, τὴν  
*burning and movement and preconception and hardening the*  
 ἐντὸς καὶ ἐκτὸς ὁρωμένην τε καὶ νοουμένην. Οἱ δαίμονες  
*within and without seen both and conceived the demons*  
 τὸ ἐναντίον πάλιν τῶν εἰρημένων ποιεῖν πεφύκασιν.  
*the opposite again of-the(-things) said to-do are-wont*  
 Ἐπὶ γὰρ τῆς ψυχῆς περιγέωνται, καὶ τὸ τοῦ νοὸς  
*when for the soul they-overcome and the of-the mind*

φῶς περιτρέψωσιν, οὐκ ἔτι ἔσται ἐν ἡμῖν τοῖς ἀθλίους,  
*light overturn not any-longer will-be in us the wretched*  
 οὐ νῆψις, οὐ διάκρισις, οὐκ ἐπίγνωσις, οὐκ ἐντροπή· ἀλλ'  
*not sobriety not discernment not recognition not shame but*  
 ἀναλγησία, καὶ ἀναισθησία, καὶ ἀδιακρισία, καὶ ἀβλεψία.  
*callousness and insensibility and indiscernment and blindness*  
 Οἶδαςι γὰρ τὰ εἰρημένα εὖ μάλα σαφῶς οἱ ἐκ 2  
*know for the(-things) said well very clearly those from*  
 πορνείας ἀνανήψαντες, καὶ ἐκ παρρησίας ὑποσταλέντες,  
*fornication having-come-to-sobriety and from boldness having-drawn-back*  
 καὶ οἱ ἐξ ἀναιδείας εἰς συναίσθησιν ἐληλυθότες· πῶς  
*and those from shamelessness to awareness having-come how*  
 τε μετὰ τὴν νῆψιν τοῦ νοός, καὶ τῆς παρώσεως,  
*both after the sobering of-the mind and of-the hardening*  
 μᾶλλον δὲ πηρώσεως αὐτοῦ διάλυσιν, καὶ ἑαυτοὺς κατὰ  
*rather but maiming its dissolution also themselves in*  
 νοῦν αἰδοῦνται, ἐφ' οἷς πρώην ἐλάλουν καὶ ἔπραττον ἐν  
*mind are-ashamed at what formerly they-said and did in*  
 τυφλώσει διάγοντες. Εἰ μὴ ὀψίσει καὶ σκοτάσει πρῶτον  
*blindness living if not evening-comes and darkness-falls first*  
 ἐν τῇ ἡμέρᾳ τῆς ψυχῆς, οὐ μὴ οἱ κλέπται κλέψωσι,  
*in the day of-the soul not — the thieves will-steal*  
 καὶ θύσωσι, καὶ ἀπολέσωσι. Κλοπή ἐστι ἄγνωστος  
*and kill and destroy theft is unnoticed*  
 αἰχμαλωσία ψυχῆς· θυσία ψυχῆς ἐστὶ λογικοῦ νοός  
*captivity of-soul killing of-soul is of-(the)-rational mind*  
 θνήσκει ἐν πράξεσιν ἀτόποις περιπεσόντος· ἀπώλεια δὲ  
*death in deeds monstrous having-fallen destruction and*  
 ἢ μετὰ τὴν ἀνομίαν ἑαυτοῦ ἀπόγνωσις. Μηδεὶς ἐπὶ ταῖς  
*the after the lawlessness of-oneself despair let-no-one in the*  
 εὐαγγελικαῖς ἐντολαῖς ἀδυναμίαν προβάλλεται· εἰς γὰρ  
*gospel commandments weakness plead there-are for*

ψυχὰι αἷ καὶ ὑπὲρ τὴν ἐντολὴν διεπράξαντο. Πείσει  
 souls which even beyond the commandment achieved will-persuade  
 σε πάντως τὸ εἰρημένον ὁ ὑπὲρ ἑαυτὸν τὸν  
 you surely the(-tbing) said the(-one) beyond himself the  
 πλησίον ἀγαπήσας, καὶ ὑπὲρ τούτου τὴν ψυχὴν προθέμενος,  
 neighbor having-loved and for him the life having-laid-down  
 καίπερ ἐπιταγὴν Κυρίου εἰς τοῦτο μὴ κομισάμενος.  
 although (a)-command of-(the)-Lord for this not having-received  
 Θαρσείτωσαν οἱ τεταπεινωμένοι ἐμπαθείς· εἰ γὰρ καὶ ἐν  
 let-take-heart the humbled passionate(-ones) if for even in  
 πᾶσι τοῖς βοθύνοις περιπέσωσι, καὶ ἐν πάσαις ταῖς παγίσιν  
 all the pits they-fall and in all the snares  
 βροχισθῶσι, καὶ πᾶσαν νόσον νοσήσωσιν· ἀλλὰ γε  
 are-caught and every disease suffer yet at-least  
 μετὰ τὴν ὑγίαν πᾶσι φωστήρες, καὶ ἰατροί, καὶ λύχνοι,  
 after the health for-all luminaries and physicians and lamps  
 καὶ κυβερνήται γίνονται, ἐκάστης νόσου τοὺς τρόπους  
 and pilots become of-each disease the ways  
 διδάσκοντες, καὶ τοὺς μέλλοντας πίπτειν, ἐκ τῆς οἰκείας  
 teaching and those about to-fall from the own  
 πείρας διασώζοντες· εἰ μὲν ἐκ προγεγενημένων προλήψεων  
 experience saving if indeed from former preconceptions  
 τυραννοῦνται τινες καὶ διδάσκειν κἂν ψιλῷ λόγῳ δύνανται,  
 are-tyrannized some and to-teach even with-bare word are-able  
 διδάξωσιν. Ἴσως γάρ ποτε κἂν τοὺς οἰκείους λόγους  
 let-them-teach perhaps for sometime at-least the own words  
 αἰσχυνθέντες τῆς πρακτικῆς ἄρξωνται (μὴ μέντοι καὶ  
 having-been-ashamed-of the practice they-may-begin not however also  
 ἄρξωσι), καὶ γενήσεται καὶ ἐν αὐτοῖς ὅπερ ἐπὶ τινων ἐν  
 let-them-rule and will-happen also in them what in some in  
 βορβόρῳ κυλιομένων εἶδον γινόμενον· ἐμπεπηλωμένοι γὰρ  
 mud wallowing I-saw happening mired for



ὑπάρχοντες τὸν τρόπον τῆς ἐκείσε αὐτῶν καταποντίσεως  
being the manner of-the there their sinking

τοὺς παρερχομένους ἐδίδασκον ὑπὲρ τῆς σωτηρίας αὐτῶν  
those passing-by taught for the salvation their

τοῦτο πραγματευόμενοι, ὅπως μὴ κἀκεῖνοι τῇ αὐτῇ ὁδῷ  
this doing that not those-too by-the same road

πέσωσι· καὶ μέντοι διὰ τὴν ἐτέρων σωτηρίαν, καὶ  
may-fall and indeed because-of the of-others salvation also

αὐτοὺς ὁ παντοδύναμος τοῦ πηλοῦ ἐλυτρώσατο. Εἰ  
them the almighty from-the mud redeemed if

δέ γε οἱ ἐμπαθεῖς ἐκουσίως ἑαυτοὺς ταῖς ἡδοναῖς  
but at-least the passionate(-ones) willingly themselves to-the pleasures

ἐπὶρρίπτουσι, σιωπῇ τὴν διδασκαλίαν ἐνδείξονται. Ἦν  
throw by-silence the teaching they-will-show of-which

χάριν ἤρξατο ὁ Ἰησοῦς ποιεῖν τε καὶ διδάσκειν.  
for-the-sake began — Jesus to-do both and to-teach

Χαλεπὸν, ὄντως χαλεπὸν περαιούμεθα, ὦ μοναχοὶ ταπεινοί, 3  
a-hard truly hard we-cross O monks humble

πέλαγος καὶ πολλῶν πνευμάτων, καὶ σπιλάδων, καὶ ἰλιγγων,  
sea both many winds and reefs and whirlpools

καὶ πειρατῶν, καὶ σιφώνων, καὶ βραχῶν, καὶ θηρίων, καὶ  
and pirates and waterspouts and shoals and beasts and

κυμάτων πεπληρωμένον. Σπιλάδα μὲν ἐπὶ ψυχῆς, τὸν ἄγριον  
waves full-of reef indeed in (the)-soul the savage

θυμὸν καὶ αἰφνίδιον νοήσωμεν· ἱλιγγα δὲ τὴν ἀνελπιστείαν  
temper and sudden let-us-understand whirlpool and the hopelessness

τὴν περικυκλοῦσαν τὸν νοῦν, καὶ τοῦτον αὐτὸν ἐν βυθῷ  
the(-one) encircling the mind and it itself in (the)-depth

ἀπογνώσεως κατενέγκαι σπουδάζουσιν· βράχος δὲ τὴν  
of-despair to-bring-down striving shoal and the

ἄγνοϊαν, τὴν τὸ κακὸν ὡς καλὸν κατέχουσιν· θηρία δέ,  
ignorance the(-one) the evil as good holding beasts and

τὸ βαρὺ τοῦτο καὶ ἄγριον σῶμα· πειρατὰς δὲ τοὺς τῆς  
*the heavy this and savage body pirates and the of-the*  
 κενοδοξίας χαλεπωτάτους ὑπουργοὺς τοὺς τὸν φόρτον  
*vainglory most-grievous servants the(-ones) the cargo*  
 ἡμῶν, καὶ τὸν κάματον τῶν ἀρετῶν ἀφαρπάζοντας· κῦμα  
*our and the labor of-the virtues snatching wave*  
 δὲ τὴν πεφυσημένην καὶ ὄγκουμένην κοιλίαν, τὴν ἐκ τῆς  
*and the puffed-up and swollen belly the(-one) from the*  
 ἰδίας ὀρμῆς τῷ θηρίῳ παραπέμπουσιν· σίφωνα δέ, τὴν  
*own impulse to-the beast delivering waterspout and the*  
 ἐκ τοῦ οὐρανοῦ ῥιφεῖσαν ὑπερηφανίαν, τὴν ἀναφέρουσιν  
*from the heaven cast pride the(-one) carrying-up*  
 ἡμᾶς λοιπὸν καὶ καταφέρουσιν ἕως τῶν ἀβύσσων.  
*us thereafter and carrying-down to the abysses*

- 4 Γνώριμα καθεστήκασιν τοῖς γράμματα παιδευομένοις, ποῖα  
*known are to-those letters being-taught which*  
 μὲν εἰσαγομένων, ποῖα δὲ μέσων, ποῖα δὲ διδασκάλων  
*indeed of-beginners which and of-(the)-middling which and of-teachers*  
 τυγχάνουσι τὰ μαθήματα. Πρόσχωμεν νουνεχῶς, μήπως  
*are the lessons let-us-take-beed wisely lest*  
 ἐν τῇ μαθήσει χρονίσαντες ἔτι ἐν τοῖς εἰσαγωγικοῖς  
*in the learning having-spent-long still in the elementary*  
 διατρίβωμεν ἐπαγγέλμασι· ὅπερ αἰσχύνῃ πᾶσι γνωρίζεται  
*we-linger professions which with-shame to-all is-known*  
 γηραλέον ιδέσθαι εἰς παιδευτήριον πορευόμενον.  
*an-old(-man) to-see to school going*

- 5 Ἀρίστη πᾶσιν ἀλφάβητος αὕτη. Α ὑπακοή, Β νηστεία,  
*best for-all alphabet this Alpha obedience Beta fasting*  
 Γ σάκκος, Δ σποδός, Ε δάκρυα, Ζ ἐξομολόγησις,  
*Gamma sackcloth Delta ashes Epsilon tears Zeta confession*  
 Η σιωπή, Θ ταπείνωσις, Ι ἀγρυπνία, Κ ἀνδρεία,  
*Eta silence Theta humility Iota vigil Kappa courage*

|                 |                      |                    |                        |                      |                   |               |                 |         |
|-----------------|----------------------|--------------------|------------------------|----------------------|-------------------|---------------|-----------------|---------|
| Λ               | ψύχος,               | Μ                  | κόπος,                 | Ν                    | ταλαιπωρία,       | Ξ             | ἐξουδένωσις,    |         |
| Lambda          | cold                 | Mu                 | toil                   | Nu                   | hardship          | Xi            | abasement       |         |
| Ο               | συντριβή,            | Π                  | ἀμνησικακία,           | Ρ                    | συναδελφία,       | Σ             |                 |         |
| Omicron         | contrition           | Pi                 | freedom-from-grudges   | Rho                  | brotherliness     | Sigma         |                 |         |
| ήπιότης,        | Τ                    | πίστις             | ἀπλῇ καὶ ἀπερίεργος,   | Υ                    | ἀμεριμνία         |               |                 |         |
| gentleness      | Tau                  | faith              | simple and uncurious   | Upsilon              | freedom-from-care |               |                 |         |
| κόσμου,         | Φ                    | μῖσος              | ἄμισον γονέων,         | Χ                    | ἀπροσπάθεια,      | Ψ             |                 |         |
| of-(the)-world  | Phi                  | hatred             | unbating of-parents    | Chi                  | detachment        | Psi           |                 |         |
| ἀπλότης         | σὺν                  | ἀκακία,            | Ω                      | ἐκούσιος             | εὐτέλεια.         | Κατάληψις     |                 |         |
| simplicity      | with                 | innocence          | Omega                  | willing              | lowliness         | grasp         |                 |         |
| καὶ             | ψήφος                | προκοπτόντων,      | ἀκενοδοξία,            | ἀοργησία,            |                   |               |                 |         |
| and             | reckoning            | of-(the)-advancing | freedom-from-vainglory | freedom-from-anger   |                   |               |                 |         |
| εὐελπιστία,     | ἡσυχία,              | διάκρισις,         | κρίσεως                | μνήμη                | παγία,            |               |                 |         |
| good-hope       | stillness            | discernment        | of-judgment            | remembrance          | firm              |               |                 |         |
| εὐσπλαγχνία,    | φιλοξενία,           | νουθεσία           | σύμμετρος,             | προσευχὴ             |                   |               |                 |         |
| compassion      | hospitality          | admonition         | measured               | prayer               |                   |               |                 |         |
| ἀπαθής,         | ἀφιλαργυρία.         | Οὗτος ὅρος,        | λόγος                  | τε καὶ νόμος         |                   |               |                 |         |
| dispassionate   | freedom-from-avarice | this               | (the)-definition       | account both and law |                   |               |                 |         |
| πνευμάτων       | καὶ σωμάτων          | ἐν σαρκὶ           | εὐσεβῶς                | τελειουμένων·        |                   |               |                 |         |
| of-spirits      | and bodies           | in flesh           | piously                | being-perfected      |                   |               |                 |         |
| ἀναιχμαλώτιστος | Α                    | καρδία,            | Β                      | τετελειωμένη         | ἀγάπη,            |               |                 |         |
| uncaptive       | Alpha                | heart              | Beta                   | perfected            | love              |               |                 |         |
| Γ               | ταπεινοφροσύνης      | πηγὴ,              | νοὸς                   | Δ                    | ἐκδημία           | Χριστοῦ,      |                 |         |
| Gamma           | of-humility          | spring             | of-mind                | Delta                | departure         | of-Christ     |                 |         |
| Ε               | ἐνδημία              | φωτὸς,             | καὶ                    | Ζ                    | προσευχῆς         | ἀσυλία,       | ἐλλάμψεως       |         |
| Epsilon         | indwelling           | of-light           | and                    | Zeta                 | of-prayer         | inviolability | of-illumination |         |
| Η               | Θεοῦ                 | περιουσία,         | πόθος                  | Θ                    | θανάτου,          | μῖσος         | Ι               | ζωῆς,   |
| Eta             | of-God               | abundance          | longing                | Theta                | for-death         | hatred        | Iota            | of-life |
| φυγὴ            | Κ                    | σώματος,           | κόσμου                 | Λ                    | πρέσβυς,          | Θεοῦ          | Μ               |         |
| flight          | Kappa                | from-(the)-body    | of-(the)-world         | Lambda               | ambassador        | of-God        | Mu              |         |
| βιαστής,        | ἀγγέλων              | Ν                  | συλλειτουργός,         | γνώσεως              | Ξ                 | ἄβυσσος,      |                 |         |
| constrainer     | of-angels            | Nu                 | fellow-minister        | of-knowledge         | Xi                | abyss         |                 |         |

μυστηρίων Ο οἶκος, ἀρρήτων Π φύλαξ, ἀνθρώπων  
*of-mysteries Omicron house of-unspeakable(-things) Pi guard of-men*  
 Ρ σωτήρ, δαιμόνων Σ Θεός, παθῶν Τ Κύριος, Δεσπότης  
*Rho savior of-demons Sigma god of-passions Tau lord master*  
 Υ σώματος, φύσεως Φ ἐπίτροπος, ἀμαρτίας Χ ξένος,  
*Upsilon of-body of-nature Phi guardian of-sin Chi stranger*  
 ἀπαθείας Ψ οἶκος, μιμητῆς Ω Δεσπότου, ἐκ βοηθείας  
*of-dispassion Psi house imitator Omega of-(the)-Master by (the)-help*  
 Δεσπότου, οὐ μικρὰς ἡμῖν, ὅτε τὸ σῶμα νοσεῖ, χρεῖα τῆς  
*of-(the)-Master not little for-us when the body is-sick need of-the*  
 νήψεως. Χαμαὶ γὰρ οἱ δαίμονες θεασάμενοι ἡμᾶς καὶ μὴ  
*sobriety on-the-ground for the demons having-seen us and not*  
 δυναμένους τέως ἐκ τῆς ἀτονίας ἀσκήσει καθ' ἑαυτὸν  
*able for-a-time from the weakness ascetic-practice by oneself*  
 χρῆσασθαι, χαλεπῶς τότε πολεμοῦν δοκιμάζουσιν. Ἐν μὲν  
*to-use grievously then to-war try in indeed*  
 τοῖς κατὰ κόσμον ὁ τοῦ θυμοῦ, ἔστι δὲ ὅτε καὶ τῆς  
*those in (the)-world the(-demon) of-the temper there-is and when also of-the*  
 βλασφημίας ὁ δαίμων ἐν τοῖς νοσοῦσι παρέπεται. Ἐν δὲ  
*blasphemy the demon on the sick attends in and*  
 τοῖς ἔξω κόσμον, εἰ μὲν τῶν χρειῶν εὐποροῦσιν, ὁ  
*those outside (the)-world if indeed in-the necessities they-abound the(-demon)*  
 τῆς γαστριμαργίας καὶ πορνείας· εἰ δὲ ἐν ἀπαρακλήτοις  
*of-the gluttony and fornication if but in comfortless*  
 τισὶ καὶ ἀθλητικοῖς διατρίβουσι τόποις, ὁ τῆς ἀκηδίας  
*some and austere they-live places the of-the listlessness*  
 καὶ ἀχαριστίας παρεδρεύει τύραννος· ἐπεσημνήμην τὸν  
*and ingratitude sits-by tyrant I-noticed the*  
 τῆς πορνείας λύκον ὀδύναι προστιθέντα τῷ κάμνοντι·  
*of-the fornication wolf pains adding to-the sufferer*  
 καὶ ἐν αὐταῖς ταῖς ὀδύναις κινήσεις αὐτῷ καὶ ἐκκρίσεις  
*and in the-very the pains movements in-him and emissions*

ποιοῦντα· καὶ ἦν ἑκπληκτόν τι γινόμενον ἰδέσθαι ἐν  
*causing and it-was astonishing something happening to-see in*  
 ἀλγηδόσι σφοδραῖς τὴν σάρκα σφριγῶσαν καὶ μαινομένην.  
*pains violent the flesh swelling and raging*  
 Καὶ ἐπέστρεψα καὶ εἶδον κατακειμένους, καὶ ἐπὶ τῆς  
*and I-turned and saw (men)-lying even on the*  
 κλίνης αὐτῆς ὑπὸ τῆς θείας ἐνεργείας, ἢ ὑπὸ κατανύξεως  
*bed itself by the divine working or by compunction*  
 παρακαλουμένους· καὶ μέντοι διὰ τῆς παρακλήσεως τὰς  
*comforted and indeed through the comfort the*  
 ὀδύνας διεκρούοντο· ὥς οὕτως διακεῖσθαι, ὥς μὴ θέλειν  
*pains they-repelled so-as so to-be-disposed that not to-wish*  
 αὐτοὺς τῆς νόσου ἀπαλλαγῆναί ποτε. Καὶ ἐπέστρεψα,  
*them from-the disease to-be-freed ever and I-turned*  
 καὶ εἶδον κεκακωμένους, καὶ διὰ τῆς νόσου ὥς δι'  
*and saw (men)-afflicted and through the disease as through*  
 ἐπιτιμίου τινὸς πάθους ψυχικοῦ ἀπαλλαγέντας, καὶ  
*a-penance some from-passion of-soul freed and*  
 ἐδόξασα τὸν διὰ τῆς πηλοῦ πηλὸν ἐκκαθάραντα.  
*I-glorified the(-one) through the clay clay having-cleansed*  
 Νοῦς νοερὸς πάντως καὶ νοερὰν αἴσθησιν περιβέβληται, ἵν' 6  
*a-mind spiritual surely also spiritual perception has-put-on that*  
 ἐν ἡμῖν, καὶ οὐκ ἐν ἡμῖν οὐσαν ἐκζητοῦντες μὴ παυσώμεθα·  
*in us and not in us being seeking not let-us-cease*  
 ἐκεῖνης γὰρ φανερωθείσης, αἱ ἐκτὸς πάντως, τὰ  
*that for having-been-revealed the(-senses) outward surely the*  
 οἰκεῖα ἐνεργεῖν οἰκεῖως παύσονται. Καὶ τοῦτό ἐστιν,  
*own(-works) to-work in-their-way will-cease and this is*  
 ὃ γινώσκων τις σοφὸς ἔφησε, Καὶ θείαν αἴσθησιν  
*what knowing a-certain wise(-man) said and divine perception*  
 εὐρήσεις. Βίος μοναδικὸς ἐν αἰσθήσει καρδίας γινέσθω, ἐν  
*you-will-find life monastic in perception of-heart let-be in*

ἔργοις καὶ λόγοις καὶ ἐνθυμήμασι, καὶ κινήμασι. Εἰ δὲ  
*deeds and words and thoughts and movements if but*  
 μὴ, οὐ μοναδικός, ἵνα μὴ λέγω, ἀγγελικός. Ἄλλο πρόνοια  
*not not monastic that not I-say angelic other providence*  
 Θεοῦ, καὶ ἄλλο ἀντίληψις, καὶ ἄλλο φυλακή, καὶ ἕτερον  
*of-God and other help and other protection and other*  
 ἔλεος Θεοῦ, καὶ ἄλλο παράκλησις. Καὶ τὸ μὲν ἐν πάσῃ  
*mercy of-God and other consolation and the-one indeed in all*  
 τῇ φύσει, τὸ δὲ ἐν πιστοῖς καὶ μόνον, τὸ ἕτερον ἐν  
*the nature the-other and in (the)-faithful and only the other in*  
 πιστοῖς, πιστοῖς ἀληθῶς· τὸ τέταρτον ἐν τοῖς δουλεύουσιν  
*(the)-faithful faithful truly the fourth in those serving*  
 αὐτῷ· τὸ δὲ ἔσχατον, ἐν τοῖς ἀγαπῶσιν αὐτὸν ἐνδείκνυται.  
*him the and last in those loving him is-shown*  
 Ἔστιν ὅτε τὸ ἐτέρου φάρμακον, ἐτέρου δηλητήριον γίνεται·  
*there-is when the of-one remedy of-another poison becomes*  
 ἔστι δὲ ὅτε καὶ τὸ αὐτὸ τῷ αὐτῷ ἐν μὲν τῷ οἰκείῳ  
*there-is and when also the same to-the same in indeed the proper*  
 καιρῷ προσφερόμενον, φάρμακον γίνεται· ἐν οὐ καιρῷ δὲ  
*time applied remedy becomes in not time but*  
 πάλιν δηλητήριον γίνεται. Εἶδον ἀφύῃ ἰατρόν, ἄρρώστον  
*again poison becomes I-saw an-unskilled physician a-sick(-man)*  
 συντεθλασμένον ἀτιμάσαντα, καὶ μηδὲν πλέον, εἰ μὴ  
*crushed having-dishonored and nothing more if not*  
 τὴν ἀπόγνωσιν αὐτῷ προξενήσαντα. Καὶ εἶδον εὐφύῃ,  
*the despair to-him having-brought and I-saw a-skilled(-one)*  
 πεφυσημένην καρδίαν δι' ἀτιμίας χειρουργήσαντα, καὶ  
*a-puffed-up heart through dishonor having-operated-on and*  
 πᾶσαν αὐτῆς τὴν ὀζωδίαν κενώσαντα. Ἐώρακα τὸν αὐτὸν  
*all its the stench having-emptied I-have-seen the same*  
 ἄρρώστον, ποτὲ μὲν διὰ κάθαρσιν ρύπου πίνοντα  
*sick(-man) sometimes indeed because-of cleansing of-filth having-drunk*

ὑπακοῆς ἴαμα καὶ κινούμενον, καὶ περιπατοῦντα καὶ μὴ  
*of-obedience (the)-remedy and moving and walking-about and not*  
 ὑπνοῦντα· ποτὲ δὲ τὸν ὀφθαλμὸν τῆς ψυχῆς νοσοῦντα  
*sleeping sometimes and the eye of-the soul sick*  
 καὶ ἀκίνητον καὶ ἡσυχάζοντα, καὶ ἐν σιωπῇ διατελοῦντα.  
*and motionless and keeping-still and in silence continuing*  
 Ὁ ἔχων ὦτα ἀκούειν, ἀκουέτω. Τινές, πόθεν οὐκ οἶδα  
*the-(one) having ears to-hear let-him-hear some whence not I-know*  
 (οὐδὲ γὰρ οἰήσεται Θεοῦ δῶρα ζητεῖν καὶ πολυπραγμονεῖν  
*not-even for with-conceit of-God gifts to-seek and to-pry-into*  
 μεμάθηκα), φύσει, ἢ οὕτως εἶπω, περὶ τὸ ἐγκρατές, ἢ  
*I-have-learned by-nature that thus I-may-say toward the temperate or*  
 περὶ τὸ ἡσυχαστικόν, ἢ καὶ ἀγνόν, ἢ ἀπαρρήσιαστον, ἢ  
*toward the solitary or also chaste or unassuming or*  
 πρᾶον, ἢ εὐκατάνυκτον ἐπιρρέπῳς ἔχουσι. Καὶ εἰσιν ἕτεροι  
*meek or compunctious inclined are and there-are others*  
 αὐτὴν σχεδὸν τὴν ἑαυτῶν φύσιν πρὸς ταῦτα αὐτοῖς  
*the-very almost the own nature against these(-things) them*  
 ἀντιπράττουσαν ἔχοντες, καὶ κατὰ δύναμιν ἑαυτοῦς  
*working-against having and according-to power themselves*  
 βιαζόμενοι· εἰ καὶ ἐν καιρῷ ἡττῶνται, ἀλλ' ὅμως ὥς  
*forcing if even at times they-are-defeated but nevertheless as*  
 βιαστὰς τῆς φύσεως, αὐτοῦς τῶν προτέρων μᾶλλον  
*forcers of-the nature them than-the former rather*  
 ἀποδέχομαι. Μὴ μεγαλαύχει ἐπὶ ἀπόνῳ πλούτῳ, ἄνθρωπε·  
*I-approve not boast in toiless wealth man*  
 τὴν γὰρ πολλὴν σου βλάβην, καὶ ἀσθένειαν, καὶ ἀπώλειαν  
*the for great your harm and weakness and destruction*  
 προγνοὺς ὁ δωροδότης τοῖς πλεονεκτημασίῳ αὐτοῦ ἐκείνοις  
*having-foreseen the giver by-the advantages his those*  
 τοῖς ἀμίσθοις κἂν ποσῶς σε διέσωσε. Καὶ αἱ ἐκ  
*the unearned at-least in-some-measure you saved and the from*

νηπίου παιδεῖαι, καὶ ἀνατροφαί, καὶ τὰ ἐπιτηδεύματα  
*infancy educations and upbringings and the pursuits*  
 συνέρχονται, ἥ καὶ ἀντιπράττουσιν, ἡμῖν αὐξήσασι πρὸς  
*help or also work-against us having-grown-up toward*  
 τὴν ἀρετὴν τε καὶ πρὸς τὴν μοναδικὴν πολιτείαν·  
*the virtue both and toward the monastic way-of-life*  
 φῶς μὲν μοναχοῖς ἄγγελοι· φῶς δὲ πάντων ἀνθρώπων  
*light indeed for-monks angels light and of-all men*  
 μοναδικὴ πολιτεία. Οὐκοῦν ἐν πᾶσι τύπος ἀγαθὸς γίνεσθαι  
*(the)-monastic way-of-life therefore in all a-model good to-become*  
 ἀγωνιζέσθωσαν, μηδενὶ πρόσκομμα ἐν μηδενὶ διδόντες, ἐν  
*let-them-strive to-no-one offense in nothing giving in*  
 οἷς ἂν ἐργάζωνται, ἥ ἀποφθέγγωνται. Εἰ γὰρ τὸ φῶς  
*what — they-do or utter if for the light*  
 σκότος γίνεται, τὸ σκότος, ἡγουν, οἱ κατὰ κόσμον, πόσον  
*darkness becomes the darkness that-is those in (the)-world how-much*  
 σκοτισθήσονται; Εἰ ἄρα ἐμοὶ πείθεσθε, οἱ πειθόμενοι, μᾶλλον  
*will-they-be-darkened if then me you-obey you obeying rather*  
 δὲ οἱ βουλόμενοι, καλὸν ἡμᾶς μὴ ποικίλλειν ἑαυτοὺς,  
*but those wishing good us not to-diversify ourselves*  
 καὶ τὴν ἀθλίαν ἡμῶν ψυχὴν διαμερίζειν, καὶ πολεμεῖν  
*and the wretched our soul to-divide and to-war*  
 χιλίαις χιλιάσι, καὶ μυρίαὶς μυριάσιν ἐχθρῶν· οὐ γὰρ  
*with-a-thousand thousands and ten-thousand ten-thousands of-enemies not for*  
 ἐξαρκέσομεν πάσας αὐτῶν τὰς πανουργίας καταμαθεῖν, ἢ  
*we-will-suffice all their the villainies to-learn or*  
 ὅλως εὑρεῖν. Τῇ Τριάδι· τῇ ἁγίᾳ κατὰ τῶν τριῶν, διὰ  
*at-all to-find with-the Trinity the holy against the three through*  
 τῶν τριῶν ὅπλισώμεθα. Εἰ δὲ μή, πολλοὺς κόπους ἑαυτοῖς  
*the three let-us-arm if but not many toils for-ourselves*  
 προξενήσομεν· ὧντως ἐὰν καὶ ἐν ἡμῖν γένηται, ὁ  
*we-will-bring truly if also in us comes the(-one)*



μεταστρέφων τὴν θάλασσαν εἰς ξηράν, διαβήσεται πάντως  
*turning the sea into dry-land will-cross surely*  
 καὶ ὁ ἡμῶν Ἰσραὴλ, ἤγουν νοῦς ὁρῶν Θεόν, αὐτὴν  
*also the our Israel that-is (the)-mind seeing God it*  
 ἀκυμάντως, καὶ ὄψεται τοὺς Αἰγυπτίους ἐν τῷ ὕδατι τῶν  
*without-waves and will-see the Egyptians in the water of-the*  
 δακρύων ἀποπνιγένας· ἐκείνου δὲ ἐν ἡμῖν μὴ ἐνδημοῦντος,  
*tears drowned he but in us not dwelling*  
 ἤχους κυμάτων αὐτῆς, ἤγουν τῆς σαρκὸς ταύτης τίς  
*(the)-roar of-waves its that-is of-the flesh this who*  
 ὑποστήσεται; Ἐὰν ἀναστῇ ἐν ἡμῖν ὁ Θεὸς διὰ πράξεως,  
*will-withstand if arises in us — God through practice*  
 διασκορπισθήσονται οἱ ἐχθροὶ αὐτοῦ, καὶ ἐὰν διὰ θεωρίας  
*will-be-scattered the enemies his and if through contemplation*  
 προσπελάσωμεν αὐτῷ, Φεύξονται οἱ μισοῦντες αὐτὸν ἀπὸ  
*we-draw-near to-him will-flee those bating him from*  
 προσώπου αὐτοῦ καὶ ἡμῶν. Ἰδρῶτι μᾶλλον, καὶ μὴ ψιλῷ  
*(the)-face his and ours by-sweat rather and not with-bare*  
 λόγῳ, τὰ θεῖα μανθάνειν σπουδάσωμεν. Οὐ γὰρ  
*word the divine(-things) to-learn let-us-strive not for*  
 λόγους, ἀλλ' ἔργα ἐν καιρῷ ἐξόδου χρεῖα ἐνδείξασθαι.  
*words but deeds at (the)-time of-departure (there-is)-need to-show*  
 Οἱ θησαυρὸν κεκρυμμένον ἀκούσαντες ἐν τῷ τόπῳ,  
*those treasure hidden having-heard-of in the place*  
 ζητοῦσι, καὶ ἐκ τῆς ζητήσεως τὸ εὑρεθὲν μετὰ πόνου  
*seek and from the search the(-thing) found with toil*  
 φυλάττουσιν· οἱ γὰρ ἀπόνως πλουτήσαντες σκορπίζουσι.  
*they-guard those for without-toil having-grown-rich squander*  
 Δυσχερὲς μὲν τὸ τῶν προλήψεων εὐχερῶς περιγενέσθαι·  
*difficult indeed the over-the preconceptions easily to-overcome*  
 οἱ δὲ ἔτι ταύταις προστιθέναι μὴ παυόμενοι, ἢ ἑαυτῶν  
*those but still to-them to-add not ceasing either of-themselves*

ἀπεγνώκασιν, ἣ οὐδὲν ἐκ τῆς ὑποταγῆς ὠφελήθησαν. Πλὴν  
*have-despaired or nothing from the submission were-profitd yet*  
 οἶδα, ὅτι ὁ Θεὸς πάντα δύναται· ἀδυνατεῖ δὲ αὐτῷ οὐδέν.

*I-know that — God all can is-impossible and for-him nothing*

- 7 Δυσδιάκριτόν μοί τις θεώρημα ἐπηπόρησαν, καὶ τοὺς  
*a-hard-to-discern to-me some question raised and those*  
 κατ' ἐμὲ πάντας ὑπερβαῖνον, οὐδενὶ δὲ τῶν εἰς ἐμὲ  
*in my(-time) all surpassing in-none and of-the to me*  
 ἐληλυθότων δέλτων περιεχόμενον λέγοντες. Ποιοὶ τῶν  
*having-come books contained saying which of-the*  
 ὀκτὼ λογισμῶν ἰδιαίτερος ἀπόγονοι τυγχάνουσι; ἢ ποῖος  
*eight thoughts particularly offspring are or which*  
 τοιούτων πέντε ἐκ τῶν τριῶν τῶν προστατῶν γεννήτωρ  
*of-such five from the three the chiefs begetter*  
 κατέστηκεν; Ἐγὼ δὲ πρὸς τὴν ἀπορίαν ἐπαινέτην ἀγνοίαν  
*is I and to the difficulty praiseworthy ignorance*  
 προβαλόμενος, παρὰ τῶν πανοσίων ἀνδρῶν ἔμαθον  
*putting-forward from the all-holy men learned*  
 οὕτως. Μήτηρ μὲν πορνείας γαστριμαργία, ἀκηδίας δὲ  
*thus mother indeed of-fornication gluttony of-listlessness and*  
 κενοδοξία· λύπη δὲ τῶν τριῶν τούτων γέννημα, ὥσπερ  
*vainglory grief and of-the three these offspring as*  
 καὶ ὀργή· ὑπερηφανίας δὲ μήτηρ κενοδοξία. Ἐγὼ δὲ πάλιν  
*also anger of-pride and mother vainglory I and again*  
 πρὸς τοὺς ἀειμνήστους ἐκείνους ἀποκρινόμενος ἔφασκον,  
*to the ever-memorable those answering said*  
 λιπαρῶν μανθάνειν λοιπὸν καὶ τῶν ὀκτὼ γεννήματα,  
*entreating to-learn thereafter also of-the eight offspring*  
 καὶ ποῖον ποίου ὑπάρχει κήμα. Ἐδίδασκον δὲ εὐμένως  
*and which of-which is offspring taught and kindly*  
 οἱ ἀπαθεῖς λέγοντες, μὴ εἶναι τάξιν ἢ σύνεσιν  
*the dispassionate(-men) saying not to-be order or understanding*

ἐν ἀσυνέτοις· πᾶσαν δὲ ἀταξίαν καὶ ἀκαταστασίαν· καὶ  
*in (the)-senseless all but disorder and confusion and*  
 πιθόντες οἱ μακάριοι πιθανοῖς ὑποδείγμασι ἐλεγον, εἰς  
*having-persuaded the blessed with-persuasive examples spoke into*  
 μέσον προενεγκόντες πιθανὰς ἀποδείξεις καὶ πλείονας,  
*(the)-open having-brought-forward persuasive proofs and more*  
 ἐξ ὧν τινα ἐν τῷ παρόντι λόγῳ συντάττομεν, ἵνα  
*of which some in the present discourse we-set-down that*  
 ἐξ ἐκείνων λοιπὸν καὶ περὶ τῶν λοιπῶν φωτισθῶμεν.  
*from them thereafter also about the rest we-may-be-enlightened*  
 Οἷόν τι λέγω· Ὁ γέλως, ὁ ἄκαιρος, ποτὲ μὲν  
*for-instance something I-say the laughter the untimely sometimes indeed*  
 ἐκ πορνείας δαίμονος τίκεται, ποτὲ δὲ ἐκ κενοδοξίας,  
*from of-fornication (the)-demon is-born sometimes and from vainglory*  
 ὅταν τις ἐφ' ἑαυτῷ ἔνδοθεν σεμνύνηται ἀσέμνως· ποτὲ  
*when someone in himself within prides-himself unseemly sometimes*  
 δὲ ἐκ τρυφῆς, ὁ ὕπνος ὁ πολὺς. Ποτὲ μὲν ἐκ τρυφῆς,  
*and from luxury the sleep the much sometimes indeed from luxury*  
 ποτὲ δὲ ἐκ νηστείας, ὅταν οἱ νηστεύοντες ἐπαίρωνται·  
*sometimes and from fasting when those fasting are-lifted-up*  
 ποτὲ δὲ ἐξ ἀκηδίας, ποτὲ δὲ καὶ ἐκ φύσεως. Ἡ  
*sometimes and from listlessness sometimes and also from nature the*  
 πολυλογία ποτὲ μὲν ἀπὸ γαστριμαργίας, ποτὲ δὲ ἀπὸ  
*much-talk sometimes indeed from gluttony sometimes and from*  
 κενοδοξίας· ἡ ἀκηδία ποτὲ μὲν ἀπὸ τρυφῆς, ποτὲ δὲ  
*vainglory the listlessness sometimes indeed from luxury sometimes and*  
 ἐξ ἀφοβίας Θεοῦ· ἡ βλασφημία ἔστιν μὲν κυρίως κήμημα  
*from fearlessness of-God the blasphemy is indeed properly offspring*  
 ὑπερηφανίας· πολλάκις δὲ καὶ ἐκ τοῦ κρίναι ἐν τῷ αὐτῷ  
*of-pride often and also from the to-judge in the same*  
 τὸν πλησίον, ἢ καὶ ἀπὸ φθόνου ἀκαίρου τῶν δαιμόνων· ἢ  
*the neighbor or also from envy untimely of-the demons the*

σκληροκαρδία ἐστὶν ὅτε ἀπὸ κόρου, ἀπὸ ἀναισθησίας, ἀπὸ  
*hard-heartedness there-is when from satiety from insensibility from*  
 προσπαθείας· πάλιν δὲ ἡ προσπάθεια ἔστι μὲν ὅτε ἀπὸ  
*attachment again and the attachment there-is indeed when from*  
 πορνείας, ἢ φιλαργυρίας, ἢ γαστριμαργίας, ἢ κενοδοξίας,  
*fornication or avarice or gluttony or vainglory*  
 καὶ ἐξ ἐτέρων πολλῶν· ἡ πονηρία πάλιν ἀπὸ οὔσεως  
*and from others many the wickedness again from conceit*  
 καὶ ὀργῆς. Ἡ ὑπόκρισις ἐξ αὐταρκειας καὶ ἰδιορυθμίας·  
*and anger the hypocrisy from self-sufficiency and self-will*  
 τὰ δὲ τούτων ἐναντία ἐκ τῶν ἐναντίων γεννητόρων  
*the(-things) and of-these opposite from the opposite begetters*  
 αὐτῶν ἀποτίκτονται. Καὶ ἵνα μὴ πολλὰ λέγω, ἐπιλείψει  
*their are-born and that not many(-things) I-say will-fail*  
 με γὰρ ὁ χρόνος, ἢ περὶ τὸ καθ' ἓν ἐξετάζειν βούλομαι·  
*me for the time if the by one to-examine I-wish*  
 κυρίως πάντων τῶν προειρημένων παθῶν ἀναιρέτις ἐστὶν  
*properly of-all the aforesaid passions destroyer is*  
 ἡ ταπεινοφροσύνη, ἣν οἱ κτησάμενοι πάντα νενικήκασι.  
*the humility which those having-acquired all have-conquered*  
 Γενήτρια πάντων τῶν κακῶν, ἡδονὴ καὶ πονηρία, ἃ  
*begetter of-all the evils pleasure and wickedness which*  
 ὁ κατέχων οὐκ ὄψεται τὸν Κύριον· οὐδὲν δὲ ἡμᾶς ἐκ  
*the(-one) holding not will-see the Lord nothing and us from*  
 τῆς προτέρας ἀποχῆς ἐκτὸς τῆς δευτέρας ὀνήσειε. Φόβου  
*the former abstinence without the second would-profit of-fear*  
 Κυρίου ὑπόδειγμα ἐξ ἀρχόντων καὶ θηρίων ληψώμεθα.  
*of(-the)-Lord example from rulers and beasts let-us-take*  
 Πόθου δὲ τοῦ πρὸς Θεὸν ὑπόδειγμα ὁ τῶν σωμάτων ἔρωσ  
*of-longing and the toward God example the of-the bodies love*

τύπος γενέσθω σοι· οὐδὲν γὰρ τὸ καλύον, καὶ ἐκ  
*a-model let-become for-you nothing for the(-thing) preventing even from*  
 τῶν ἐναντίων ποιέσθαι ἡμᾶς τὰ τῶν ἀρετῶν ὑποδείγματα.  
*the opposites to-make us the of-the virtues examples*

## XXVI · DISCERNMENT, 8–13

*The present generation shows the fathers' bodily toils without their gifts, for God appears to simplicity and humility, not to toil. A sick brother is to be tended as a wounded soldier, not judged. Vices hide in virtues as a frog in a drawn pail, gluttony in hospitality and fornication in love. Prayers go unanswered because they come too soon, are unworthy, or would puff up. Love outranks prayer, so a monk may leave his prayer to answer a brother. Thoughts are met by prayer against them, by answering them, or by despising them, the last the mark of the perfect. There is a time for everything. A demon waits at bedtime and a forerunner at waking, so the day's first-fruits belong to the Lord.*

Πεπονήρευται χαλεπῶς ἡ παροῦσα γενεά, καὶ ὅλη 8  
*has-grown-wicked grievously the present generation and wholly*  
 οἰήσεως καὶ ὑποκρίσεως πεπλήρωται κόπους μὲν  
*with-conceit and hypocrisy is-filled toils indeed*  
 σωματικούς κατὰ τοὺς ἀρχαίους πατέρας ἡμῶν ἴσως  
*bodily like the ancient fathers our perhaps*  
 ἐπιδεικνυμένη· τῶν δὲ χαρισμάτων αὐτῶν οὐκ ἀξιουμένη,  
*displaying of-the but gifts their not deemed-worthy*  
 καίπερ οἶμαι, οὔποτε ὥς νῦν ἡ φύσις χαρισμάτων  
*although I-think never as now the nature gifts*  
 ἐδέετο· καὶ εἰκότως πεπόνθαμεν· οὐ γὰρ κόποις, ἀλλ'  
*needed and fittingly we-have-suffered not for to-toils but*  
 ἀπλότητι καὶ ταπεινώσει ὁ Θεὸς ἐμφανίζεται. Εἰ καὶ  
*to-simplicity and humility — God is-manifested if even*  
 ἡ δύναμις Κυρίου ἐν ἀσθενείᾳ τελειοῦται, ὅμως οὐ  
*the power of-(the)-Lord in weakness is-perfected nevertheless not*

κωλύσει Κύριος ἐργάτην ταπεινόφρονα. Ὅποτεν τινὰ τῶν  
*will-hinder (the)-Lord a-worker humble-minded when one of-the*  
 ἀθλητῶν ἡμῶν κακούμενον σωματικῶς θεασώμεθα, μὴ  
*athletes our afflicted bodily we-see not*  
 ἐκ πονηρίας τὸ κρίμα τῆς αὐτοῦ ἀσθενείας μανθάνειν  
*from malice the judgment of-the his weakness to-learn*  
 σπουδάσωμεν· μᾶλλον δὲ ἀπλῇ καὶ ἀπονήρῳ ἀγάπῃ,  
*let-us-be-eager rather but with-simple and guileless love*  
 ὡς οἰκεῖον μέλος, καὶ ὡς στρατιώτην ἐκ τοῦ πολέμου  
*as (our)-own member and as a-soldier from the war*  
 πληγέντα δεξάμενοι θεραπεύσωμεν. Ἔστιν ἀσθένεια διὰ  
*wounded having-received let-us-tend there-is sickness because-of*  
 καθαρισμὸν πταισμάτων, καὶ ἔστι διὰ τὸ ταπεινωθῆναι  
*cleansing of-failings and there-is because-of the to-be-humbled*  
 τὸ φρόνημα. Ὁ ἀγαθὸς ἡμῶν καὶ πανάγαθος Δεσπότης  
*the mind the good our and all-good Master*  
 καὶ Κύριος, ὅποτεν πολλάκις τινὰς ὀκνηροτέρους περὶ  
*and Lord when often some more-sluggish in*  
 τὴν ἀσκησιν θεάσεται, δι' ἀσθενείας λοιπόν, ὥσπερ  
*the discipline sees through sickness thereafter as*  
 δι' ἀνευωτέρας ἀσκήσεως τὴν σάρκα ταπεινοῦ· ἔστι  
*through a-gentler discipline the flesh humbles there-is*  
 δὲ ὅτε καὶ τὴν ψυχὴν λογισμῶν πονηρῶν καὶ παθῶν  
*and when also the soul from-thoughts wicked and passions*  
 ἐκκαθαίρει. Πάντα ἡμῖν τὰ συμβαίνοντα, ἥτε ὁρατά,  
*be-cleanses all to-us the(-things) happening whether visible*  
 ἥτε ἀόρατα, ἔστι καὶ καλῶς, καὶ ἐμπαθῶς, καὶ μέσως  
*or invisible it-is-possible both well and passionately and in-between*  
 καταδέξασθαι. Εἶδον τρεῖς ἀδελφοὺς ζημιωθέντας· καὶ ὁ  
*to-receive I-saw three brothers having-suffered-loss and the-one*  
 μὲν ἡγανάκτει, ὁ δὲ ἔμεινεν ἄλυτος, ὁ δὲ πολλὴν  
*indeed was-indignant the-other and remained ungrieved the-other and much*

τὴν χαρὰν προσελάβετο. Εἶδον παρὰ γεωργοῖς ἓν σπέρμα  
*the joy received I-saw among farmers one seed*  
 παρ' ἀμφοτέροις καταβαλλόμενον, ἀλλὰ σκοπὸν οἰκεῖον  
*by both sown but aim own*  
 ἕκαστος ἐκέκτητο· ὁ μὲν, ἵνα τὰ ἑαυτοῦ ἀποδώσει  
*each had the-one indeed that the own he-may-repay*  
 χρέη· ὁ δὲ ἵνα πλούτον ἑαυτῷ θησαυρίσῃ· ὁ  
*debts the-other and that wealth for-himself he-may-store-up the-other*  
 δὲ ἵνα δώροις τὸν Δεσπότην τιμήσῃ· ὁ δὲ ἕτερος,  
*and that with-gifts the Master he-may-honor the-other and another*  
 ἵνα ἐπὶ τῇ καλοεργίᾳ τὸν παρὰ τῶν παρερχομένων ἐν  
*that for the good-work the from those passing on*  
 τῇ ὁδῷ τοῦ βίου ἔπαινον θηράσῃ· ὁ δὲ ἵνα αὐτὸν  
*the road of-the life praise he-may-hunt the-other and that him*  
 ἑαυτοῦ ἐχθρὸν ζηλώσαντα θλίψῃ· ὁ δέ, ἵνα μὴ ὡς  
*his enemy having-envied he-may-vex the-other and that not as*  
 ἀργὸς παρὰ τῶν ἀνθρώπων ὀνειδίζεται. Αὗται αἱ τῶν  
*idle by the men he-may-be-reproached these the of-the*  
 γεωργῶν τοῦ σπόρου προσηγορίαι· νηστεία, ἀγρυπνία,  
*farmers of-the seed names fasting vigil*  
 ἐλεημοσύνη, διακονίαι, καὶ τὰ ὅμοια. Τοὺς δὲ σκοποὺς  
*almsgiving services and the(-things) like the but aims*  
 προθύμως ἐν Κυρίῳ οἱ ἀδελφοὶ βασανίσουσιν, ὥσπερ ὕδωρ  
*eagerly in (the)-Lord the brothers will-test as water*  
 ἐκ πηγῶν ἀπαντλοῦντες, ἔστιν ὅτε λεληθότως, καὶ τὸν  
*from springs drawing there-is when unnoticed also the*  
 λεγόμενον βάτραχον συνηντλήσαμεν. Οὕτως καὶ τὰς ἀρετὰς  
*so-called frog we-drew-up-with(-it) thus also the virtues*  
 μετερχόμενοι πολλάκις συμπεπλεγμένας αὐταῖς ἀφανῶς τὰς  
*pursuing often entwined with-them unseen the*  
 κακίας μετερχόμεθα· οἷόν τι λέγω· τῇ ξενοδοχίᾳ  
*vices we-pursue for-instance something I-say with-the hospitality*

ἡ γαστριμαργία συμπέπλεκται· τῇ ἀγάπῃ ἡ πορνεία·  
*the gluttony is-entwined with-the love the fornication*  
 τῇ διακρίσει ἡ δεινότης· τῇ φρονήσει ἡ πονηρία·  
*with-the discernment the cunning with-the prudence the wickedness*  
 τῇ πραΰτητι ἡ ὑπουλότης, καὶ νωθρότης, καὶ ὀκνηρία,  
*with-the meekness the deceit and sluggishness and slackness*  
 καὶ ἀντιλογία, καὶ ἰδιορυθμία, καὶ ἀνηκοΐα· τῇ σιωπῇ  
*and contradiction and self-will and disobedience with-the silence*  
 τῆς διδασκαλίας ὁ ὄγκος· τῇ χαρᾷ οὔσις· τῇ ἐλπίδι  
*of-the teaching the pomp with-the joy conceit with-the hope*  
 ἡ ὀκνηρία· τῇ ἀγάπῃ πάλιν τὸ κατακρίνειν· τῇ  
*the slackness with-the love again the condemning with-the*  
 ἡσυχία ἡ ἀκηδία καὶ ὀκνηρία· τῇ ἀγνείᾳ ἡ πικρία· τῇ  
*stillness the listlessness and slackness with-the purity the bitterness with-the*  
 ταπεινοφροσύνῃ ἡ παρῥησία· τούτοις δὲ πᾶσιν, ὥσπερ  
*humility the license these and all as*  
 κοινὸν κολλύριον, μᾶλλον δὲ δηλητήριον ἢ κενοδοξία  
*a-common salve rather but poison the vainglory*  
 συνέπεται. Μὴ λυπηθῶμεν αἰτούμενοι τὸν Κύριον αἰτήματα,  
*accompanies not let-us-grieve asking the Lord requests*  
 καὶ ἐπὶ χρόνους μὴ εἰσακουόμενοι. Ἐβούλετο γὰρ Κύριος  
*and for years not being-beard wished for (the)-Lord*  
 πάντας ἀνθρώπους ἐν μιᾷ καιροῦ ῥοπῇ ἀπαθεῖς γενέσθαι.  
*all men in one of-time instant dispassionate to-become*  
 Πάντες οἱ αἰτούμενοι ἐκ Θεοῦ τὰ αἰτήματα, καὶ μὴ  
*all the(-ones) asking from God the requests and not*  
 λαβόντες, διὰ μίαν τούτων τῶν αἰτιῶν πάντως οὐ  
*having-received because-of one of-these the causes surely not*  
 κομίζονται, ἢ ὅτι πρὸ καιροῦ αἰτοῦσιν, ἢ ὅτι ἀναξίως  
*receive either because before time they-ask or because unworthily*  
 αἰτοῦσι, καὶ κενοδοξῶς, ἢ ὅτι λαμβάνοντες ἐπαρθῆναι  
*they-ask and vaingloriously or because receiving to-be-lifted-up*



ἔμελλον, ἢ ἀμελεῖν λοιπὸν μετὰ τὸν τοῦ αἰτήματος κτήσιν.  
*they-would or to-neglect thereafter after the of-the request acquiring*  
 Ὅτι μὲν ἀναχωροῦσιν οἱ δαίμονες, καὶ τὰ πάθη ἐκ τῆς  
*that indeed withdraw the demons and the passions from the*  
 ψυχῆς, ἢ καιρῶ τι, ἢ διηνεκῶς, οὐδεὶς ἀμφιβάλλει,  
*soul either for-time some or permanently no-one doubts*  
 οἶμαι. Τὸ δὲ ἐκ πόσων τρόπων ἢ τούτων ἀναχώρησις  
*I-think the but in how-many ways the of-them withdrawal*  
 ἐξ ἡμῶν γίνεται ὀλίγοι ἐπίστανται. Ἀνεχώρησαν τὰ πάθη  
*from us happens few know withdrew the passions*  
 ἐκ τινων οὐ μόνον πιστῶν, ἀλλὰ καὶ ἀπίστων, ἐκτὸς  
*from some not only faithful but also unbelievers except*  
 ἐνός, ἐκεῖνο μόνον καταλιπόντα αὐτοῖς ὡς κακόν τι  
*one that alone having-left in-them as evil some*  
 πρωτεύον, καὶ τὸν τόπον πάντων ἀναπληροῦν, εἴπερ  
*chief and the place of-all filling if-indeed*  
 τοιαύτην κέκτηται τὴν βλάβην, ὡς καὶ ἐξ οὐρανοῦ  
*such it-has the harm as even from heaven*  
 κατενέγκαι. Ἀναλίσκεται ὕλη πυρὶ θείῳ δαπανωμένη, καὶ  
*to-bring-down is-consumed matter by-fire divine devoured and*  
 τῆς ψυχῆς ἐκριζυμένη. Ὑποχωροῦσι δαίμονες ἐκουσίως,  
*from-the soul uprooted withdraw demons willingly*  
 ἀμεριμνήσαι παρασκευάζοντες, καὶ αἰφνίδιον τὴν ἀθλίαν  
*to-be-careless contriving and suddenly the wretched*  
 ψυχὴν ἀρπάζοντες, καὶ εἰς ἄκρον ποιωθῆναι τοῖς πάθεσι  
*soul seizing and to (the)-utmost to-be-habituated to-the passions*  
 παρασκευάζοντες, ὡς ἐντεῦθεν αὐτεπίβουλον οὔσαν λοιπὸν  
*contriving so-that thenceforth self-plotting being thereafter*  
 καὶ αὐτοπολέμιον. Οἶδα καὶ ἄλλην ὑποχώρησιν τῶν θηρίων  
*and self-warring I-know also another withdrawal of-the beasts*  
 μετὰ τὸ τελείως συνηθίσαι τὴν ψυχὴν, καὶ ὑπόδειγμα  
*after the completely to-have-habituated the soul and example*

τοῦ εἰρημένου τὰ νήπια· μετὰ γὰρ τὴν μακρὰν  
*of-the(-thing) said the infants after for the long*  
 συνήθειαν, καὶ χωρὶς μαζοῦ, ἐκ τῶν οἰκείων δακτύλων  
*habit even without breast from the own fingers*  
 θηλάζουσιν. Οἶδα καὶ πέμπτην ἐν τῇ ψυχῇ ἀπάθειαν, ἔτι  
*suck I-know also a-fifth in the soul dispassion still*  
 ἐξ ἀπλότητος πολλῆς καὶ ἀκεραιότητος ἐπαινουμένους  
*from simplicity much and innocence praised*  
 συνισταμένη. Δικαία γὰρ ἡ βοήθεια τοῖς τοιούτοις παρὰ  
*arising just for the help for-the such(-ones) from*  
 Θεοῦ τοῦ σώζοντος τοὺς εὐθεῖς τῇ καρδίᾳ, καὶ  
*God the(-one) saving the upright in-the heart and*  
 ἀνεπαισθήτως αὐτοὺς τῶν κακῶν ἀπαλλάττοντες· εἴπερ  
*imperceptibly them from-the evils freeing if-indeed*  
 καὶ τὰ νήπια ἐκδυθέντα οὐ πάνυ γινώσκουσι. Κακία μὲν,  
*also the infants stripped not very know vice indeed*  
 ἢ πάθος φυσικῶς ἐν τῇ φύσει οὐ πέφυκεν· οὐκ ἔστι γὰρ  
*or passion naturally in the nature not exists not is for*  
 κτιστῆς παθῶν ὁ Θεός· ἀρεταὶ δὲ φύσει καὶ πολλαὶ  
*creator of-passions — God virtues but by-nature and many*  
 ἐν ἡμῖν παρ' αὐτοῦ γεγόνασιν, ἐξ ὧν εἰσι καὶ αὗται  
*in us by him have-been-made of which are also these*  
 σαφῶς· ἡ ἐλεημοσύνη, εἴπερ καὶ Ἕλληνες συμπαθοῦσιν·  
*clearly the almsgiving if-indeed even Pagans feel-compassion*  
 ἡ ἀγάπη, εἴπερ καὶ τὰ ἄλογα ζῶα πολλάκις ἐπὶ τῇ  
*the love if-indeed even the irrational animals often at the*  
 στερήσει ἀλλήλων ἐδάκρυσαν. Ἡ πίστις· πάντες γὰρ ἐξ  
*loss of-one-another wept the faith all for from*  
 ἑαυτῶν ταύτην ἀποτίκτομεν· ἐλπίς, ἐπεὶ καὶ δανειζόμενοι,  
*ourselves it bring-forth hope since also lending*  
 καὶ πλέοντες, καὶ σπείροντες πλουτῆσαι ἐλπίζομεν.  
*and sailing and sowing to-grow-rich we-hope*

Εἰ τοίνυν, ὡς ἀποδέδεικται, ἡ ἀγάπη φύσει καὶ ἀρετὴ ἐν 9  
*if therefore as has-been-shown the love by-nature also virtue in*  
 ἡμῖν καθέστηκε, σύνδεσμος δὲ καὶ πλήρωμα νόμου αὕτη,  
*us is bond and also fulfillment of-(the)-law this*  
 οὐκοῦν οὐ πόρρω τῆς φύσεως αἱ ἀρεταὶ καθεστήκασι,  
*then not far from-the nature the virtues are*  
 καὶ αἰσχυνθείσαν οἱ ἀδυναμίαν ἐπὶ τῇ τούτων  
*and let-be-ashamed those weakness in the of-them*  
 ἐργασία προβαλλόμενοι. Ὑπὲρ φύσιν ἀγνεία, ἀοργησία,  
*practice pleading beyond nature purity freedom-from-anger*  
 ταπεινοφροσύνη, προσευχή, ἀγρυπνία, νηστεία, κατάνυξις  
*humility prayer vigil fasting compunction*  
 διηνεκῆς. Τούτων τῶν μὲν ἄνθρωποι, τῶν δὲ ἄγγελοι,  
*constant of-these of-some indeed men of-others and angels*  
 τῶν δὲ αὐτὸς ὁ Θεὸς Λόγος καθέστηκε διδάσκαλος  
*of-others and himself — God (the)-Word is teacher*  
 καὶ δοτὴρ· συγκρίσει κακῶν δεῖ ἡμᾶς τὸ κουφότερον  
*and giver in-comparison of-evils it-is-necessary us the lighter*  
 ἐκλέξασθαι. Οἷον πολλάκις ἐν προσευχῇ παρισταμένων  
*to-choose for-instance often in prayer standing*  
 ἡμῶν, πρὸς ἡμᾶς ἀδελφοὶ παρεγένοντο· καὶ δυοῖν θάτερον,  
*us to us brothers came and of-two one*  
 ἢ τὴν προσευχὴν καταλιπεῖν, ἢ τὸν ἀδελφὸν ἀναπόκριτον  
*either the prayer to-leave or the brother unanswered*  
 ἀπελθόντα λυπῆσαι. Μείζων ἀγάπη προσευχῆς· ἡ μὲν  
*going-away to-grieve greater love than-prayer the-one indeed*  
 γὰρ μερική, ἡ δὲ περιεκτικὴ πασῶν καθέστηκε. Πάλαι  
*for partial the-other and embracing all is long-ago*  
 ἐν πόλει ἢ κώμῃ παραγενόμενός ποτε, ἔτι νέος ὢν, ὑπὸ  
*in a-city or village having-come once still young being by*  
 λογισμῶν γαστριμαργίας καὶ κενοδοξίας ὁμοθυμαδὸν ἐπὶ  
*thoughts of-gluttony and vainglory together at*

τραπέζης καθήμενος κατελήφθην, καὶ μέντοι τὴν ἀπόγονον  
*table sitting I-was-caught and indeed the offspring*  
 τῆς κοιλιομανίας δεδοικώς, τῇ κενοδοξία ἡττήθην μάλλον.  
*of-the belly-madness having-feared by-the vainglory I-was-defeated rather*  
 Ἔγνων ἐγὼ τὸν τῆς γαστριμαργίας δαίμονα πολλάκις,  
*I-knew I the of-the gluttony demon often*  
 τὸν τῆς κενοδοξίας νικήσαντα ἐν τοῖς νέοις· καὶ εἰκότως·  
*the of-the vainglory having-conquered in the young and fittingly*  
 παρὰ μὲν τοῖς ἐν κόσμῳ ῥίζα πάντων τῶν κακῶν ἡ  
*among indeed those in (the)-world root of-all the evils the*  
 φιλαργυρία, παρὰ δὲ μοναχοῖς ἡ γαστριμαργία· ἔστι  
*avarice among but monks the gluttony there-is*  
 παρὰ τοῖς πνευματικοῖς πολλάκις τινὰ εὐτελέστατα πάθη  
*among the spiritual often some very-slight passions*  
 ἐκ Θεοῦ οἰκονομικῶς καταλιμπανόμενα· ἵνα δι' εὐτελῶν  
*by God providentially left that through slight*  
 τινῶν, καὶ ἀναμαρτήτων ἑαυτοὺς λίαν καταμεμφόμενοι,  
*certain and sinless(-things) themselves greatly blaming*  
 πλοῦτον ἄσυλον ταπεινοφροσύνης κτήσωνται· οὐκ ἔστι  
*wealth unplundered of-humility they-may-acquire not it-is-possible*  
 ἐν προοιμίῳ ταπείνωσιν κτήσασθαι ἀνυποτάκτως διάγοντα,  
*in (the)-beginnings humility to-acquire unsubmitively living*  
 εἴπερ πᾶς ὁ ιδιορύθμως τέχνην μεμαθηκὼς φαντάζεται.  
*if-indeed every one on-his-own a-craft having-learned gives-himself-airs*  
 10 Ἐν δυσὶν ἀπάσαις γενικωτάταις ἀρεταῖς οἱ Πατέρες  
*in two in-all most-general virtues the Fathers*  
 τὴν πρακτικὴν ὀρίζονται, καὶ εἰκότως. Ἡ μὲν γὰρ  
*the practical(-life) define and fittingly the-one indeed for*  
 ἀναιρετικὴ τῶν ἡδονῶν καθέστηκεν· ἡ δὲ τὴν  
*destructive of-the pleasures is the-other and the*  
 ἀναίρεσιν ταπεινοφροσύνη κατησφαλίσαστο. Διὰ τοῦτο  
*destruction humility secured because-of this*

τὸ πένθος διπλοῦν, ὡς τῆς ἁμαρτίας ἀναιρετικόν, καὶ  
*the mourning double as of-the sin destructive and*  
 τῆς ταπεινοφροσύνης ποιητικόν· εὐσεβῶν μὲν, τὸ παντὶ  
*of-the humility productive of-(the)-pious indeed the to-everyone*  
 αἰτοῦντι διδόναι, εὐσεβεστέρων δὲ καὶ τῷ μὴ αἰτοῦντι.  
*asking to-give of-(the)-more-pious and even to-the(-one) not asking*  
 Τὸ δὲ ἀπὸ τοῦ αἵροντος μὴ ἀπαιτεῖν δυναμένους  
*the but from the(-one) taking not to-demand-back able*  
 μάλιστα, τάχα τῶν ἀπαθῶν καὶ μόνων ἴδιον καθέστηκεν.  
*especially perhaps of-the dispassionate and alone property is*  
 Ἐν πᾶσι τοῖς πάθεσι καὶ ταῖς ἀρεταῖς ἑαυτοὺς ἐκζητοῦντες 11  
*in all the passions and the virtues ourselves examining*  
 μὴ παυσώμεθα, ποῦ τυγχάνομεν ἐν ἀρχῇ, ἐν μεσότητι,  
*not let-us-cease where we-are in (the)-beginning in (the)-middle*  
 ἢ ἐν τέλει. Πάντες οἱ πρὸς ἡμᾶς δαιμόνων πόλεμοι,  
*or in (the)-end all the against us of-demons wars*  
 ἐκ τριῶν τούτων αἰτιῶν συνίστανται· ἐκ φιληδονίας, ἢ  
*from three these causes arise from love-of-pleasure or*  
 ἐκ ὑπερηφανίας, ἢ ἐκ φθόνου αὐτῶν. Οἱ μὲν ἔσχατοι  
*from pride or from envy their the indeed last*  
 μακάριοι· οἱ δὲ μέσοι πανάθλιοι· οἱ δὲ πρότεροι ἀχρεῖοι  
*blessed the and middle all-wretched the and first useless*  
 ἕως τέλους τυγχάνουσι. Ἔστι τις αἴσθησις, μᾶλλον δὲ  
*to (the)-end are there-is a-certain perception rather but*  
 ἑξίς, φερέπονος λεγομένη, ὑφ' ἧς ὁ ἀλοὺς οὐκ ἔτι  
*habit toil-bearing called by which the(-one) caught not any-longer*  
 δειλιάσει, ἢ ἀποστραφεῖ πόνου ποτέ· ταύτη τῇ αἰοδιμῷ αἰ  
*will-shrink or turn-away from-toil ever by-this the celebrated the*  
 τῶν μαρτύρων ψυχὰι κρατηθεῖσαι τῶν βασάνων εὐχερῶς  
*of-the martyrs souls beld the tortures easily*  
 κατεφρόνησαν. Ἄλλο φυλακὴ λογισμῶν, καὶ ἕτερον νοὸς  
*despised other guarding of-thoughts and other of-mind*

τήρησις, καθόσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν, κατὰ  
*watching as-far-as are-distant east from west by*  
 τοσοῦτον ὑψηλοτέρα τῆς προτέρας ἢ δευτέρα, εἰ καὶ  
*so-much higher than-the former the second if even*  
 μοχθηροτέρα ὑπάρχοι. Ἄλλο προσεύχεσθαι κατὰ λογισμῶν,  
*more-toilsome it-be other to-pray against thoughts*  
 καὶ ἄλλο ἀντιφθέγγεσθαι τούτοις· καὶ ἕτερον ἐξουθενεῖν,  
*and other to-answer them and other to-despise*  
 καὶ ὑπερτίθεσθαι τούτους. Καὶ τῷ μὲν προτέρῳ τρόπῳ  
*and to-set-aside them and to-the indeed first way*  
 μαρτυρεῖ ὁ εἰπών· Ὁ Θεός, εἰς τὴν βοήθειάν μου  
*testifies the(-one) having-said O God to the help my*  
 πρόσχες, καὶ τὰ ὅμοια. Τῷ δὲ δευτέρῳ ὁ  
*attend and the(-things) like to-the and second the(-one)*  
 φήσας· Καὶ ἀποκριθῆσομαι τοῖς ὀνειδίζουσίν μοι λόγον  
*having-said and I-will-answer to-those reproaching me a-word*  
 ἀντιρρήτικόν. Καὶ πάλιν· Ἔθου ἡμᾶς εἰς ἀντιλογίαν τοῖς  
*of-rebuttal and again you-made us for contradiction to-the*  
 γείτοσιν ἡμῶν. Τοῦ δὲ τρίτου μάρτυς ὁ μελωδῆσας·  
*neighbors our of-the and third witness the(-one) having-sung*  
 Ἐκωφώθην, καὶ οὐκ ἤνοιξα τὸ στόμα μου, καὶ ἐθέμην αὐτῷ  
*I-was-dumb and not I-opened the mouth my and I-set for-it*  
 φυλακὴν ἐν τῷ συστήναι τὸν ἁμαρτωλὸν ἐναντίον μου. Καὶ  
*a-guard in the to-stand the sinner before me and*  
 πάλιν· Ὑπερήφανοι παρηνόμουν ἕως σφόδρα· ἀπὸ δὲ τῆς  
*again (the)-proud transgressed to excess from but the*  
 σῆς θεωρίας ἐγὼ οὐκ ἐξέκλινα. Τούτων ὁ μὲν μέσος τῷ  
*your contemplation I not turned-aside of-these the indeed middle the*  
 προτέρῳ πολλάκις κέχρηται, διὰ τὸ ἀπαρασκεύαστον· ὁ  
*first often has-used because-of the unpreparedness the*  
 δὲ πρότερος οὕτω τῷ δευτέρῳ τρόπῳ ἰσχύει τοὺς ἐχθροὺς  
*and first not-yet by-the second way is-able the enemies*

ἀπόσασθαι· ὁ δὲ τρίτος εἰς ἅπαν δαιμόνων κατέπτυσεν.  
*to-repel the and third in all on-demons spat*  
 Ἀμήχανον φυσικῶς τὸ ἀσώματον ὑπὸ τοῦ σώματος ὀρίζεσθαι·  
*impossible naturally the bodiless by the body to-be-bounded*  
 πάντα δὲ δυνατὰ τῷ κτισαμένῳ Θεῷ. Ὡσπερ οἱ τῇ  
*all but possible to-the having-created God as those in-the*  
 αἰσθήσει τῆς ὁσφρήσεως ὑγιῶς διακεείμενοι τὸν ἀρώματα  
*sense of-the smell healthily disposed the(-one) perfumes*  
 λεληθότως κατέχοντα ἐπιγινώσκειν δύνανται· οὕτως καὶ ψυχὴ  
*secretly holding to-recognize are-able thus also a-soul*  
 καθαρὰ τὴν εὐωδίαν, ἣν καὶ αὐτὴ ἐκ Θεοῦ προσεκτήσατο,  
*pure the fragrance which also itself from God acquired*  
 τὴν τε δυσωδίαν, ἥς ἀπαλλαγείσα τελείως καθέστηκεν,  
*the and stench from-which freed completely it-is*  
 ἐν ἑτέροις ὑπάρχουσιν γνωρίζειν, ἀνεπαίσθητος ἑτέρων,  
*in others being to-recognize unnoticed by-others*  
 πέφυκεν. Οὐ πάντες μὲν ἀπαθεῖς γενέσθαι δυνατόν· πάντες  
*is-wont not all indeed dispassionate to-become possible all*  
 δὲ σωθῆναι καὶ Θεῷ διαλλαγῆναι οὐκ ἀδύνατον. Μὴ σου  
*but to-be-saved and to-God to-be-reconciled not impossible not over-you*  
 κατακυριεύσωσιν οἱ ἀλλόφυλοι ἐκεῖνοι, οἱ τὰς τοῦ  
*let-lord-it the foreigners those the(-ones) the —*  
 Θεοῦ ἀρρήτους οἰκονομίας ἢ ὀπτασίας ἐν τοῖς ἀνθρώποις  
*of-God unspeakable dispensations or visions among the men*  
 γινομένας πολυπραγμονεῖν βουλόμενοι, καὶ προσωπολήπτην  
*happening to-pry-into wishing and partial*  
 τὸν Κύριον εἶναι λεληθότως ὑποβάλλοντες· οἰήσεως  
*the Lord to-be secretly suggesting of-conceit*  
 γὰρ ἀπόγονοι καὶ εἰσὶ καὶ γνωρίζονται. Ἔστι δαίμων  
*for offspring both are and are-known there-is a-demon*  
 φιλαργυρίας πολλάκις ταπείνωσιν ὑποκρινόμενος· καὶ ἔστι  
*of-avarice often humility feigning and there-is*

δαίμων κενοδοξίας πρὸς ἐλεημοσύνην προτρεπόμενος, ὥσπερ  
*a-demon of-vainglory to almsgiving urging as*  
 καὶ φιληδονίας. Ἐὰν ἀμφοτέρων τοίνυν καθαρεύσωμεν, ἐν  
*also of-love-of-pleasure if of-both therefore we-are-clean in*  
 παντὶ τόπῳ ἐλεεῖν μὴ παυσώμεθα. Τινὲς μὲν ἔφησαν  
*every place to-show-mercy not let-us-cease some indeed said*  
 δαίμονας δαίμοσιν ἀντιπράττειν· ἐγὼ δὲ ἔγνωκα πάντας  
*demons to-demons to-work-against I but have-known all*  
 τὴν ἡμῶν ζητοῦντας ἀπώλειαν.  
*the our seeking destruction*

- 12 Πάσης πνευματικῆς ἐργασίας ὁρωμένης τε καὶ νοουμένης  
*every spiritual work seen both and conceived*  
 προηγείται πρόθεσις οἰκεία, καὶ πόθος ἄριστος, μετὰ  
*precedes purpose own and longing best with*  
 συνεργίας Θεοῦ γινόμενα. Τῶν γὰρ προτέρων μὴ  
*(the)-help of-God happening the for former not*  
 καταβληθέντων, τὸ δεύτερον ἐπακολουθεῖν οὐ πέφυκεν. Εἰ  
*laid-down the second to-follow not is-wont if*  
 καιρὸς ἐν παντὶ πράγματι τῶν ὑπὸ τὸν οὐρανόν,  
*(there-is)-a-time in every thing of-the(-things) under the heaven*  
 καθὼς φησιν ὁ Ἐκκλησιαστής, ἐν τοῖς πᾶσι δὲ καὶ  
*as says the Preacher in the all and also*  
 τὰ τῆς ἡμετέρας πολιτείας ἱερᾶς καθεστήκασι πράγματα·  
*the of-the our way-of-life holy are things*  
 οὐκοῦν σκοπήσωμεν, εἰ δοκεῖ, καὶ ἐν ἐκάστῳ καιρῷ  
*then let-us-consider if it-seems-good and in each time*  
 τὰ τῷ καιρῷ οἰκεία ζητήσωμεν· καιρὸς γὰρ πάντως  
*the(-things) to-the time proper let-us-seek a-time for surely*  
 ἐν τοῖς ἀγωνιζομένοις ἐστὶν ἀπαθείας, διὰ τὴν τῶν  
*among the strivers is of-dispassion because-of the of-the*  
 ἀγωνιζομένων λέγω νηπιότητα. Καιρὸς δακρύων, καὶ  
*strivers I-mean childishness a-time of-tears and*



καιρὸς σκληροκαρδίας· καιρὸς ὑποταγῆς, καὶ καιρὸς τοῦ  
*a-time of-hardness-of-heart a-time of-submission and a-time of-the*  
 ἐπιτάττειν· καιρὸς νηστείας, καὶ καιρὸς μεταλήψεως· καιρὸς  
*commanding a-time of-fasting and a-time of-partaking a-time*  
 πολέμου, σώματος ἐχθροῦ, καὶ καιρὸς θανάτου πυρώσεως·  
*of-war of-(the)-body enemy and a-time of-death of-burning*  
 καιρὸς χειμῶνος ψυχῆς, καὶ καιρὸς γαλήνης νοός· καιρὸς  
*a-time of-storm of-soul and a-time of-calm of-mind a-time*  
 λύπης καρδιακῆς, καὶ καιρὸς χαρᾶς πνευματικῆς· καιρὸς  
*of-grief of-heart and a-time of-joy spiritual a-time*  
 διδασκαλίας, καὶ καιρὸς ἀκροάσεως· καιρὸς μολυσμῶν,  
*of-teaching and a-time of-bearing a-time of-defilements*  
 ἴσως διὰ τὴν οὔσιν, καιρὸς καθάρσεως, διὰ τὴν  
*perhaps because-of the conceit a-time of-cleansing because-of the*  
 ταπείνωσιν· καιρὸς πάλης, καὶ ἀσφαλούς ἀνέσεως· καιρὸς  
*humility a-time of-wrestling and of-secure respite a-time*  
 ἡσυχίας, καὶ καιρὸς ἀπερισπάστου περισπασμοῦ· καιρὸς  
*of-stillness and a-time of-undistracted distraction a-time*  
 προσευχῆς ἀεννάου, καὶ καιρὸς διακονίας ἀνυποκρίτου. Μὴ  
*of-prayer unceasing and a-time of-service unfeigned not*  
 τοίνυν πρὸ καιροῦ ἐξ ὑπερηφάνου προθυμίας ἀπατώμενοι  
*therefore before time from proud eagerness deceived*  
 τὰ τοῦ καιροῦ ζητήσωμεν· μὴ ἐν χειμῶνι τὰ τοῦ  
*the(-things) of-the time let-us-seek not in winter the(-things) of-the*  
 θέρους· μὴ ἐν σπόρῳ τὰ τῶν δραγμάτων, ἐπειδὴ καιρὸς  
*summer not in sowing the(-things) of-the sheaves since a-time*  
 τοῦ σπεῖραι πόνους, καὶ καιρὸς τοῦ θερίσαι τὰς χάριτας  
*of-the sowing toils and a-time of-the reaping the graces*  
 τὰς ἀρρήτους. Εἰ δὲ μή γε, οὐδὲ ἐν τῷ καιρῷ τὰ  
*the unspeakable if but not at-least not-even in the time the(-things)*  
 τοῦ καιροῦ οἰκεῖα κομισόμεθα. Τινὲς πρὸ τῶν καμάτων,  
*of-the time proper we-will-receive some before the labors*

τινὲς ἐν τοῖς καμάτοις, τινὲς μετὰ τοὺς καμάτους, τινὲς ἐν  
*some in the labors some after the labors some in*  
 τῷ θανάτῳ τὰς ὁσίας ἀμοιβὰς παρὰ τοῦ Θεοῦ τῶν οἰκείων  
*the death the holy rewards from — God for-the own*  
 κόπων κατ' οἰκονομίαν ἄρρητον ἐκομίσαντο. Ζητητέον  
*toils by dispensation unspeakable received it-must-be-asked*  
 τίς τούτων τοῦ ἑτέρου ταπεινότερος καθέστηκεν.

*which of-these than-the other humbler is*

- 13 Ἔστιν ἀπόγνωσις ἐκ πλήθους ἀμαρτημάτων, καὶ  
*there-is despair from (the)-multitude of-sins and*  
 συνειδότος βάρους, καὶ ἀφορήτου λύπης διὰ τὸ  
*of-conscience weight and unbearable grief because-of the*  
 ὑπερβαπτισθῆναι τῷ πλήθει τῶν τραυμάτων τὴν ψυχήν,  
*to-be-overwhelmed by-the multitude of-the wounds the soul*  
 καὶ τῷ βάρει αὐτῶν, εἰς τὸν ἀπογνώσεως βυθὸν  
*and by-the weight their into the of-despair depth*  
 καταποντίζεσθαι· καὶ ἔστιν ἀπόγνωσις ἐξ ὑπερηφανίας  
*to-be-sunk and there-is despair from pride*  
 καὶ οἰήσεως ἡμῖν ἐπισυμβαίνουσα, λογιζόμενον ἑαυτὸν ὡς  
*and conceit to-us happening reckoning oneself as*  
 ἀνάξιον ὄντα τοῦ συμβεβηκότος πτώματος· τοῦτο δὲ ὁ  
*unworthy being of-the having-happened fall this and the(-one)*  
 παρατηρῶν ἐν ἀμφοτέροις εὕρήσει τὸ ἰδίωμα· τὸν μὲν  
*observing in both will-find the mark the-one indeed*  
 ἐν ἀδιαφορίᾳ ἑαυτὸν λοιπὸν ἐκδεδωκότα· τὸν δὲ τῆς  
*in indifference himself thereafter having-given-over the-other and to-the*  
 ἀσκήσεως ἐν ἀπογνώσει ἐχόμενον, ὅπερ ἀσύμφωνον· ἀλλὰ  
*discipline in despair clinging which incongruous but*  
 τὸν μὲν ἐγκράτεια, καὶ εὐελπιστία· τὸν δὲ ταπεινῶσις,  
*the-one indeed continence and good-hope the-other and humility*  
 καὶ τὸ μηδένα κρίνειν ἰατρεύειν πεφύκασι. Οὐ δέ  
*and the no-one to-judge to-heal are-wont not it-is-needful*

θαμβεῖσθαι ἡμᾶς ἢ ξενίζεσθαι ὁρῶντας πονηρὰ μὲν τινὰς  
*to-be-amazed us or to-be-surprised seeing wicked indeed some*  
 ἐργαζομένους ἔργα, ἀγαθοὺς δὲ λόγους προφέροντας· ἐπεὶ  
*working deeds good but words offering since*  
 καὶ τὸν ἐν τῷ παραδείσῳ ὄφιν ἐκείνον ἢ οἷσις ἀπώλεσεν  
*also the in the paradise serpent that the conceit destroyed*  
 ὑψώσασα, τύπος σοι καὶ κανὼν ἔστω οὗτος ἐν πάσαις  
*having-exalted a-model for-you and rule let-be this in all*  
 σου ταῖς ἐγχειρήσεσι, καὶ πολιτείαις, ὑποτακτικάῃς τε καὶ  
*your the undertakings and ways-of-life submissive both and*  
 ἀνυποτάκτοις, ὁρωμέναις τε καὶ νοουμέναις, εἰ κατὰ  
*unsubmissive seen both and conceived whether according-to*  
 Θεὸν κυρίως καθεστήκασιν· λέγω δὴ, ὅποταν τὸ οἰοιοῦν  
*God properly they-are I-mean indeed when the whatever*  
 ἐπιτηδεύωμεν, οἱ εἰσαγόμενοι λέγω, ἐγχείρημα, καὶ μὴ  
*we-pursue we beginners I-mean undertaking and not*  
 ἐκ τῆς τούτου ἐργασίας ταπεινώσω, ἧς κεκτήμεθα,  
*from the its working humility than-what we-have*  
 προσλαμβάνωμεν πλέον ἐν ψυχῇ, οὐ δοκεῖ μοι κατὰ  
*we-gain more in soul not seems to-me according-to*  
 Θεὸν ἡμᾶς αὐτὸ κατεργάζεσθαι, εἰ μικρὸν ἢ μέγα  
*God us it to-accomplish whether small or great*  
 καθέστηκεν. Ἐν μὲν γὰρ ἡμῖν τοῖς νηπιωδεστέροις αὕτη  
*it-is in indeed for us the more-childish this*  
 ἢ τοῦ Κυριακοῦ θελήματος πληροφορία· ἐν δὲ μέσοις,  
*the of-the Lord's will assurance in and (the)-middling*  
 ἢ τῶν πολέμων ἕως ἀναχώρησις· ἐν δὲ τελείοις, ἢ τοῦ  
*the of-the wars perhaps withdrawal in and (the)-perfect the of-the*  
 θείου φωτὸς προσθήκη καὶ περιουσία. Τὰ μὲν μικρὰ  
*divine light increase and abundance the indeed small(-things)*  
 παρὰ τοῖς μεγάλοις, ἕως οὐ μικρά· τὰ δὲ μεγάλα  
*with the great perhaps not small the and great(-things)*

παρὰ τοῖς μικροῖς οὐ πάντως τέλεια. Ἄῃρ μὲν καθαρθεῖς  
*with the small not altogether perfect air indeed cleared*  
 νεφελῶν, φαιδρὸν ὑπέδειξεν ἥλιον· καὶ ψυχὴ προλήψεων  
*of-clouds bright showed (the)-sun and a-soul of-preconceptions*  
 ἀφέσεως ἀξιωθεῖσα πάντως θεῖον φῶς ἑώρακεν. Ἄλλο  
*forgiveness deemed-worthy surely divine light has-seen other*  
 ἁμαρτία, καὶ ἄλλο ἀργία, καὶ ἄλλο ἀμέλεια· καὶ ἕτερον  
*sin and other idleness and other negligence and other*  
 πάθος, καὶ ἄλλο πτώμα. Ὁ δυνάμενος ἐν Κυρίῳ  
*passion and other fall the(-one) able in (the)-Lord*  
 ζητεῖν, ζητεῖτω σαφῶς. Τινὲς τὸ θαυματουργικὸν καὶ  
*to-inquire let-him-inquire clearly some the wonder-working and*  
 ὁρώμενον ἐν τοῖς πνευματικοῖς χαρίσμασιν ὑπὲρ πάντα  
*visible in the spiritual gifts above all*  
 μακαρίζουσιν, ἀγνοοῦντες πολλὰ εἶναι τούτου ὑπέρτερα  
*bless not-knowing many(-things) to-be than-this higher*  
 καὶ ἀπόκρυφα· διὸ καὶ μένουσιν ἄπτωτα. Ὁ μὲν  
*and hidden therefore also they-remain safe-from-falling the(-one) indeed*  
 τελείως καθαρθεῖς, αὐτήν, ἣ καὶ οὐκ αὐτήν τὴν ψυχὴν, ἐν  
*completely cleansed the-very or even not the-very the soul in*  
 ποίοις διάκειται τοῦ πλησίον ὁρᾷ. Ὁ δὲ προκόπτων  
*what(-state) is of-the neighbor sees the(-one) but advancing*  
 ἔτι, διὰ τοῦ σώματος ταύτην τεκμαίρεται. Πῦρ μικρὸν  
*still through the body it infers fire small*  
 πολλάκις πᾶσαν τὴν ὕλην ἐκάθηρεν, ὥσπερ καὶ ὁπῇ  
*often all the matter cleansed as also a-hole*  
 μικρὰ ὅλον τὸν κόπον διέφθειρεν. Ἔστιν ἀνάπαυσις τῇ  
*small whole the labor destroyed there-is rest to-the*  
 ἐχθρᾷ τὴν τοῦ νόου δύναμιν δωπνίζουσα, καὶ πύρωσιν  
*hostile(-flesh) the of-the mind power rousing and burning*  
 μὴ διεγείρουσα· καὶ ἔστι πολλὴ κατάτηξις ἴσως, καὶ τὰς  
*not arousing and there-is much wasting perhaps also the*

κινήσεις κινήσασα, ἵνα μὴ πεποιθότες ὦμεν ἐφ' ἑαυτοῖς,  
*movements having-stirred that not trusting we-may-be in ourselves*  
 ἀλλ' ἐπὶ τῷ ἀγνώστῳ τὴν ζῶσαν θανατοῦντι.  
*but in the(-one) unknowably the(-flesh) living putting-to-death*  
 Ὅταν τινὰς ἡμᾶς κατὰ Κύριον ἀγαπῶντας ὁψόμεθα,  
*when some us according-to (the)-Lord loving we-see*  
 ἐν ἐκείνοις μάλιστα τὸ ἀπαρβήσιαστον φυλάξωμεν· οὐδὲν  
*with them most the unassuming(-manner) let-us-keep nothing*  
 γὰρ οὕτως διαλύει ἀγάπην, ὡς ἡ παρβήσια πέφυκε, καὶ  
*for so dissolves love as the license is-wont and*  
 μῖσος ἐργάζεσθαι. Νοερὸν καὶ λίαν περικαλλὲς τὸ τῆς  
*hatred to-work spiritual and very beautiful the of-the*  
 ψυχῆς ὄμμα, καὶ πᾶσαν ἰδέαν μετὰ τὰς ἀσωμάτους οὐσίας  
*soul eye and every form after the bodiless beings*  
 ὑπεραίρον· ὅθεν καὶ ἐμπαθεῖς πολλάκις τὰ ἐν ἑτέροις  
*surpassing whence even passionate(-men) often the in other*  
 ψυχαῖς ἐξ ἀγάπης πολλῆς τῆς πρὸς αὐτὰς νοήματα  
*souls from love much the toward them thoughts*  
 ἐπιγινῶναι ἡδυνήθησαν· καὶ μάλιστα ὅτε ὑπὸ τῆς πηλοῦ  
*to-recognize were-able and especially when by the clay*  
 μὴ καταποντίζονται ῥυπούμενοι· εἰ οὐδὲν τῷ αὐτῷ  
*not they-are-sunk being-defiled if nothing to-the immaterial*  
 φύσει ὡς τὸ ἔνυλον ἀνθέστηκεν· ὁ ἀναγινώσκων  
*by-nature as the material is-opposed the(-one) reading*  
 νοεῖτω· αἱ παρατηρήσεις ἐν μὲν τοῖς κατὰ κόσμον  
*let-him-understand the observances in indeed those in (the)-world*  
 ἀνθεστήκασι τῇ τοῦ Θεοῦ προνοίᾳ· ἐν ἡμῖν δὲ τῇ νοερᾷ  
*are-opposed to-the — of-God providence in us but to-the spiritual*  
 γνώσει. Οἱ μὲν τῇ ψυχῇ ἀσθενεῖς ἐκ τῶν τοῦ σώματος  
*knowledge the indeed in-the soul weak from the of-the body*  
 περιστάσεων, καὶ κινδύνων, καὶ τῶν ἐκτὸς περισπασμῶν,  
*circumstances and dangers and the outward distractions*

τὴν πρὸς αὐτοὺς ἐπίσκεψιν τοῦ Κυρίου γνωρίζεωσαν· οἱ  
*the toward them visitation of-the Lord let-them-recognize the*  
 δὲ τέλειοι ἐκ τῆς τοῦ Πνεύματος παρουσίας, καὶ τῆς τῶν  
*and perfect from the of-the Spirit presence and the of-the*  
 χαρισμάτων προσθήκης· ἔστι δαίμων ἐπὶ ἐν τῇ κλίνῃ  
*gifts increase there-is a-demon when on the bed*  
 ἀναπέσωμεν, πρὸς ἡμᾶς παραγενόμενος, καὶ πονηραῖς  
*we-lie-down to us coming and with-wicked*  
 ἡμᾶς καὶ ῥυπαραῖς κατατοξεύων ἐνθυμήσεσιν, ἵνα τῇ  
*us and filthy shooting thoughts that through-the*  
 ὀκνηρίᾳ εἰς προσευχὴν τότε κατ' αὐτοῦ μὴ ὀπλισάμενοι ἐν  
*sloth to prayer then against him not having-armed in*  
 ῥυπαραῖς ἐννοίαις ἀφυπνώσαντες, ῥυπαρὰ καὶ τὰ ἐνύπνια  
*filthy thoughts having-fallen-asleep filthy also the dreams*  
 κτησώμεθα. Ἔστιν πνευμάτων, πρόδρομος καλούμενος,  
*we-may-have there-is of-spirits a-forerunner called*  
 ἐξ ὕπνου ἡμᾶς εὐθέως δεχόμενος, καὶ τὴν πρωτόνοιαν  
*from sleep us immediately receiving and the first-thought*  
 ἡμῶν καταμολύνων. Δίδου σῆς ἡμέρας ἀπαρχὰς Κυρίῳ.  
*our defiling give of-your day (the)-first-fruits to-(the)-Lord*  
 Τοῦ γὰρ προποιοῦντος ἔσται. Ἄξιόκουστόν μοι λόγον  
*of-the(-one) for acting-first it-will-be worth-bearing to-me a-word*  
 ἐργάτης ἄριστος ἔφρασεν. Ἐξ αὐτῆς γάρ, μοι ἔφη, τῆς  
*a-worker excellent told from the-very for to-me he-said the*  
 πρωΐας τὸν ἅπαντά μου δρόμον τῆς ἡμέρας προεπίσταμαι.  
*morning the whole my course of-the day I-foreknow*  
 Πολλὰ καὶ τῆς εὐσεβείας καὶ ἀπωλείας αἱ ὁδοιπορίαι·  
*many both of-the piety and of-destruction the journeys*  
 διόπερ πολλάκις ὁ τῷ ἐτέρῳ ἀντιτασσόμενος, ἄλλω  
*therefore often the(-one) to-the one opposed with-another*  
 γνησίως συνέρχεται, καὶ ὁ τῶν ἀμφοτέρων σκοπὸς ἔστι  
*genuinely agrees and the of-the both aim is*

Κυρίῳ εὐάρεστος. Παλαίοусι μὲν οἱ δαίμονες ἐπὶ τοῖς  
*to-(the)-Lord well-pleasing wrestle indeed the demons in the*  
 συμβαίνουσιν ἡμῖν πειρασμοῖς ἢ λέξει ἡμᾶς ἢ πράξει  
*happening to-us temptations either to-say us or to-do*  
 ἄτοπον. Καὶ ὅταν μὴ ἰσχύσωσιν, ἡρέμα ἐπιστάντες  
*something-monstrous and when not they-prevail quietly standing-by*  
 ὑπερήφανον ἡμῖν εὐχαριστίαν πρὸς Θεὸν ὑποτίθενται· οἱ  
*a-proud to-us thanksgiving toward God suggest those*  
 μὲν τὰ ἄνω φρονήσαντες, χωριζόμενοι ἄνω μερικῶς  
*indeed the(-things) above having-minded departing above in-part*  
 ἀνέρχονται· οἱ δὲ τὰ κάτω, κάτω πάλιν πορεύονται·  
*go-up those and the(-things) below below again go*  
 τῶν γὰρ χωριζομένων οὐδὲν λοιπὸν μέσον ἵσταται. Ἐν τῶν  
*of-the for departing nothing thereafter between stands one of-the*  
 κτισμάτων ἐν ἑτέρῳ καὶ οὐκ ἐν ἑαυτῷ τὸ εἶναι εἴληφε·  
*creatures in another and not in itself the being has-received*  
 καὶ θαῦμα πῶς ἐκτὸς τοῦ ἐν ᾧ τὸ εἶναι ἐκομίσατο,  
*and a-wonder how outside of-that in which the being it-received*  
 συνίστασθαι πέφυκε. Τὰς μὲν εὐσεβεῖς θυγατέρας αἱ  
*to-subsist it-is-able the indeed pious daughters the*  
 μητέρες τίκτουσι, τὰς δὲ μητέρας ὁ Κύριος, καὶ ἐπὶ τῶν  
*mothers bear the but mothers the Lord and in the*  
 ἐναντίων τῷ προειρημένῳ κανόνι ὀρίσαι οὐκ ἄσophon.  
*opposites by-the aforesaid rule to-define not unwise*  
 Δειλὸς εἰς πόλεμον μὴ ἐξιέτω, Μωυσῆς, μᾶλλον δὲ Θεὸς  
*a-coward to war not let-go-out Moses rather but God*  
 παρακελεύεται, μήπως γένηται ἡ ἐσχάτη πλάνη τῆς ψυχῆς  
*commands lest become the last delusion of-the soul*  
 ὑπὲρ τὴν πρώτην πτώσιν τοῦ σώματος, καὶ εἰκότως.  
*beyond the first fall of-the body and fittingly*

Φῶς μὲν τῶν τοῦ σώματος πάντων ἄρθρων οἱ αἰσθητοὶ  
 light indeed of-the of-the body all members the bodily  
 ὀφθαλμοί· φῶς δὲ νοερὸν ἀρετῶν τῶν θείων διάκρισις.  
 eyes light and spiritual of-virtues the divine discernment

## XXVI · DISCERNMENT, 14–19

*The section turns to discerning God's will. Some matters must be done at once, others with deliberation. The surest way is to ask the fathers in humility and take their answer as from God's mouth, even from men not very spiritual; others have learned it by praying for set days stripped of preference, or from the troubles or the help that follow a plan. God often hides his will lest we learn it and disobey. The demons urge tasks beyond our strength so that we abandon those within it. Some saints feigned passions to deceive the demons, one entering a brothel to draw a harlot to the ascetic life. A wise man once broke a sinful bond by sowing enmity, and demons offer scriptural interpretation to lead the vainglorious into heresy.*

- 14 Ὅν τρόπον ἐπιποθεῖ ἡ ἔλαφος φλεγομένη τὰ νάματα,  
 in-what way longs-for the deer burning the streams  
 οὕτως παρὰ μοναχοῖς ἐπιποθεῖται ἡ τοῦ θεοῦ καὶ  
 thus among monks is-longed-for the of-the divine and  
 ἀγαθοῦ θελήματος κατάληψις· οὐ μὴν δὲ ἀλλὰ καὶ τοῦ  
 good will grasp not truly and but also of-the  
 συγκεκραμένου, ἔτι δὲ καὶ τοῦ ἐναντίου ἡ ἐπίγνωσις.  
 mixed still and also of-the contrary the recognition  
 Περὶ ὧν πολὺ ἡμῖν ὄντως ὁ λόγος καὶ δυσερμηνεύτος·  
 about which much for-us truly the discourse and hard-to-explain  
 καὶ ποῖά τε τῶν πραγμάτων, καθ' ἡμᾶς ἀνυπερθέτως  
 and which both of-the things concerning us without-delay  
 ὀφείλουσι γίνεσθαι· καὶ πάσης ἀναμονῆς ὀξυτέρως, κατὰ  
 ought to-be-done and than-all waiting more-swiftly according-to  
 τὸν λέγοντα· Οὐαὶ ὁ ἀναβαλλόμενος ἡμέραν ἐξ  
 the(-one) saying woe the(-one) putting-off day from



ἡμέρας, καὶ καιρὸν ἐκ καιροῦ. Ποῖα δὲ πάλιν μετὰ  
*day and time from time which and again with*  
 ἐπιεικείας καὶ περισκέψεως· ὡς παραινεῖ ὁ εἰρηκώς,  
*forbearance and circumspection as advises the(-one) having-said*  
 Μετὰ κυβερνήσεως γίνεται πόλεμος, καὶ πάλιν· Πάντα  
*with guidance is-made war and again all(-things)*  
 εὐσχημόνως, καὶ κατὰ τάξιν γινέσθω. Οὐκ ἔστι γάρ,  
*decently and in order let-be-done not it-is-possible for*  
 οὐκ ἔστι τῶν τυχόντων τὰ τοιάδε δυσδιάκριτα  
*not it-is-possible for-the ordinary the such hard-to-discern(-things)*  
 θάπτον εὐκρινῶς διαγνῶναι, εἴπερ καὶ ὁ θεοφόρος, καὶ τὸ  
*quickly distinctly to-discern if-indeed even the God-bearer and the*  
 πνεῦμα ἐν ἑαυτῷ λαλοῦν ἔχων, τοῦτο πολλάκις φαίνεται  
*spirit in himself speaking having this often appears*  
 προσευχόμενος· καὶ ποτὲ μὲν λέγων· Δίδαξόν με τοῦ  
*praying and sometimes indeed saying teach me the*  
 ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου· ποτὲ δὲ  
*to-do the will your for you are — God my sometimes and*  
 πάλιν· Ὁδηγήσόν με ἐπὶ τὴν ἀλήθειάν σου· καὶ πάλιν·  
*again guide me in the truth your and again*  
 Γνώρισόν μοι, Κύριε, ὁδόν, ἐν ᾗ πορεύσομαι, ὅτι πρὸς  
*make-known to-me Lord (the)-way in which I-shall-walk for to*  
 σὲ ἀπὸ πάσης μερίμνης βιωτικῆς, καὶ πάθους τὴν ψυχὴν  
*you from all care worldly and passion the soul*  
 μου ἦρα καὶ ὕψωσα. Ὅσοι τὸ τοῦ Κυρίου μαθεῖν  
*my I-lifted and raised as-many-as the of-the Lord to-learn*  
 ἠβουλήθησαν θέλημα, ἐν αὐτοῖς θανεῖν κεχρεωστήκασιν·  
*wished will in themselves to-die are-bound*  
 πίστει τοίνυν καὶ ἀπονήρῳ ἀπλότῃτι προσευξάμενοι,  
*with-faith therefore and guileless simplicity having-prayed*  
 καὶ ψυχὰς πατέρων ἢ καὶ ἀδελφῶν ἐν ταπεινώσει  
*and (the)-souls of-fathers or also brothers in humility*

καὶ ἀνενδοιάστω καρδίᾳ ἐρωτήσαντες, ὡς ἐκ Θεοῦ  
 and undoubting heart having-asked as from of-God  
 στόματος τὰ παρ' αὐτῶν συμβουλευόμενα δεχέσθωσαν·  
 mouth the(-things) by them counseled let-them-receive  
 εἰ καὶ ἐναντία τῷ ἑαυτῶν σκοπῷ τὰ εἰρημένα  
 if even contrary to-the own aim the(-things) said  
 τυγχάνουσιν, εἰ καὶ μὴ πάνυ πνευματικοὶ οἱ ἐρωτηθέντες  
 are if even not very spiritual those asked  
 καθεστήκασιν· οὐκ ἔστι γὰρ ἄδικος ὁ Θεὸς ψυχὰς πίστει  
 are not is for unjust — God souls with-faith  
 καὶ ἀκακία ἑαυτὰς τῇ τοῦ πλησίον συμβουλῇ καὶ κρίσει  
 and innocence themselves to-the of-the neighbor counsel and judgment  
 ταπεινωσάσας ἀπατήσαι, κἂν ἄλογοι οἱ ἐρωτηθέντες  
 having-humbled to-deceive even-if irrational those asked  
 τυγχάνωσιν· ἀλλ' ὁ λαλῶν ἄυλος καὶ ἀόρατος.  
 are but the(-one) speaking immaterial and invisible

- 15 Πολλῆς ταπεινοφροσύνης ἀνάπλεοι καθεστήκασιν, οἱ τῷ  
 of-much humility full are those the  
 προειρημένῳ ἡμῖν ἀνενδοιάστως στοιχοῦντες κανόνι. Εἰ  
 aforesaid by-us undoubtingly following rule if  
 γὰρ ἐν ψαλτηρίῳ τὸ ἑαυτοῦ τις ἤνοιγε πρόβλημα,  
 for in (the)-psaltery the own someone opened question  
 πόσον οἶσθε λογικὸν νοῦν καὶ ψυχὴν νοερὰν ἀψύχου  
 how-much do-you-think a-rational mind and soul spiritual from-a-lifeless  
 διαφέρειν ἀποφθέγματος; Πολλοὶ οἱ μήπω τὸ τέλειον  
 to-differ utterance many those not-yet the perfect  
 τοῦτο καὶ κοῦφον ἀγαθὸν τὸ προειρημένον ἐξ αὐταρεσκείας  
 this and light good the aforesaid from self-complacency  
 κατειληφότες· ἀλλ' ἐξ ἑαυτῶν καὶ ἐν ἑαυτοῖς τὸ τοῦ  
 having-grasped but from themselves and in themselves the of-the  
 Κυρίου καταλαβεῖν εὐάρεστον ἐπιχειρήσαντες, ποικίλας ἡμῖν  
 Lord to-grasp good-pleasure having-attempted various to-us

λίαν καὶ πλείστας τὰς περὶ τούτου κρίσεις ὑφήγησαντο.  
*very and very-many the about this judgments set-forth*  
 Ἀπέστησάν τινες τῶν συζητητῶν πάσης προσπαθείας,  
*removed some of-the inquirers from-all attachment*  
 τὸν ἑαυτὸν λογισμὸν ἐπὶ ταῖς ἑκατέραις βουλαῖς τῆς  
*the own thought in the each counsels of-the*  
 ψυχῆς, λέγω δὴ τῇ ἐπιχειρουμένη καὶ τῇ ἀντιλεγούσῃ,  
*soul I-mean indeed the attempted and the opposing*  
 καὶ γυμνὸν τὸν ἑαυτὸν νοῦν οἰκείου θελήματος ἐν ζεούσῃ  
*and naked the own mind of-own will in fervent*  
 δεήσει ἐπὶ ῥήτας ἡμέρας παραστήσαντες τῷ Κυρίῳ τῆς  
*supplication for set days having-presented to-the Lord the*  
 ἐπιγνώσεως τοῦ θελήματος αὐτοῦ ἐπέτυχον· ἢ νοὸς  
*knowledge of-the will his obtained either (the)-mind*  
 νοεροῦ νοερώς τῷ ἡμετέρῳ νοῖ συλλαλήσαντος, ἢ τῆς  
*spiritual spiritually with-the our mind having-conversed or the*  
 μῆς ἐννοίας τελέως τῆς ψυχῆς ἐξαφανισθείσης. Ἄλλοι  
*one thought completely from-the soul having-vanished others*  
 ἐκ τῆς ἐπακολουθείσης τῷ ἐγχειρήματι θλίψεως καὶ  
*from the following on-the undertaking affliction and*  
 διασκεδασμοῦ τοῦτο θεῖον εἶναι κατέλαβον κατὰ τὸν  
*scattering this divine to-be grasped according-to the(-one)*  
 εἰπόντα· Ἦθελήσαμεν ἐλθεῖν πρὸς ὑμᾶς, καὶ ἅπαξ, καὶ  
*having-said we-wished to-come to you both once and*  
 δῖς, καὶ ἐνέκοιφεν ἡμᾶς ὁ Σατανᾶς. Ἔτεροι τὸ ἐναντίον  
*twice and hindered us — Satan others the opposite*  
 πάλιν ἐκ τῆς ἀπροσδοκήτου ἐν τῷ πράγματι συνεργίας  
*again from the unexpected in the matter help*  
 τοῦτο Θεῷ εὐαπόδεκτον ᾗσθοντο, λέξαντες ἐκεῖνο, τό,  
*this to-God acceptable perceived having-said that —*  
 Παντὶ τῷ προαιρουμένῳ τὸ ἀγαθὸν συνεργεῖ ὁ Θεός.  
*with-everyone the(-one) choosing the good works-together — God*

Ὁ Θεὸν ἐν ἑαυτῷ διὰ φωτισμοῦ κτησάμενος, καὶ ἐν  
*the(-one) God in himself through illumination having-acquired both in*  
 τοῖς κατεπείγουσι, καὶ ἐν τοῖς ἀναμένουσι πράγμασι τῷ  
*the urgent and in the waiting matters by-the*  
 δευτέρῳ τρόπῳ οὐ μέντοι χρόνῳ πληροφορεῖσθαι πέφυκε.  
*second way not however in-time to-be-assured is-wont*  
 Τὸ ἐνδοιάζειν ἐν ταῖς κρίσεσι, καὶ ἀπληροφόρητον ἐπὶ πολὺ  
*the to-hesitate in the judgments and unassured for long*  
 διαμένειν, ἀφωτίστου καὶ φιλοδόξου ψυχῆς τεκμήριον.  
*to-remain of-an-unenlightened and glory-loving soul proof*  
 Οὐκ ἔστιν ὁ Θεὸς ἄδικος, ὥς τοῖς μετὰ ταπεινώσεως  
*not is — God unjust so-as on-those with humility*  
 κρούουσιν ἀποκλείεσθαι· ὁ σκοπὸς ἐν πᾶσι ζητεῖται παρὰ  
*knocking to-shut the aim in all is-sought by*  
 Κυρίου, καὶ ἐν τοῖς κατεπείγουσι, καὶ ἐν τοῖς ἀναβάλλεσθαι  
*(the)-Lord both in the urgent and in the to-be-deferred*  
 ὀφείλουσι. Πάντα γὰρ τὰ καθαρὰ προσπαθείας καὶ  
*owing all for the(-things) pure of-attachment and*  
 παντὸς μολυσμοῦ, κυρίως διὰ Κύριον, καὶ οὐ δι'  
*every defilement properly because-of (the)-Lord and not because-of*  
 ἕτερόν τινα γινόμενα, εἰ καὶ οὐ πάντως ἀγαθὰ, ἀλλ' ὅμως  
*other any done if even not altogether good but nevertheless*  
 καὶ εἰς ἀγαθὸν ἡμῖν λογισθήσονται. Ἡ γὰρ ὑπὲρ ἑαυτῶν  
*also as good to-us will-be-reckoned the for beyond ourselves*  
 ζήτησις, οὐκ ἀκίνδυνον κέκτηται τέλος. Ἀρρήτον τὸ περὶ  
*seeking not safe has end unspeakable the concerning*  
 ἡμᾶς τοῦ Κυρίου κρίμα. Πολλάκις γὰρ τὸ ἑαυτοῦ θέλημα  
*us of-the Lord judgment often for the own will*  
 οἰκονομικῶς ἐξ ἡμῶν ἀποκρύψαι βούλεται, ἐπιστάμενος, ὥς  
*providentially from us to-hide he-wishes knowing that*  
 καὶ μαθόντες αὐτὸ τούτου παρηκούομεν· καὶ λοιπὸν πλείους  
*even having-learned it this we-would-disobey and thereafter more*

πληγὰς ληψόμεθα. Ἀπήλλακται εὐθὴς καρδία ποικιλίας  
 blows we-will-receive is-freed (an)-upright heart from-(the)-intricacy  
 πραγμάτων, ἀκινδύνως πλέουσα ἐν πλοίῳ ἀκακίας.

of-things safely sailing in (the)-ship of-innocence

Εἰσὶν ἀνδρεῖαι ψυχὰι ἔρωτι καὶ ταπεινότητι καρδίας ἐν ταῖς 16

there-are courageous souls from-love and lowliness of-heart in the

ὑπὲρ ἑαυτοὺς ἐργασίαις ἐπιχειροῦσαι· καὶ εἰσὶν ὑπερήφανοι

beyond themselves works engaging and there-are proud

καρδίαι τὸ αὐτὸ διαπράττουσαι. Σκοπὸς γὰρ πολλάκις

hearts the same doing aim for often

τοῖς ἐχθροῖς ἡμῶν τὰ ὑπὲρ δύναμιν ἡμῖν ὑποτίθεσθαι·

to-the enemies our the(-things) beyond power to-us to-suggest

ἵνα δι' ἐκείνων κατολιγωρήσαντες, καὶ τῶν κατὰ

that through them having-lost-heart also from-the(-things) within

δύναμιν ἀποπέσωμεν, καὶ ποιήσωμεν γελοῖον τοῖς ἐχθροῖς

power we-may-fall-away and make a-laughingstock to-the enemies

ἡμῶν ἑαυτοὺς μέγιστον. Εἶδον καὶ ἀσθενεῖς ψυχὰς καὶ

our ourselves greatest I-saw also weak souls and

σώματα διὰ πλήθος πταισμάτων ἐν τοῖς ὑπὲρ

bodies because-of (the)-multitude of-failings in the(-things) beyond

ἑαυτὰς ἐπιχειρησάσας, καὶ μὴ ὑπενεγκάσας, αἷς ἔγωγε

themselves having-undertaken and not having-endured for-whom I

ποσότητι ταπεινώσεως, καὶ οὐ καμάτων, τὴν μετάνοιαν

by-quantity of-humility and not of-labors the repentance

παρὰ Θεῷ ἔφρασα κρίνεσθαι. Ἔστιν ὅταν ἡ ἀνατροφὴ

with God I-said to-be-judged there-is when the upbringing

τῶν ἐσχάτων κακῶν αἴτιος τυγχάνει· ἔστιν ὅτε καὶ ἡ

of-the utmost evils cause is there-is when also the

συνδιαγωγὴ· πλὴν πολλάκις καὶ ἡ διεστραμμένη ψυχὴ

company but often also the perverse soul

αὐταρκεῖ ἑαυτῇ πρὸς ἀπώλειαν. Ὁ χωρισθείς, τῶν δύο,

suffices for-itself for destruction the(-one) separated from-the two

καὶ τοῦ τρίτου ἴσως ἀπήλλακται. Ὁ δὲ τὸ τρίτον ἔχων,  
*also from-the third perhaps is-freed the(-one) but the third having*  
 ἐν παντὶ τόπῳ ἀδόκιμος· οὐδεὶς γὰρ τόπος τοῦ οὐρανοῦ  
*in every place unproven no for place than-the heaven*  
 ἀσφαλέστερος. Ἐν τοῖς μὲν κακοθελῶς ἡμῖν μαχομένοις  
*safer with those indeed ill-willingly with-us fighting*  
 ἀπίστοις, ἢ κακοπίστοις μετὰ πρώτην καὶ δευτέραν νουθεσίαν  
*unbelievers or heretics after (the)-first and second admonition*  
 παυσώμεθα. Ἐν δὲ τοῖς τὴν ἀλήθειαν μαθεῖν βουλομένοις, τὸ  
*let-us-stop with but those the truth to-learn wishing the*  
 καλὸν ποιοῦντες ἕως αἰῶνος μὴ ἐκκακῶμεν. Πλὴν καὶ πρὸς  
*good doing to (the)-age not let-us-lose-heart but also for*  
 τὸν στηριγμὸν ἡμῶν τῆς καρδίας ἐν ἀμφοτέροις χρῆσώμεθα.  
*the strengthening our of-the heart in both let-us-use(-it)*  
 Ἄλογος λίαν ὁ ὑπὲρ φύσιν ἐν τοῖς ἀγίοις ἀκούων ἀρετάς,  
*senseless very the(-one) beyond nature in the saints hearing virtues*  
 καὶ ἑαυτοῦ ἀπολεγόμενος. Μᾶλλον δὲ δυοῖν θάτερόν σε  
*and of-himself despairing rather but of-two one you*  
 ἀρίστως παιδεύουσιν, ἢ πρὸς πολλὴν σεαυτοῦ ἐπίγνωσιν·  
*excellently they-teach either to much of-yourself recognition*  
 καὶ τῆς ἐνουσης σοι ἀσθενείας φανέρωσιν ἐπιστρέψουσι  
*and of-the present in-you weakness disclosure they-will-turn(-you)*  
 διὰ τῆς τρισσοῦ ταπεινώσεως. Εἰσὶν ἀκάθαρτοι πονηρῶν  
*through the thrice-holy humility there-are unclean than-wicked*  
 πονηρότεροι δαίμονες, οἱ τὴν ἀμαρτίαν ἡμᾶς κατεργάζεσθαι  
*more-wicked demons who the sin us to-commit*  
 μόνους οὐ συμβουλεύουσιν· ἀλλὰ κοινωνοὺς ἡμᾶς πρὸς τὸ  
*alone not advise but partners us in the*  
 κακόν, καὶ ἑτέροις ἔχειν συμβουλεύουσιν, ἵνα χαλεπωτέραν  
*evil also others to-have advise that harsher*  
 ἡμῖν τὴν κόλασιν ποιήσωσιν. Ἐώρακα συνήθειαν πονηρὰν  
*for-us the punishment they-may-make I-have-seen a-habit evil*

ἐξ ἑτέρου μεμαθηκότα ἕτερον· καὶ μέντοι ὁ μὲν  
*from one having-learned another and indeed the(-one) indeed*  
 διδάξας εἰς συναίσθησιν ἐληλυθὼς μετανοεῖν ἤρξατο,  
*having-taught to awareness having-come to-repent began*  
 καὶ τοῦ κακοῦ ἐπαύσατο· διὰ δὲ τῆς τοῦ μαθητοῦ  
*and from-the evil ceased through but the of-the disciple*  
 ἐργασίας ἀνίσχυρος αὐτοῦ ἡ μετάνοια γέγονε. Πολλή,  
*practice powerless his the repentance became great*  
 ὄντως πολλή καὶ δυσκατάληπτος ἡ τῶν πνευμάτων  
*truly great and hard-to-grasp the of-the spirits*  
 πονηρία, καὶ ὀλίγοις ὁρατή· οἶμαι δὲ οὐδὲ ὀλίγοις  
*wickedness and to-few visible I-think and not-even to-few*  
 πᾶσα. Πῶς δὲ τρυφῶντες καὶ κορεννύμενοι ἀγρυπνοῦμεν  
*all how and luxuriating and sated do-we-keep-vigil*  
 νηφόντως. νηστεύοντες δὲ καὶ ταλαιπωροῦντες τῷ ὕπνῳ  
*soberly fasting but and toiling by-the sleep*  
 ἐλεεινῶς καταφερόμεθα, ἢ ἡσυχάζοντες σκληρυνόμεθα, καὶ  
*pitifully we-are-borne-down or keeping-stillness we-are-hardened and*  
 συνδιάγοντες κατανυσσόμεθα; Λιμώττοντες καθ' ὕπνου  
*living-in-company we-are-pierced starving in sleep*  
 πειραζόμεθα, καὶ ἐμφορούμενοι ἀπείραστοι διαμένομεν·  
*we-are-tempted and filled untempted we-remain*  
 ἐν ἐνδείᾳ σκοτεινοί τινες καὶ ἀκατάνυκτοι γιγνόμεθα·  
*in want darkened some and uncompuacious we-become*  
 ἐν οἶνοποσίᾳ δὲ ἱλαροὶ καὶ εὐκατάνυκτοι; πρὸς ταῦτα  
*in wine-drinking but cheerful and compunctionous to these(-things)*  
 ὁ δυνάμενος ἐν Κυρίῳ φωτίσει ἀφώτιστους. Ἡμεῖς  
*the(-one) able in (the)-Lord will-enlighten (the)-unenlightened we*  
 γὰρ ἀφώτιστοι πρὸς τὰ τοιάδε τυγχάνομεν· πλὴν ἐκεῖνο  
*for unenlightened toward the such(-things) are but that*  
 λέγομεν, ὅτι οὐ πάντοτε ἐκ δαιμόνων ἢ τοιαύτη μεταβολή  
*we-say that not always from demons the such change*

γίνεται. Ἄλλ' ἔστιν ὅτε καὶ ἐκ τῆς συγκράσεως τῆς  
*comes but there-is when also from the constitution the(-one)*  
 δοθείσης μοι ταύτης, καὶ περιδεθείσης μοι, πῶς οὐκ οἶδα,  
*given to-me this and bound-around me how not I-know*  
 ῥυπαρᾶς καὶ λιχνώδους παχύτητος. Περὶ τοῦ δυσδιακρίτου  
*of-filthy and greedy grossness about the hard-to-discern*  
 τῆς τυχούσης τῶν προειρημένων μεταπτώσεως εἰλικρινῶς  
*of-the chance of-the aforesaid change sincerely*  
 καὶ ταπεινῶς τὸν Κύριον δυσωπήσωμεν· κὰν μετὰ τὴν  
*and humbly the Lord let-us-entreat and-if after the*  
 ἱκεσίαν, καὶ τὸν ταύτης χρόνον ὡσαύτως εὔρωμεν ἐνεργοῦν  
*supplication and the its time likewise we-find operating*  
 τὸ γινόμενον, γνωσόμεθα ὡς οὐκ ἐκ δαμόνων, ἀλλὰ  
*the(-thing) happening we-will-know that not from demons but*  
 φύσεώς ἐστι τὸ γινόμενον. Πολλάκις δὲ καὶ θεία  
*of-nature is the(-thing) happening often and also divine*  
 οἰκονομία διὰ τῶν ἐναντίων εὐεργετῶν ἡμᾶς βούλεται,  
*dispensation through the opposites to-benefit us wishes*  
 διὰ πάντων τὴν οἴησιν ἡμῶν καταστέλλουσα. Χαλεπὸν  
*through all the conceit our subduing hard*  
 μὲν τὸν περὶ κριμάτων βυθὸν περιεργάζεσθαι· ἐν πλοίῳ  
*indeed the of judgments depth to-pry-into in a-ship*  
 γὰρ οἰήσεως περίεργοι πλέουσιν.  
*for of-conceit (the)-curious sail*

- 17 Ἦρετό τις τινα τῶν βλέπειν δυναμένων, τί δήποτε  
*asked someone one of-those to-see able why ever*  
 γνώσκων ὁ Θεός τινων τὰ πταίσματα, τούτους χαρίσασαι  
*knowing — God of-some the failings them with-gifts*  
 καὶ τέρασι κατεκόσμησεν. Ὁ δὲ φησιν· Ἵνα καὶ λοιποὺς  
*and wonders adorned he and says that also (the)-other*  
 πνευματικὸς ἀσφαλισθῇ· καὶ τὸ αὐτεξούσιον δείξῃ καὶ  
*spiritual(-ones) he-might-secure and the free-will show and*



ἀναπολογήτους ἐν τῇ κρίσει τοὺς πεπτωκότας ποιήσῃ.  
*without-excuse in the judgment those having-fallen make*  
 Ὁ μὲν νόμος ὡς ἀτελής, Πρόσεχε σεαυτῷ. Ὁ δὲ Κύριος  
*the indeed law as imperfect attend to-yourself the but Lord*  
 ὡς ὑπερτελής, καὶ τὴν τοῦ ἀδελφοῦ ἡμῶν διόρθωσιν  
*as more-than-perfect also the of-the brother to-us correction*  
 προσπεφώνηκεν εἰπὼν· Ἐὰν ἀμαρτήσῃ ὁ ἀδελφός σου,  
*has-enjoined having-said if sins the brother your*  
 καὶ τὰ ἐξῆς. Εἰ μὲν καθαρὸς σου ὁ ἔλεγχος καὶ  
*and the(-things) following if indeed pure your the reproof and*  
 ταπεινός, μᾶλλον δὲ ὑπόμνησις, τὸ τοῦ Κυρίου  
*humble rather but reminder the(-command) of-the Lord*  
 ποιεῖν μὴ παραιτήσῃ, καὶ μάλιστα ἐν τοῖς δεχομένοις·  
*to-do not refuse and especially with those receiving(-it)*  
 εἰ δὲ οὐπω πέφθακας, κἂν τὴν νομικὴν ἄσκει λατρείαν.  
*if but not-yet you-have-attained at-least the legal practice worship*  
 Μὴ θαμβοῦ καὶ τοὺς σοὺς προσφιλεῖς ἐχθραίνοντάς σοι  
*not be-amazed even the your friends hostile to-you*  
 θεώμενος· δαμιόνων γὰρ ἐργαλεῖα οἱ κουφότεροι, καὶ  
*seeing of-demons for tools the more-frivolous and*  
 μάλιστα ἐν τοῖς ἐχθροῖς αὐτῶν. Θαυμάζειν μοι ἐφ'  
*especially against the enemies their to-wonder to-me at*  
 ἐνὶ τῶν ἐν ἡμῶν λίαν ὑπέρχεται· πῶς τε ἐπὶ ταῖς  
*one(-thing) of-the(-things) in us greatly comes how and in the*  
 ἀρεταῖς Θεὸν τὸν παντοδύναμον, καὶ ἀγγέλους, καὶ ἁγίους  
*virtues God the almighty and angels and saints*  
 εἰς συνεργίαν ἔχοντες, ἐπὶ δὲ τοῖς ἐναντίοις τὸν πονηρόν,  
*for help having in but the opposites the evil*  
 καὶ μόνον δαίμονα, εὐπρεπεστέως καὶ ὀξυτέως πρὸς τὰ  
*and only demon more-becomingly and more-quickly to the*  
 πάθη καμπτόμεθα. Περὶ μὲν τούτου ἐγὼ εἰς ἀκρίβειαν  
*passions we-bend about indeed this I to exactness*

λέγειν οὐ δύναμαι, οὐδὲ βούλομαι. Τὰ μὲν γεγονότα  
*to-speak not can nor wish the(-things) indeed made*  
 πάντα, εἰ οὕτω καθ' ὃ γεγόνασι φύσεως ἔχουσι, πῶς  
*all if thus as which they-were-made (in)-nature are how*  
 τε εἰκῶν εἰμι τοῦ Θεοῦ, καὶ τῇ πηλῷ συμφύρομαι;  
*and (an)-image I-am — of-God and with-the clay I-am-mixed*  
 ὥς φησιν ὁ μέγας Γρηγόριος. Εἰ δὲ ἑτέρως πῶς τινα  
*as says the great Gregory if but otherwise somehow some*  
 τῶν κτισθέντων παρ' ὃ γέγονε καθέστηκε,  
*of-the(-things) created contrary-to what it-was-made is*  
 πάντως τῆς ἑαυτοῦ συγγενείας ἀπλήστως ὀρέγεται; Ἐν  
*surely for-the own kin insatiably longs with*  
 πάσῃ τις μηχανῇ χρησάτω, ἵν' οὕτως εἴπω, ὅπως ἐν  
*every one device let-use that thus I-may-say that on*  
 τῷ θρόνῳ τοῦ Θεοῦ τὴν πηλὸν ἀνενέγκας ἐνθρονιάσῃ.  
*the throne — of-God the clay having-carried-up he-may-enthron*  
 18 Οὐκοῦν μηδεὶς πρὸς τὴν ἀνάβασιν προφασιζέσθω ἢ γὰρ  
*therefore let-no-one for the ascent make-excuses the for*  
 ὁδὸς καὶ ἡ θύρα ἡνέωκται· ἡ μὲν τῶν κατορθωμάτων τῶν  
*road and the door has-been-opened the indeed of-the achievements of-the*  
 πνευματικῶν πατέρων ἀκρόασις τὸν νοῦν καὶ τὴν ψυχὴν  
*spiritual fathers bearing the mind and the soul*  
 πρὸς ζῆλον διωπνίζουσιν· ἡ δὲ διδασκαλικὴ ἀκρόασις ἐστὶ  
*to zeal rouse the and teaching bearing is*  
 σκοτίας λύχνος, πεπλανημένων ἐπάνοδος, μυωπαζόντων  
*in-darkness a-lamp of-(the)-strayed return of-(the)-short-sighted*  
 φωτισμός. Διακριτικός ἐστὶν ὑγείας εὐρετής, καὶ νόσου  
*illumination a-discerning(-man) is of-health finder and of-disease*  
 καθαιρέτης. Κατὰ δύο τρόπους πάντες οἱ λεγόμενοι  
*destroyer in two ways all those called*  
 μικροθαύμαστοι τοῦτο πάσχειν πεφύκασι· ἢ ἀγνωσίας  
*easily-amazed this to-suffer are-wont either of-ignorance*

ἐσχάτης χάριν, ἣ σκοπῶ ταπεινοφροσύνης τὰ τοῦ  
 utmost for-the-sake or with-aim of-humility the(-things) of-the  
 πλησίον μεγαλύνοντες καὶ ἐπαίροντες. Ἀγωνισώμεθα μὴ  
 neighbor magnifying and exalting let-us-strive not  
 μόνον παλαίειν, ἀλλὰ πολεμεῖν τοὺς δαίμονας· ὁ μὲν  
 only to-wrestle but to-make-war-on the demons the(-one) indeed  
 γὰρ ποτὲ μὲν βάλλει, ποτὲ δὲ βάλλεται. Οἱ δὲ πάντοτε  
 for sometimes indeed throws sometimes and is-thrown those but always  
 τὸν ἐχθρὸν διώκουσιν. Ὁ νικήσας τὰ πάθη τιτρώσκει  
 the enemy pursue the(-one) having-conquered the passions wounds  
 δαίμονας· τὰ πάθη μὲν ὑποκρινόμενος ἔχειν, διὰ τούτου  
 demons the passions indeed pretending to-have through this  
 δὲ ἀπατῶν τοὺς ἐχθροὺς αὐτοῦ, καὶ μένων ἀπολέμητος ἔξ  
 and deceiving the enemies his and remaining unassailed by  
 αὐτῶν. Ἡτιμάσθη ποτέ τις τῶν ἀδελφῶν, καὶ μηδ' ὅλως  
 them was-dishonored once one of-the brothers and not at-all  
 κινηθεὶς τῇ καρδίᾳ, κατὰ νοῦν προσευξάμενος· εἴθ' οὕτως  
 moved in-the heart in mind having-prayed then thus  
 ἀποδύρεσθαι ἐπὶ ταῖς ἀτιμίαις ἤρξατο δι' ἐπιπλάστου  
 to-lament over the dishonors began through feigned  
 πάθους τὴν ἑαυτοῦ ἀπάθειαν ἀποκρυψάμενος. Ἄλλος τῶν  
 passion the own dispassion having-bidden another of-the  
 ἀδελφῶν εἰς προκαθεδρίαν ὦν εἰς ἅπαν ἀνόρεκτος, ὑπὲρ  
 brothers for precedence being in all without-desire for  
 ταύτης τὸν πονοῦντα ὑπεκρίνατο. Πῶς δέ σοι φράσω τὴν  
 it the(-one) toiling pretended how and to-you shall-I-tell the  
 ἐκείνου ἀγνεῖαν, τοῦ ἐν πορνείῳ τῷ δοκεῖν ἀμαρτίας  
 of-that(-man) purity of-the(-one) in a-brothel in-the seeming sin  
 ἔνεκα εἰσπηδήσαντος, τὴν δὲ πόρνην πρὸς ἄσκησιν  
 for-the-sake having-leapt the and harlot to ascetic-life  
 ἀνασπάσαντος; Τίνι πάλιν τῶν ἡσυχάζόντων βότρυν  
 having-drawn-up to-one again of-those keeping-stillness a-cluster

τις προσκεκόμικε πρωτὶ λίαν· ὁ δὲ μετὰ τὴν τοῦ  
*someone brought early very he and after the of-the(-one)*  
 προσαγορχότος ἄφιξις ὀξεῖα ὁρμῇ τινι ἀνορέκτως τοῦτον  
*having-brought going with-a-sharp impulse some without-appetite it*  
 βέβρωκε, τοῖς δαίμοσι γαστρίμαργον ἑαυτὸν ἐμφανίζων·  
*ate to-the demons a-glutton himself showing*  
 ἄλλος πάλιν μικρὰ ἀπολωλεκὼς θαλλία, ἅπασαν τὴν  
*another again small having-lost palm-leaves all the*  
 ἡμέραν ἐποίει ἑαυτὸν ἀλγυνόμενον· πολλὴ τοῖς τοιούτοις  
*day made himself grieving much for-the such*  
 νήψεως χρεία καθέστηκε, μήπως ἐμπαίξειν ἐπιχειρήσαντες,  
*of-sobriety need is lest to-mock having-attempted*  
 εἰς ἐμπαίγμον καταλήξωσιν. Οὗτοι γὰρ ὄντως περὶ ὧν  
*into mockery they-end these for truly about whom*  
 τις ἔφησεν, Ὡς πλάνοι τυγχάνουσι καὶ ἀληθεῖς.  
*someone said as deceivers they-are and true*

- 19 Εἴ τις σῶμα στήσαι βούληται ἄγνον τῷ Κυρίῳ,  
*if anyone (a)-body to-present wishes pure to-the Lord*  
 καὶ καρδίαν καθαρὰν ἐπιδείξασθαι αὐτῷ, τηρησάτω  
*and (a)-heart pure to-show to-him let-him-keep*  
 ἀοργησίαν καὶ ἐγκράτειαν· τούτων γὰρ χωρὶς, πᾶς  
*freedom-from-anger and continence these for without all*  
 κόπος ἡμῶν ἀνόνητος. Ὡςπερ διάφορα τῶν ὀφθαλμῶν  
*toil our useless as different of-the eyes*  
 τὰ φῶτα, οὕτως πολλαὶ καὶ διάφοροι τοῦ νοητοῦ ἡλίου  
*the lights thus many and different of-the spiritual sun*  
 αἱ ἐν ψυχῇ γινόμεναι ἐπισκιάσεις· ἄλλη μὲν γάρ, ἡ  
*the in (the)-soul happening overshadowings other indeed for the(-one)*  
 διὰ τῶν σωματικῶν δακρύων, καὶ ἄλλη ἡ διὰ  
*through the bodily tears and other the(-one) through*  
 τῶν ψυχικῶν· ἑτέρα ἡ διὰ τῶν τοῦ σώματος  
*the of-the-soul other the(-one) through the of-the body*

ὀφθαλμῶν, καὶ ἑτέρα διὰ τῶν νοερῶν· ἄλλη ἡ  
*eyes and other through the spiritual other the(-one)*  
 ἐξ ἀκοῆς λόγου, καὶ ἑτέρα ἡ ἰδιαίτερος κινουμένη  
*from hearing of-(the)-word and other the particularly moving*  
 ἐν τῇ ψυχῇ ἀγαλλίασις· ἄλλη ἡ ἐξ ἡσυχίας, καὶ  
*in the soul exultation other the(-one) from stillness and*  
 ἑτέρα ἡ ἐξ ὑπακοῆς. Πρὸς τούτοις πᾶσι ἄλλη  
*other the(-one) from obedience beside these all other*  
 ἡ δι' ἐκστάσεως τὸν νοῦν ἐν φωτὶ τῷ Χριστῷ  
*the(-one) through ecstasy the mind in light — Christ*  
 παριστῶσα ἀρρήτως καὶ ἀφράστως. Εἰσὶν ἀρεταὶ καὶ  
*presenting unspeakably and inexpressibly there-are virtues and*  
 εἰς μητέρες ἀρετῶν. Ὁ ἐχέφρων τοῖνυν ἐπὶ τῇ τῶν  
*there-are mothers of-virtues the sensible(-man) therefore for the of-the*  
 μητέρων μᾶλλον ἀγωνίζεται κτήσει· τῶν μὲν μητέρων  
*mothers rather strives acquiring of-the indeed mothers*  
 Θεὸς αὐτὸς ἐν ἰδίᾳ ἐνεργείᾳ διδάσκαλος· τῶν δὲ θυγατέρων  
*God himself in own working teacher of-the and daughters*  
 πλείστοι. Πρόσχωμεν μήπως τὴν τῆς τρυφῆς ἔνδειαν  
*very-many let-us-take-heed lest the of-the luxury lack*  
 διὰ πολυπνίας ἀναπληρώμεν· ἔργον γὰρ ἀφρόνων  
*through much-sleep we-make-up work for of-fools*  
 τοῦτο, ὥσπερ καὶ τὸ ἔμπαλιν. Εἶδον ἐργάτας κατὰ τινα  
*this as also the reverse I-saw workers by some*  
 περίστασιν μικρὸν τῇ γαστρὶ ὑποχαλάσαντας· θᾶπτον  
*circumstance a-little to-the belly having-yielded quickly*  
 δὲ οἱ ἀνδρεῖοι διὰ παννυχίου στάσεως τὴν τάλαιναν  
*but the courageous through all-night standing the wretched(-one)*  
 ἐβασάνισαν, καὶ τὸν κόρον τοῦ λοιποῦ μετὰ χαρᾶς  
*tortured and the satiety for-the future with joy*  
 ἀποστρέφειν ἐπαίδευσαν. Παλαίει μὲν ὁ τῆς  
*to-turn-from taught wrestles indeed the(-demon) of-the*

φιλαργυρίας ὀξέως τοῖς ἀκτήμοσιν· ὅταν δὲ μὴ ἰσχύσῃ,  
*avarice sharply with-the non-possessing when but not he-prevails*  
 τότε λοιπὸν τοὺς πτωχοὺς εἰς ἀφορμὴν προβαλλόμενος,  
*then thereafter the poor as pretext putting-forward*  
 ὑλικοὺς πάλιν τοὺς αὐλοὺς ἀνέπεισε γενέσθαι. Ἀθυμοῦντες  
*material again the immaterial persuaded to-become despondent*  
 μέν, τῆς πρὸς τὸν Πέτρον ἐντολῆς τοῦ Κυρίου ἐννοοῦντες  
*indeed the to — Peter command of-the Lord pondering*  
 μὴ παυσώμεθα, τοῦ συγχωρεῖν ἑβδομηκοντάκις ἑπτὰ  
*not let-us-cease from-the to-forgive seventy-times seven*  
 τῷ ἀμαρτάνοντι. Ὃς γὰρ ἐτέρῳ ἐνετείλατο, πάντως  
*the(-one) sinning he-who for another commanded surely*  
 καὶ αὐτὸς πολλῷ πλεον ποιήσειεν. Ἐπαιρόμενοι δέ, τὸ  
*also himself much more would-do being-lifted-up but the*  
 σύμπαν τοῦ εἰρηκότος μὴ παυσώμεθα ἐννοοῦμενοι.  
*whole of-the(-one) having-said not let-us-cease pondering*  
 Ὅστις τελέσει πάντα τὸν πνευματικὸν νόμον, πταίσει δὲ  
*whoever fulfills all the spiritual law fails but*  
 ἐν ἐνὶ πάθει, τοῦτ' ἔστι, ἐν ὑψηλοφροσύνῃ, γέγονε πάντων  
*in one passion this is in high-mindedness has-become of-all*  
 ἔνοχος. Εἰσὶ τινες πνευματικῶν ποιηρῶν καὶ φθονερῶν  
*guilty there-are some of-spirits wicked and envious*  
 καταστάσεις ἐκουσίως τῶν ἀγίων ὑποχωροῦσαι, ἵνα μὴ  
*states willingly from-the saints withdrawing that not*  
 ἐπὶ τοῖς ἀνικῆτοις πολέμοις πρόξενoi στεφάνων τοῖς  
*in the unconquered wars causes of-crowns to-those*  
 ὀχλουμένοις γένωνται. Μακάριοι μὲν οἱ εἰρηνοποιοί, καὶ  
*troubled they-may-become blessed indeed the peacemakers and*  
 οὐδείς ὁ ἀντιλέγων. Ἐγὼ δὲ ἐώρακα καὶ ἐχθροποιούς  
*no-one the(-one) contradicting I but I-have-seen also enemy-makers*  
 μακαρίους· δύο τινὲς πρὸς ἀλλήλους σχέσιν πορνικὴν  
*blessed two certain(-people) toward each-other a-relation lustful*

ἐκέκτηντο· τῶν δὲ γνωστικωτάτων τις ἀνὴρ δοκιμώτατος,  
*had of-the and most-knowing one man most-proven*  
 διάκονος πρὸς ἐκατέρους μίσους ἐγένετο, ἐκεῖνῳ μὲν,  
*servant toward both of-hatred became to-that(-one) indeed*  
 τοῦτον διαβάλλων ὡς λοιδοροῦντα αὐτόν· τούτῳ δὲ πάλιν  
*this(-one) slandering as reviling him to-this(-one) and again*  
 ἐκεῖνον ὁμοίως· καὶ ἡδυνήθη ὁ σοφὸς δαιμόνων κακίαν  
*that(-one) likewise and was-able the wise(-man) of-demons (the)-malice*  
 ἀνθρωπίνῃ πανουργίᾳ διακρούσασθαι, καὶ μίσος ἐργάσασθαι  
*with-human cunning to-repel and hatred to-work*  
 πορνείαν λῦον. Ἔστιν ὁ διὰ ἐντολήν, ἐντολήν  
*fornication dissolving there-is one-who because-of a-commandment a-commandment*  
 παρακρούμενος. Εἶδον γὰρ κατὰ Θεὸν νέους ἑαυτοῖς  
*sets-aside I-saw for according-to God young(-men) to-each-other*  
 προσκεκμένους· καὶ μέντοι διὰ τὴν ἐτέρων βλάβην  
*attached and indeed because-of the of-others harm*  
 καὶ συνείδησιν, ἀλλήλους πληροφορήσαντες, πρὸς χρόνον  
*and conscience each-other having-assured for a-time*  
 ἐμάκρυναν. Ὡς ἐναντία γάμος καὶ ἐξόδιον, οὕτως ἀσύμφωνα  
*kept-apart as opposite wedding and funeral thus incompatible*  
 ὑπερηφανία καὶ ἀπόγνωσις. Καὶ ἔστιν ἐξ ἀκαταστασίας  
*pride and despair and it-is-possible from (the)-unruliness*  
 δαιμόνων, ἀμφοτέρα ὁμοθυμαδὸν θεάσασθαι. Εἰσὶ τινες  
*of-demons both together to-see there-are some*  
 τῶν ἀκαθάρτων δαιμόνων τὴν τῶν θείων Γραφῶν ἐρμηνείαν  
*of-the unclean demons the of-the divine Scriptures interpretation*  
 ἐν προοίμοις ἡμῖν ὑφηγούμενοι· τοῦτο δὲ μάλιστα φιλοῦσι  
*in (the)-beginnings to-us expounding this and especially they-love*  
 ποιεῖν ἐν ταῖς τῶν κενოდόξων καρδίαις, καὶ μάλιστα τῶν  
*to-do in the of-the vainglorious hearts and especially of-those*  
 τὴν ἔξω παιδευσιν ἐξησκημένων, ἵνα κατὰ μικρὸν αὐτοὺς  
*the outside learning having-trained-in that by little them*

ἀπατῶντες εἰς αἱρέσεις καὶ βλασφημίας καταγάγωσιν. Ἐκ  
 deceiving into heresies and blasphemies they-may-lead-down from  
 τῆς ἐν τῇ ψυχῇ κατὰ τὸν καιρὸν τῆς ὑφήγησεως, ταραχῆς  
 the in the soul at the time of-the expounding turmoil  
 καὶ χαρᾶς διακεχυμένης καὶ ἀσέμνου τὴν τῶν δαιμόνων  
 and joy dissolute and unseemly the of-the demons  
 θεολογίαν, μᾶλλον δὲ θεομαχίαν ἐπιγνωσόμεθα.  
 theology rather but fighting-against-God we-will-recognize

## XXVI • DISCERNMENT, 20–24

*Created things have an end, but virtue has none: love never ceases, and even the angels advance from glory to glory. God made no evil; we turned nature's gifts, the seed, anger, zeal, and the desire for glory, into passions. Christ fled Herod, so the rash should not throw themselves into temptation. Asked which spirits humble the mind and which exalt it, John pleads ignorance, and his questioner teaches him that the demons of fornication, anger, and gluttony do not lift the mind, while avarice and love of rule add evil to evil. The lustful are healed by men, the wicked by angels, the proud by God, and only the perfect know which thought is from conscience, which from God, and which from the demons.*

- 20 Τάξι μὲν καὶ ἀρχήν, τινὰ δὲ καὶ τέλος παρὰ τοῦ  
 order indeed and beginning some and also end from the(-one)  
 πεποιηκότος τὰ γεγονότα ἐσχήκασιν, ἡ δὲ ἀρετὴ  
 having-made the(-things) made have-received the but virtue  
 ἀπέραντον τὸ πέρας κέκτηται. Πάσης γάρ, φησὶν ὁ  
 unbounded the bound has of-all for says the  
 Ὑμνωδός, συντελείας εἶδον πέρας· πλατεῖα δὲ καὶ  
 Psalmist consummation I-saw (an)-end broad but and  
 ἀπέραντος ἡ ἐντολή σου σφόδρα. Εἰ πορεύονται  
 boundless the commandment your exceedingly if will-go  
 τινες καλοὶ ἐργάται ἐκ δυνάμεως πρακτικῆς εἰς δύναμιν  
 some good workers from strength of-practice to strength



θεωρίας, καὶ ἡ ἀγάπη οὐδέποτε λήγει· καὶ Ὁ Κύριος  
*of-contemplation and the love never ceases and the Lord*  
 φυλάξει τὴν εἴσοδον τοῦ φόβου σου, καὶ τὴν ἔξοδον  
*will-guard the entrance of-the fear your and the exit*  
 τῆς ἀγάπης σου, οὐκοῦν ἀπέραντος τὸ ταύτης πέρασ,  
*of-the love your then unbounded the its bound*  
 ἐν ᾗ προκόπτοντες οὐδέποτε καταλήξομεν· οὐ κατὰ  
*in which advancing never we-will-cease not in*  
 τὸν παρόντα, οὐ κατὰ τὸν μέλλοντα αἰῶνα φωτὶ φῶς  
*the present not in the coming age to-light light*  
 γνώσεως προσλαμβάνοντες· εἰ καὶ ξένον πως τοῖς πολλοῖς  
*of-knowledge adding if even strange somehow to-the many*  
 τὸ λεγόμενον, ὅμως κατὰ τὴν προλεχθεῖσαν ἡμῖν  
*the(-thing) said nevertheless according-to the aforesaid by-us*  
 ἀπόδειξιν, ὦ μάκαρ, οὐδὲ γὰρ τὰς νοερὰς οὐσίας ἔγωγε  
*proof O blessed(-one) not-even for the spiritual beings I*  
 ἀπροκόπους εἶναι εἵπομι ἄν, δόξαν δὲ μᾶλλον δόξῃ ἀεὶ  
*without-progress to-be would-say — glory but rather to-glory always*  
 προσλαμβανούσας, καὶ γνῶσιν ἐπὶ γνώσει ὀρίζομαι. Μὴ  
*adding and knowledge upon knowledge I-define not*  
 θαυμάσης εἵπερ καὶ ἀγαθὰ ἡμῖν οἱ δαίμονες πολλάκις  
*marvel if-indeed even good to-us the demons often*  
 νοήματα ὑποβάλλουσι καὶ τούτοις νοερῶς ἀντιλέγουσι·  
*thoughts suggest and them spiritually contradict*  
 σκοπὸς γὰρ τοῖς ἐχθροῖς ἡμῶν ἐν τούτῳ πείσαι ἡμᾶς, ὥς  
*aim for to-the enemies our in this to-persuade us that*  
 καὶ τὰ ἐγκάρδια ἡμῶν ἐνθυμήματα γινώσκουσι. Μὴ θέλε  
*even the heart's our thoughts they-know not wish*  
 εἶναι πικρὸς δικαστῆς τῶν λόγῳ μεγάλα διδασκόντων,  
*to-be a-bitter judge of-those by-word great(-things) teaching*  
 ὁρῶν αὐτοὺς τὴν πρακτικὴν ὀκνηροτέρους διακειμένους·  
*seeing them in-the practice rather-sluggish disposed*

πολλάκις γὰρ τὴν τοῦ ἔργου ἔλλειψιν ἀνεπλήρωσεν ἡ  
 often for the of-the deed lack made-up the  
 τοῦ λόγου ὠφέλεια. Οὐ πάντες πάντως πάντα ἐπίσης  
 of-the word benefit not all altogether all(-things) equally  
 κεκτήμεθα· ἐν ἐνίοις μὲν γὰρ ὁ λόγος τὸ ἔργον· ἐν ἑτέροις  
 we-have in some indeed for the word the deed in others  
 δὲ πάλιν τὸ δεύτερον τὸ πρῶτον πλεονεκτεῖ. Κακὸν μὲν  
 and again the second the first surpasses evil indeed  
 ὁ Θεὸς οὔτε πεποίηκεν, οὔτε δεδημιούργηκεν. Ἐπατήθησαν  
 — God neither has-made nor has-fashioned were-deceived  
 δέ τινες φήσαντες φυσικὰ εἶναί τινα τῶν παθῶν ἐν ψυχῇ,  
 and some having-said natural to-be some of-the passions in (the)-soul  
 ἀγνοήσαντες ὅτι τὰ συστατικὰ τῆς φύσεως ιδιώματα ἡμεῖς  
 not-knowing that the constitutive of-the nature properties we  
 εἰς πάθη μετηνέκαμεν. Οἶον, φύσει ἐν ἡμῖν ἡ σπορά  
 into passions have-turned for-example by-nature in us the seed  
 διὰ τὴν τεκνογονίαν, μετεποιήσαμεν δὲ ἡμεῖς αὐτὴν  
 because-of the child-bearing changed but we it  
 εἰς πορνείαν. Φύσει ὁ θυμὸς ἐν ἡμῖν κατὰ τοῦ ὄφεως,  
 into fornication by-nature the temper in us against the serpent  
 κεκρήμεθα δὲ αὐτῷ ἡμεῖς κατὰ τοῦ πλησίον. Ἐν ἡμῖν ὁ  
 have-used but it we against the neighbor in us the  
 ζῆλος διὰ τὸ τὰς ἀρετὰς ζηλοῦν, ἡμεῖς δὲ ἐπὶ τῷ κακῷ  
 zeal because-of the the virtues to-emulate we but in the evil  
 ζηλοῦμεν. Φύσει τῇ ψυχῇ τὸ τῆς δόξης ἐπιθυμεῖν, ἀλλὰ  
 emulate by-nature in-the soul the the glory to-desire but  
 τῆς ἄνω· φύσει τὸ ὑπερηφανεύεσθαι, ἀλλὰ κατὰ τῶν  
 the above by-nature the to-be-proud but against the  
 δαιμόνων. Ὅμοιως ἡ χαρά, ἀλλὰ διὰ τὸν Κύριον καὶ  
 demons likewise the joy but because-of the Lord and  
 τὴν τοῦ πλησίον εὐπραγίαν· εἰλήφαμεν καὶ μνησικακίαν,  
 the of-the neighbor well-being we-have-received also grudge-bearing

ἀλλὰ κατὰ τῶν ἐχθρῶν τῆς ψυχῆς. Εὐλήφαμεν ἔφεσιν  
*but against the enemies of-the soul we-have-received desire*  
 τροφῆς, οὐ μέντοι ἀσωτίας. Ἄοκνος ψυχὴ ἐξήγειρε καθ'  
*for-food not however for-profligacy an-unslotful soul roused against*  
 ἑαυτῆς δαίμονας, πληθυνθέντων δὲ πολέμων, ἐπληθύνθησαν  
*itself demons multiplied and wars were-multiplied*  
 καὶ στέφανοι. Ὁ μὴ πληττόμενος ὑπὸ πολεμίων, οὐ  
*also crowns the(-one) not struck by enemies not*  
 πάντως στεφανωθήσεται. Ὁ δὲ ἐπὶ τοῖς συμβατικοῖς  
*surely will-be-crowned the(-one) but in the chance*  
 πτώμασι μὴ ἀποκάμνων, ὑπὸ ἀγγέλων ὡς πολεμιστῆς  
*falls not growing-weary by angels as a-warrior*  
 εὐφημηθήσεται. Τρεῖς μὲν τις νύκτας ἐν γῇ πεποιηκὼς  
*will-be-praised three indeed one nights in (the)-earth having-spent*  
 ἀνεβίω εἰς ἅπαν· ὁ δὲ τρεῖς ὥρας νενικηκὼς οὐκ  
*came-to-life in all the(-one) and three hours having-conquered not*  
 ἀποθανεῖται λοιπόν. Ἐὰν κατ' οἰκονομικὴν παιδευσιν, μετὰ  
*will-die thereafter if by providential chastening after*  
 τὴν ἀνατολὴν αὐτοῦ ἐν ἡμῖν, Ὁ ἥλιος ἔγνω τὴν δύσιν  
*the rising his in us the sun knew the setting*  
 αὐτοῦ, πάντως ἔθετο σκότος ἀποκρυφὴν αὐτοῦ, καὶ ἐγένετο  
*his surely be-made darkness hiding-place his and it-became*  
 νύξ· ἐν αὐτῇ λοιπὸν διελεύσονται πρὸς ἡμᾶς οἱ πρόων  
*night in it thereafter will-pass to us the formerly*  
 ἀναχωρήσαντες ἄγριοι σκύμνοι, καὶ πάντα τὰ θηρία τοῦ  
*withdrawn wild whelps and all the beasts of-the*  
 δρυμοῦ τῶν ἀκανθῶδων παθῶν, ὠρυόμενοι ἀρπάσαι τὴν  
*thicket of-the thorny passions roaring to-snatch the*  
 ἐν ἡμῖν ἐλπίδα, καὶ ζητοῦντες παρὰ τοῦ Θεοῦ τῶν παθῶν  
*in us hope and seeking from — God of-the passions*  
 βρώσιν αὐτοῖς, ἢ δι' ἐννοίας, ἢ διὰ πράξεως,  
*food for-themselves either through thought or through deed*

ἀνέτειλεν ἡμῖν διὰ σκοτεινῆς ταπεινώσεως πάλιν ὁ  
 rose for-us through dark humility again the  
 ἥλιος· καὶ πρὸς ἑαυτὰ τὰ θηρία συνήχθησαν, καὶ εἰς τὰς  
 sun and to themselves the beasts gathered and into the  
 μάνδρας αὐτῶν, ἡγουν φιληδόνους καρδίας καταστήσονται,  
 dens their that-is pleasure-loving hearts they-will-settle  
 καὶ οὐκ ἐν ἡμῖν. Τότε ἐροῦσιν ἐν τοῖς δαίμοσιν·  
 and not in us then they-will-say among the demons  
 Ἐμεγάλυνε Κύριος τοῦ ποιῆσαι μετ' αὐτῶν ἔλεος πάλιν·  
 magnified (the)-Lord the to-do with them mercy again  
 ἡμεῖς δὲ πρὸς αὐτούς· Ἐμεγάλυνε Κύριος τοῦ ποιῆσαι μεθ'  
 we and to them magnified (the)-Lord the to-do with  
 ἡμῶν, ἐγενήθημεν εὐφραυνόμενοι. Ὑμεῖς δὲ διωκόμενοι· Ἴδου  
 us we-became rejoicing you but pursued behold  
 Κύριος κάθηται ἐπὶ νεφέλης κούφης, πάντως ψυχῆς γηϊνῆς  
 (the)-Lord sits on a-cloud light surely (the)-soul earthly  
 πάσης ἐπιθυμίας ὑψωθείσης, καὶ ἥξει εἰς Αἰγυπτίαν,  
 from-all desire raised and will-come into (an)-Egyptian  
 καρδίαν τὴν πρῶην ἐσκοτισμένην, καὶ σεισθήσονται τὰ  
 heart the(-one) formerly darkened and will-be-shaken the  
 χειροποίητα εἰδῶλα, καὶ ἐνθυμήματα τοῦ νοός. Εἰ Χριστὸς  
 handmade idols and thoughts of-the mind if Christ  
 ἀπὸ Ἡρώδου σωματικῶς φεύγει, καίπερ πάντα δυνάμενος,  
 from Herod bodily flees although all able  
 παιδευέσθωσαν οἱ προπετεῖς, μὴ ἑαυτοὺς τοῖς πειρασμοῖς  
 let-be-taught the rash not themselves to-the temptations  
 ἐπιρρίπτειν· Μὴ δῶψις γάρ, φησὶν, εἰς σάλον τὸν πόδα σου,  
 to-throw not give for it-says to tottering the foot your  
 καὶ οὐ νυστάζει ὁ φυλάσσων σε ἄγγελος. Συμπλέκεται  
 and not will-sleep the guarding you angel is-entwined  
 τῇ ἀνδρείᾳ ἢ τύφωσις, ὥσπερ ὁ λεγόμενος σμίλαξ  
 with-the courage the conceit as the so-called bindweed

τῇ κυπαρίσσῳ. Ἔργον ἡμῖν ἔστω ἀένναον, μὴ ψιλῇ  
*with-the cypress work for-us let-be unceasing not with-bare*  
 ἐννοίᾳ λογιῖσθαι ἡμᾶς τὸ οἰονοῦν κεκτῆσθαι ἀγαθόν·  
*thought to-reckon us the whatever to-have good*  
 ἀλλὰ τοῦτο ἀκριβῶς ἐκζητοῦν ἰδίωμα σκοπήσωμεν, εἰ  
*but this exactly seeking property let-us-consider whether*  
 ἐν ἡμῖν ἐστι. Καὶ τότε πάντως ἐλλείποντας ἑαυτοὺς  
*in us it-is and then surely lacking ourselves*  
 νοήσομεν· ζῇτε καὶ τῶν παθῶν ἀπαύστως τὰ τεκμήρια,  
*we-will-perceive seek also of-the passions ceaselessly the proofs*  
 καὶ τότε πολλὰ ἐνόντα σοι συνήσεις, ἅπερ ἐν νόσοις  
*and then many present in-you you-will-understand which in diseases*  
 μὲν ὄντες διαγνῶναι οὐ δυνάμεθα, ἢ δι' ἀσθένειαν,  
*indeed being to-discern not we-can either because-of weakness*  
 ἢ διὰ βαθεῖαν προκατάληψιν.

*or because-of deep preoccupation*

Πρόθεσιν κρίνει ὁ Θεός. Ἐν δὲ τοῖς κατὰ δύναμιν 21  
*intention judges — God in but the(-things) within power*  
 τὴν ἐργασίαν φιλανθρωπῶς μέντοι ζητεῖ. Μέγας ὁ  
*the work lovingly however he-seeks great the(-one)*  
 μὴδὲν κατὰ δύναμιν ἐλλείπων· μείζων δὲ ὁ ἐν  
*in-nothing within power falling-short greater but the(-one) in*  
 ταπεινώσει ἐν τοῖς ὑπὲρ δύναμιν ἐπιχειρῶν. Πολλάκις  
*humility in the(-things) beyond power attempting often*  
 οἱ δαίμονες τὰ κουφότερα, καὶ συμφέροντα ἡμᾶς  
*the demons the(-things) lighter and profitable us*  
 κωλύουσι διαπράττεσθαι, τὰ δὲ μοχθηρότερα μετελθεῖν  
*prevent to-do the(-things) but more-toilsome to-pursue*  
 μᾶλλον προτρέπονται. Εὐρίσκω Ἰωσήφ ἐκεῖνον δι'  
*rather urge I-find Joseph that because-of*  
 ἀποστροφὴν ἁμαρτίας, καὶ οὐ δι' ἔνδειξιν ἀπαθείας  
*turning-away from-sin and not because-of display of-dispassion*

μακαριζόμενον. Ζητητέον ἡμῖν ἐν ποίαις καὶ πόσαις  
 blessed it-must-be-asked by-us in what and how-many  
 ἁμαρτίαις ἢ ἀποστροφῇ στέφανον κέκτηται. Ἄλλο τὸ  
 sins the turning-away a-crown has other the  
 ἀποστρέφεσθαι τὴν σκιάν· ὑψηλότερον δὲ τὸ προστρέχειν  
 to-turn-from the shadow higher but the to-run-to  
 τῷ ἡλίῳ. Τὸ σκοτοῦσθαι αἷτιον τοῦ προσκόπτειν· τὸ δὲ  
 the sun the to-be-darkened cause of-the stumbling the and  
 προσκόπτειν τοῦ πίπτειν· τὸ δὲ πίπτειν τοῦ θνήσκειν.  
 stumbling of-the falling the and falling of-the dying  
 Ἐξ οἴνου οἱ σκοτισθέντες, ἐνέψαντο πολλάκις ὕδατι·  
 from wine those darkened washed often with-water  
 οἱ δὲ ἐκ παθῶν σκοτισθέντες, ἐνέψαντο δάκρυσιν. Ἄλλο  
 those but from passions darkened washed with-tears other  
 θόλωσις, καὶ ἄλλο ἐπίχυσις, καὶ ἕτερον τύφλωσις· καὶ τὴν  
 clouding and other film and other blindness and the  
 μὲν προτέραν ἰάσατο ἐγκράτεια· τὴν δὲ δευτέραν ἡσυχία·  
 indeed first healed continence the and second stillness  
 τὴν δὲ τρίτην ὑπακοή, καὶ ὁ Θεὸς ὑπήκοος γεγωνώς.  
 the and third obedience and — God obedient having-become  
 Ἡμεῖς ἐκ δύο τῶν τὰ κάτω καθαιρόντων προσφυῶς  
 we from two of-those the(-things) below cleansing aptly  
 τὰ δύο τῶν τὰ ἄνω φρονούντων, ὡς ἐν ὑποδείγμασι  
 the two of-those the(-things) above minding as in examples  
 ὑπειλήφαμεν. Κναφεῖον μὲν τὸ κατὰ Κύριον κοινόβιον·  
 have-taken a-fuller's-shop indeed the according-to (the)-Lord community  
 τὸ τὸν ῥύπον, καὶ τὴν παχύτητα, καὶ τὴν ἀμορφίαν  
 the(-one) the filth and the grossness and the ugliness  
 τῆς ψυχῆς ἀποξέον, εἰρηκότες. Βαφεῖον δ' ἂν εἴη ἡ  
 of-the soul scouring-off having-called a-dyer's-shop and — would-be the  
 ἀναχώρησις τοῖς τὴν λαγνείαν, καὶ μνησικακίαν, καὶ  
 withdrawal for-those the lust and grudge-bearing and

θυμὸν ἀποθεμένοις, καὶ ἐξ ἐκείνου λοιπὸν πρὸς ἡσυχίαν  
*temper having-put-off and from that thereafter to stillness*  
 μετερχομένοις. Τινὲς τὸ τοῖς αὐτοῖς περιπίπτειν πτώμασιν  
*passing some the into-the same to-fall falls*  
 ἐξ ἐλλείψεως τῆς ἀρμοζούσης, καὶ ἀντισηκούσης μετανοίας  
*from lack of-the fitting and counterbalancing repentance*  
 τῷ προτέρῳ φασί. Ζητητέον δὲ εἰ πᾶς ὁ μὴ πεσὼν  
*to-the former say it-must-be-asked but whether every one not having-fallen*  
 τῷ ἑαυτῷ εἶδει, ἄρα καὶ ἀξίως μετενόησε. Πεπτώκασιν  
*in-the own kind then also worthily repented have-fallen*  
 τοῖς αὐτοῖς τινες, ἢ τῶν προτέρων ἐν λήθῃς βυθῷ  
*into-the same some either of-the former(-ones) in of-forgetfulness depth*  
 καταχωσθέντες, ἢ τὸν Θεὸν ἐκ φιληδονίας φιλάνθρωπον  
*having-been-buried or — God from love-of-pleasure merciful*  
 ὑπολαμβάνοντες· ἢ τῆς ἑαυτῶν σωτηρίας ἀπολεγόμενοι.  
*supposing or of-the own salvation despairing*  
 Οὐκ οἶδα εἰ μήπω μέ τις καταμέμφεσθαι ἤμελλεν, ἐπεὶ  
*not I-know if not-yet me anyone to-blame would since*  
 ἂν εἶπον, ὅτιπερ τὸν ἐχθρὸν τοῦτον λοιπὸν δῆσαι μὴ  
*— I-would-say that the enemy this thereafter to-bind not*  
 ἰσχύοντες, τῇ τῆς συνηθείας ἰσχύϊ τυραννοῦντα αὐτούς.  
*being-able by-the of-the habit strength tyrannizing them*  
 Ἐρευνητέον πῶς ἀσώματος οὖσα ἡ ψυχὴ, τοὺς πρὸς 22  
*one-must-search how bodiless being the soul the(-spirits) with*  
 αὐτὴν ὁμοουσίους ἐπιδημοῦντας, ὡς ἔχουσι φύσεως ὁράν  
*it consubstantial dwelling as they-are (in)-nature to-see*  
 οὐ πέφυκε· μήπως ἄρα διὰ τὴν ζεύξω, ἣν ὁ  
*not is-able perhaps then because-of the yoking which the(-one)*  
 δήσας μόνος ἐπίσταται; Βουλομένῳ μαθεῖν φράζε δὴ,  
*having-bound alone knows to-one-wishing to-learn tell indeed*  
 φράζε, τίς με γνωστικὸς ἐπύθετο, ποιοὶ τῶν πνευμάτων  
*tell someone me knowing asked which of-the spirits*

ταπεινοῦν, ποῖοι δὲ ὑψοῦν ἐπὶ ταῖς ἁμαρτίαις πεφύκασι  
*to-humble which and to-exalt at the sins are-wont*  
 τὸν νοῦν. Καμοῦ πρὸς τὸ σκέμμα δυσχεράνατος, καὶ  
*the mind I-too at the question being-at-a-loss and*  
 τὴν ἄγνοιαν βεβαιωσαμένου ὄρκῳ, ὁ μανθάνων  
*the ignorance having-affirmed with-an-oath the(-one) learning*  
 ἐδίδαξεν. Ἐν ὀλίγοις, φησί, διακρίσεως ζύμην σοι δεδωκώς  
*taught in few(-words) he-says of-discernment leaven to-you having-given*  
 καταλείψω ζητεῖν ἐμπόνως· ὁ τῶν σωμάτων, καὶ  
*I-will-leave(-you) to-seek laboriously the(-demon) of-the bodies and*  
 ὁ τῆς ὀργῆς, καὶ ὁ τῆς κοιλιομανίας· ὁ  
*the(-demon) of-the anger and the(-demon) of-the belly-madness the(-demon)*  
 τῆς ἀκηδίας, ὁ ὕπνου οὐ πεφύκασί πως ἐπαίρειν  
*of-the listlessness the(-demon) of-sleep not are-wont somehow to-lift-up*  
 τὸ τοῦ νοὸς κέρας. Ὁ δὲ τῆς φιλαργυρίας, φιλαρχίας  
*the of-the mind horn the(-demon) but of-the avarice love-of-rule*  
 τε καὶ πολυλογίας, καὶ ἕτεροι πλείους κακῶ κακὸν  
*both and much-talk and others more to-evil evil*  
 εἰώθασιν ἐπισυνάπτειν. Διὸ καὶ ὁ τοῦ κρίνειν,  
*are-accustomed to-join therefore also the(-demon) of-the judging*  
 τούτοις παραπλήσιος καθέστηκεν. Εἴ τις πρὸς κοσμικοὺς  
*to-these similar is if anyone to worldlings*  
 ἢ παρεγένετο, ἢ ἐδέξατο, καὶ ἐπὶ τῷ αὐτῶν μετὰ τὴν  
*either came or received(-them) and at the their after the*  
 ὥραν ἢ ἡμέραν χωρισμῷ λύπης βέλος ἐδέξατο, καὶ μὴ  
*hour or day parting of-grief an-arrow received and not*  
 μᾶλλον χαρᾶς ὡς ἐμποδίου παγίδος ἀπαλλαγείς, οὗτος  
*rather of-joy as of-a-binding snare freed this(-man)*  
 ἢ ὑπὸ κενοδοξίας ἢ ὑπὸ πορνείας ἐμπαίζεται. Τὸ πόθεν  
*either by vainglory or by fornication is-mocked the whence*  
 ὁ ἄνεμος πνέει πρὸ πάντων ζητήσωμεν· μήπως εὑρεθῶμεν  
*the wind blows before all let-us-see lest we-be-found*



ἐναντίως τὰ ἰστία ἐκτείνοντες· παρακάλει ἐξ ἀγάπης  
*contrarily the sails spreading comfort from love*  
 γέροντας πρακτικούς οἵτινες κατέτρυψαν τὰ σώματα  
*elders practiced who wore-out the bodies*  
 αὐτῶν ἐν ἀσκήσει, μικρὰν ἀνάπαυσιν αὐτοῖς παρεχόμενος.  
*their in ascetic-practice small rest to-them providing*  
 Ἀνάγκαζε νέους ἐγκρατεύεσθαι, οἵτινες κατέτρυψαν τὰς  
*compel young(-men) to-be-abstinent who wore-out the*  
 ψυχὰς αὐτῶν ἐν ἀμαρτίαις, μνήμην κολάσεως αὐτοῖς  
*souls their in sins remembrance of-punishment to-them*  
 διηγούμενος. Τῶν οὐκ ἐνδοχομένων ἐστίν, ὅπερ ἐν  
*relating of-the(-things) not possible it-is which in*  
 ἐτέρῳ εἰρήκαμεν, εὐθέως ἐν προοιμίῳ εἰς ἅπαν  
*another(-place) we-have-said immediately in (the)-beginnings in all*  
 γαστριμαργίας καὶ κενοδοξίας ἡμᾶς καθαρεύειν· ἀλλὰ  
*of-gluttony and vainglory us to-be-clean but*  
 μὴ θελήσωμεν διὰ τρυφῆς τῇ κενοδοξίᾳ μάχεσθαι·  
*not let-us-wish through luxury with-the vainglory to-fight*  
 ἦττα γὰρ γαστριμαργίας κενοδοξίαν, τοῖς εἰσαγωγικοῖς  
*defeat for of-gluttony vainglory in-the beginners*  
 λέγω, ἀποτίκτει. Μᾶλλον δὲ δι' ἐνδείας κατ' αὐτῆς  
*I-mean brings-forth rather but through want against it*  
 πρεσβεύσωμεν. Ἐλεύσεται γὰρ ὥρα, καὶ νῦν ἐστὶ τοῖς  
*let-us-plead will-come for (the)-hour and now is for-those*  
 βουλομένοις, ἵνα ὑποτάξῃ Κύριος καὶ ταύτην ὑπὸ τοὺς  
*wishing that may-subject (the)-Lord also it under the*  
 πόδας ἡμῶν. Οὐ τοῖς αὐτοῖς οἱ νέοι καὶ οἱ γεγηρακότες  
*feet our not by-the same the young and the aged*  
 προσερχόμενοι πολεμοῦνται πάθεσι. Πολλάκις γὰρ εἰς ἅπαν  
*approaching are-warred-on passions often for in all*  
 ἐναντίας τὰς νόσους κέκτηνται. Διὰ τοῦτο μακαρία, ἡ  
*opposite the diseases they-have because-of this blessed the*

μακαρία ταπείνωσις, ὅτι νέοις καὶ γεγηρακόσιν ἀσφαλῆς  
 blessed humility because for-young and aged sure  
 καὶ δυνατὴ γίγνεται μετάνοια. Μὴ θορυβήσω ἐν τῷ λέγειν  
 and possible becomes repentance lest I-disturb in the saying  
 ἔρχομαι. Σπάνιοι γάρ, πλὴν εἰς ψυχὰς εὐθεῖς καὶ ἀπόνηροι,  
 I-come rare for yet are souls upright and guileless  
 κακίας, καὶ ὑποκρίσεως, καὶ κακεντρεχείας ἀπηλλαγμένοι,  
 from-malice and hypocrisy and knavery freed  
 αἷς πάντῃ ἢ τῶν ἀνθρώπων συνδιατριβῇ ἀντίκειται  
 to-which wholly the of-the men company is-opposed  
 δυναμέναις μετὰ τοῦ ὁδηγοῦντος ἐκ τῆς ἡσυχίας, ὥσπερ  
 able with the guide from the stillness as  
 ἐκ λιμένος, εἰς οὐρανὸν ἀνέρχεσθαι, καὶ τῶν κοινοβιακῶν  
 from harbor to heaven to-go-up and of-the community  
 θορύβων, καὶ σκανδάλων διαμεῖναι ἀνενδεεῖς καὶ ἀπείρατοι.  
 tumults and offenses to-remain without-need and untried  
 Λάγνους μὲν ἄνθρωποι, πονηροὺς δὲ ἄγγελοι, ὑπερφηάνους  
 (the)-lustful indeed men (the)-wicked and angels (the)-proud  
 δὲ Θεὸς ἰάσασθαι πέφυκεν. Εἶδος ἀγάπης πολλάκις  
 and God to-heal is-wont a-form of-love often  
 ἴσως γέγονε καὶ τοῦτο, τὸ τῷ πλησίον καταλιμπάνειν  
 perhaps has-been also this the to-the neighbor to-leave(-it)  
 παραβάλλοντι πρὸς ἡμᾶς ποιεῖν, καθὼς βούλεται, ἐν  
 coming to us to-do as he-wishes in  
 ἅπασιν, ἡμῶν μέντοι ἰλαρότητα πᾶσαν ἐπιδεικνυμένων,  
 all us however cheerfulness all showing  
 ζητητέον πῶς καὶ ἕως τίνος, καὶ πότε, καὶ ἢ  
 it-must-be-asked how and until what(-point) and when and whether  
 ἄρα ἀναλυτικὴ ἢ μεταμέλεια τῶν καλῶν, ὥσπερ τῶν  
 then undoing the regret of-the good(-things) as of-the  
 κακῶν. Διακρίσει πολλὴ χρῆσώμεθα, πότε μὲν ἵστασθαι,  
 evil(-things) discernment much let-us-use when indeed to-stand

καὶ ἐν ποίοις, καὶ ἕως τίνος προσπαλαίειν ταῖς τῶν  
*and in what(-things) and until what(-point) to-grapple with-the of-the*  
 παθῶν ὕλαις ὀφείλομεν. Ἔστι γὰρ καὶ φυγεῖν προκρίναι  
*passions materials we-ought it-is-possible for also to-flee to-prefer*  
 διὰ τὴν ἀσθένειαν, ἵνα μὴ ἀποθάνωμεν. Ἴδωμεν καὶ  
*because-of the weakness that not we-die let-us-see and*  
 φυλάξωμεν (ἴσως γὰρ καὶ ἐν καιρῷ διὰ πικρίας χολὴν  
*watch perhaps for also in time through bitterness bile*  
 κενῶσαι δυνάμεθα), ποῖοι μὲν τῶν δαιμόνων ὑψοῦσι,  
*to-empty we-can which indeed of-the demons exalt*  
 ποῖοι δὲ ταπεινοῦσι, καὶ ποῖοι σκληρύνουσι, ποῖοι δὲ  
*which and humble and which harden which and*  
 παρακαλοῦσι, καὶ ποῖοι μὲν σκοτίζουσι, ποῖοι δὲ πάλιν  
*comfort and which indeed darken which and again*  
 φωτισμὸν ὑποκρίνονται, καὶ ποῖοι μὲν νωθροὺς, ποῖοι  
*illumination feign and which indeed sluggish which*  
 δὲ κακεντρεχεῖς, ποῖοι δὲ σκυθρωποὺς, καὶ ποῖοι ἱλαροὺς  
*and knavish which and gloomy and which cheerful*  
 ἡμᾶς ἀπεργάζονται. Μὴ θαμβηθῶμεν ἐν τῷ σταδίῳ ἐν  
*us make not let-us-be-amazed in the stadium in*  
 προουμίῳ ἑαυτοὺς ἐμπαθεστέρους τῆς ἐν τῷ κόσμῳ  
*(the)-beginnings ourselves more-passionate than-the in the world*  
 ἡμῶν διαγωγῆς ὁρῶντες. Δεῖ γὰρ τὰ αἷτια πάντα  
*our life seeing it-is-necessary for the causes all*  
 κινήθηναι. Εἴθ' οὕτως τὴν ὑγίαν ἡμῖν προσγενέσθαι, εἰ καὶ  
*to-be-stirred then thus the health to-us to-come if even*  
 τάχα που τὰ θηρία κρυπτόμενα οὐκ ἐβλέποντο. Ὅτε  
*perhaps somewhere the beasts hidden not were-seen when*  
 κατὰ τινα σύμβασιν λοιπὸν οἱ τελειότητι πλησιάζοντες,  
*by some chance thereafter those to-perfection drawing-near*  
 ἐν τινι ψιλῷ τοῖς δαίμοσι ἡττηθῶσι, πάσῃ μηχανῇ  
*in something slight by-the demons are-defeated every device*

χρῶνται συντόμως τοῦτο ἐξ αὐτῶν ἑκατονταπλάσιον  
*they-use quickly this from them hundredfold*  
 ἀφαρπάσασθαι. Ὡσπερ οἱ ἄνεμοι, ποτὲ μὲν τὴν  
*to-snatch-back as the winds sometimes indeed the*  
 ἐπιπολὴν, διὰ τὸ γαληνόν, ποτὲ δὲ τὸν βυθὸν τῆς  
*surface because-of the calm sometimes and the depth of-the*  
 θαλάσσης ταραττεῖν εἰώθασιν· οὕτως μοι νόει καὶ ἐπὶ  
*sea to-trouble are-accustomed thus for-me understand also in*  
 τῶν σκοτεινῶν ἀνέμων, τῶν μὲν γὰρ ἐμπαθῶν αὐτὴν  
*the dark winds of-the indeed for passionate the-very*  
 τὴν τῆς καρδίας αἴσθησιν ταρασσείν πεφύκασι· τῶν δὲ  
*the of-the heart perception to-trouble they-are-wont of-those and*  
 ἤδη προκοψάντων, τὴν ἐπιπολὴν τοῦ νοός.  
*already advanced the surface of-the mind*

23 Διὸ οὗτοι καὶ θάττον τῆς οἰκείας γαλήνης ἐπαισθάνονται,  
*therefore these also more-quickly the own calm perceive*  
 ἀμολύντου διαμεινάσης. Τελείων τὸ ἐπιγνῶναι ἀεὶ ἐν  
*unsullied having-remained of-(the)-perfect the to-recognize always in*  
 τῇ ψυχῇ, ποία μὲν τοῦ συνειδότος, ποία δὲ Θεοῦ, καὶ  
*the soul which indeed of-the conscience which and of-God and*  
 ποία δαιμόνων ἔννοια. Οὐ γὰρ πάντα ἐναντία ἐκ  
*which of-demons thought not for all contrary(-things) from*  
 προουμιῶν ὑποτίθενται οἱ δαίμονες. Διὸ καὶ σκοτεινὸν  
*(the)-outset suggest the demons therefore also obscure*  
 ὄντως τὸ πρόβλημα.  
*truly the problem*

24 Ἐν δυσὶν ὁμμασιν αἰσθητοῖς φωτίζεται τὸ σῶμα, καὶ  
*in two eyes bodily is-lit the body and*  
 ἐν νοητῇ, καὶ ὁρατῇ διακρίσει ὀφθαλμοὶ τῆς καρδίας  
*in spiritual and visible discernment (the)-eyes of-the heart*  
 λαμπρύνονται.  
*are-brightened*

*The section gathers the teaching into short sayings. Faith is the mother of renunciation, hope the door of detachment, the love of God the ground of exile. A run of similes follows: as a serpent sheds its skin only in a narrow hole, the old man is put off only on the narrow road of fasting and dishonor; as water washes out letters, tears wash out failings; as a ship with a good pilot reaches harbor, a soul with a good shepherd goes up easily to heaven, even after much evil. Many have gained forgiveness quickly, but no one dispassion. The step ends on a chain of begettings, from perception through repentance, labors, and fear to love, humility, and dispassion, God's indwelling in the pure in heart.*

Πίστις βεβαία ἀποταγῆς μήτηρ· τὸ δὲ ἐναντίον πρόδηλον. 25

*faith firm of-renunciation mother the and opposite manifest*

Ἐλπίς ἀκλινὴς ἀπροσπαθείας θύρα· τὸ δὲ ἐναντίον 26

*hope unswerving of-detachment door the and opposite*

*πρόδηλον.*

*manifest*

Ἀγάπη Θεοῦ, ξενιτείας ὑπόθεσις· τὸ δὲ ἐναντίον πρόδηλον. 27

*love of-God of-exile foundation the and opposite manifest*

Ὑποταγὴν ἔτεκεν ἑαυτοῦ κατάγνωσις, καὶ ὑγείας ὄρεξις. 28

*submission bore of-oneself condemnation and of-health desire*

Ἐγκράτεια μήτηρ ὑγείας· ἐγκρατείας μήτηρ, θανάτου 29

*continence mother of-health of-continence mother of-death*

ἔννοια καὶ μνήμη παγία χολῆς καὶ ὄξους Δεσπότης

*thought and remembrance firm of-(the)-gall and vinegar of-(the)-Master*

*καὶ Θεοῦ.*

*and God*

Σωφροσύνης βοηθός ἐστι, καὶ ὑπόθεσις ἡσυχία· πυρώσεως 30

*of-temperance helper is and foundation stillness of-burning*

*θραῦσις νηστεία.*

*breaking fasting*

- 31 Λογισμῶν τε πονηρῶν καὶ αἰσχρῶν συντριμμὸς διανοίας  
*of-thoughts both wicked and shameful contrition of-mind*  
 ἀντίπαλος· πίστις καὶ ξενιτεία θάνατος φιλαργυρίας.  
*adversary faith and exile death of-avarice*
- 32 Συμπάθεια δὲ καὶ ἀγάπη προέδωκαν σῶμα.  
*compassion but and love gave-up (the)-body*
- 33 Προσευχὴ ἐκτενής, ὀλεθρος ἀκηδίας·  
*prayer intense destruction of-listlessness*
- 34 Μνήμη δὲ κρίσεως προθυμίας πρόξενος.  
*remembrance and of-judgment of-eagerness cause*
- 35 Θυμοῦ ἴαμα, ἀτιμίας ἀγάπη· ὑμνωδία δὲ καὶ συμπάθεια  
*of-temper remedy of-dishonor love hymnody and also compassion*  
 καὶ ἀκτημοσύνη λύπης πνιγμοσύνη.  
*and poverty of-grief strangling*
- 36 Ἀπροσπάθεια δὲ αἰσθητῶν, θεωρία νοητῶν.  
*detachment but from-sensible(-things) contemplation of-spiritual(-things)*
- 37 Σιωπὴ καὶ ἡσυχία κενοδοξίας πολέμοι. Εἰ δὲ μέσος  
*silence and stillness of-vainglory enemies if but middling*  
 ὑπάρχεις, ἀτιμίαν μέτελθε.  
*you-are dishonor pursue*
- 38 Ὑπερηφανίαν ὀρωμένην ἰάσονται σκυθρωπαὶ καταστάσεις·  
*pride visible will-beal gloomy states*  
 ἀόρατον δὲ ὁ πρὸ αἰώνων ἀόρατος.  
*invisible but the(-one) before (the)-ages invisible*
- 39 Πάντων θηρίων αἰσθητῶν ἀναιρετική ἔλαφος, νοητῶν  
*of-all beasts sensible destroyer (the)-deer of-spiritual(-ones)*  
 δέ, ἢ ταπείνωσις.  
*but the humility*
- 40 Ὑνεστι διὰ τῶν κατὰ φύσιν πάντων ἡμῶν ἐναργῶς  
*it-is-possible through the(-things) according-to nature all us clearly*  
 τὰ νοητὰ παιδεύεσθαι. Ὡσπερ ὄφιν ἀδύνατον τὴν  
*the spiritual(-things) to-be-taught as a-serpent impossible the*

ἑαυτοῦ παλαιότητα ἐκδύσασθαι, μὴ ἐν στενῇ ὀπῇ εἰσδύντα·

own oldness to-put-off not in narrow hole having-crept

οὕτως καὶ ἡμᾶς τὰς παλαιὰς προλήψεις, καὶ τὴν τῆς

thus also us the old preconceptions and the of-the

ψυχῆς παλαιότητα, καὶ τὸν τοῦ παλαιοῦ ἀνθρώπου

soul oldness and the of-the old man

χιτῶνα, οὐ μὴ ἀποβάλωμεν, ἐὰν μὴ τῆς στενῆς, καὶ

tunic not — we-shall-cast-off if not the narrow and

τεθλιμμένης νηστείας, καὶ ἀτιμίας ὁδὸν παρέλθωμεν.

straitened of-fasting and dishonor road we-pass

Ὡςπερ τὰ πολύσαρκα τῶν ὀρνίθων εἰς οὐρανὸν πετασθῆναι 41

as the fleshy of-the birds to heaven to-fly

ἀδύνατον· οὕτω καὶ τὸν τὴν ἑαυτοῦ σάρκα θεραπεύοντα.

impossible thus also the(-one) the own flesh pampering

Ξηρανθεὶς βόρβορος οὐκ ἔτι χοίρους θεραπεύει, καὶ 42

dried mud no longer swine serves and

μαρανθεῖσα σὰρξ οὐκ ἔτι δαίμονας ἀναπαύει.

withered flesh no longer demons gives-rest

Ὡςπερ σχιδάκων πλήθος πολλάκις συμπνίγει φλόγα, καὶ 43

as of-kindling abundance often smothers flame and

ἀποσβέννυσι, πλήθος καπνοῦ ἐργασάμενον· οὕτω πολλάκις

quenches abundance of-smoke having-made thus often

καὶ λύπη ὑπέρμετρος καπνώδη καὶ σκοτεινὴν τὴν ψυχὴν

also grief excessive smoky and dark the soul

ἐργάζεται, καὶ τὸ ὕδωρ τῶν δακρύων ἀποξηραίνει.

makes and the water of-the tears dries-up

Ὡςπερ τυφλὸς τοξότης ἀδόκιμος· οὕτως μαθητὴς ἀντίλογος 44

as a-blind archer unproven thus a-disciple contradicting

ἀπόλλυται.

perishes

- 45 Ὡσπερ σίδηρος δόκιμος, καὶ τὸν ἀδόκιμον ὀξῦναι δύναται.  
*as iron tempered also the untempered to-sharpen can*  
 οὕτως ἀδελφὸς πρόθυμος τὸν ῥάθυμον πολλάκις ἔσωσεν.  
*thus a-brother eager the indolent often saved*
- 46 Ὡσπερ τὰ ὠὰ ἐν κόλπῳ θαλπόμενα ζωογονοῦνται· οὕτως  
*as the eggs in bosom warmed are-quickenened thus*  
 καὶ λογισμοὶ μὴ φανερούμενοι, εἰς ἔργα προφαίνουσι.  
*also thoughts not disclosed into deeds break-forth*
- 47 Ὡσπερ ἵπποι τρέχοντες ἀλλήλοις ἀμιλλῶνται· οὕτως  
*as horses running each-other rival thus*  
 συνοδία ἀγαθὴ ἐαυτὴν διεγείρει.  
*company good itself rouses*
- 48 Ὡσπερ αἱ νεφέλαι ὑποκρύπτουσι τὸν ἥλιον· οὕτως αἱ  
*as the clouds hide the sun thus the*  
 πονηραὶ ἔννοιαι σκοτίζουσι, καὶ ἀπολλύουσι τὸν νοῦν.  
*wicked thoughts darken and destroy the mind*
- 49 Ὡσπερ ὁ τὴν ἀπόφασιν εἰληφώς, καὶ πρὸς τὴν  
*as the(-one) the sentence having-received and to the*  
 καταδίκην πορευόμενος, οὐ λαλεῖ περὶ θεάτρων· οὕτως  
*condemnation going not talks about theaters thus*  
 οὐδὲ ὁ ἐν ἀληθείᾳ πενθὼν, γαστέρα θεραπεύσει ποτέ.  
*not-even the(-one) in truth mourning (the)-belly will-pamper ever*
- 50 Ὡσπερ πένητες θησαυροὺς βασιλικοὺς ὀρῶντες ἐπὶ πλεῖον  
*as paupers treasures royal seeing for more*  
 τὴν ἐαυτῶν πτωχείαν ἐπιγινώσκουσιν· οὕτως καὶ ψυχὴ τὰς  
*the own poverty recognize thus also a-soul the*  
 μεγάλας τῶν πατέρων ἀρετὰς ἀναγινώσκουσα, πάντως  
*great of-the fathers virtues reading surely*  
 ταπεινότερον ποιεῖται τὸ ἐαυτῆς φρόνημα.  
*humbler makes the own mind*



Ὡσπερ καὶ μὴ βουλόμενος ὁ σίδηρος ὑπακούει τῷ 51

as even not wishing the iron obeys the

μαγνίτη· οὕτω καὶ οἱ ποιωθέντες ταῖς προλήψεσι,

magnet thus also those habituated to-the preconceptions

τυραννοῦνται ὑπ' αὐτῶν.

are-tyrannized by them

Ὡσπερ τὸ ἔλαιον καὶ μὴ βουλομένην ἡμεροῖ τὴν θάλασσαν· 52

as the oil even not willing calms the sea

οὕτως καὶ ἡ νηστεία, καὶ ἀκουσίας κατασβεννύει τὰς τοῦ

thus also the fasting even involuntary quenches the of-the

σώματος πυρώσεις.

body burnings

Ὡσπερ στενούμενον ὕδωρ εἰς ὕψος ἀνατρέχει· οὕτω 53

as confined water to height runs-up thus

πολλάκις καὶ ψυχὴ ὑπὸ κινδύνων στενωθεῖσα πρὸς Θεὸν

often also a-soul by dangers confined to God

διὰ μετανοίας ἀνῆλθε καὶ ἐσώθη.

through repentance went-up and was-saved

Ὡσπερ ὁ ἀρώματα βαστάζων, καὶ μὴ θέλων ἐκ τῆς 54

as the(-one) perfumes carrying even not wishing by the

ὁσμῆς ἐλέγχεται· οὕτως καὶ ὁ Πνεῦμα Κυρίου ἔχων,

smell is-exposed thus also the(-one) (the)-Spirit of-(the)-Lord having

ἐκ τῶν αὐτοῦ λόγων καὶ τῆς ταπεινώσεως γνωρίζεται.

from the his words and the humility is-recognized

Ὡσπερ τὰ πνεύματα ταρασσοῦσιν ἄβυσσον· οὕτω καὶ ὁ 55

as the winds trouble (the)-abyss thus also the

θυμὸς πλέον πάντων ταραττει τὴν διάνοιαν.

temper more than-all troubles the mind

- 56 Ὡσπερ ἃ ὀφθαλμὸς οὐκ εἶδεν, οὐδὲ σφοδρῶς ἐξ ἀκοῆς  
*as what (the)-eye not saw not-even vehemently from hearing*  
 ἐπιθυμῇ γεύσασθαι· οὕτως καὶ οἱ ἄγνοι τῷ σώματι,  
*it-desires to-taste thus also the pure in-the body*  
 πολλὸν ἐκ τούτου κουφισμὸν κέκτηνται.  
*much from this relief have*
- 57 Ὡσπερ ὅπλα βασιλικά ἐν τόπῳ κείμενα ὁρῶντες οἱ  
*as arms royal in (a)-place lying seeing the*  
 κλέπται, οὐχ, ὥς ἔτυχεν, ἐκεῖ ἐπιβαίνουνσιν· οὕτως καὶ  
*thieves not as it-happened there enter thus also*  
 ὁ τῇ καρδίᾳ προσευχὴν προσάψας, οὐχ, ὥς ἔτυχεν,  
*the(-one) to-the heart prayer having-fastened not as it-happened*  
 ὑπὸ τῶν νοητῶν ληστῶν κλέπτεται.  
*by the spiritual robbers is-robbed*
- 58 Ὡσπερ οὐ τίκτει πῦρ χιόνα· οὕτως οὐδὲ ὁ τὴν  
*as not begets fire snow thus not-even the(-one) the*  
 ἐνταῦθα ζητῶν τιμὴν, τῆς ἐκεῖθεν ἀπολαύσει.  
*here seeking honor the there will-enjoy*
- 59 Ὡσπερ εἰς σπινθὴρ πολλάκις πυρὸς πολλὴν ὕλην  
*as one spark often of-fire much matter*  
 κατέκαυσεν· οὕτως καὶ ἐν ἀγαθὸν εὐρίσκεται πλῆθος  
*burned-up thus also one good is-found (a)-multitude*  
 πταισμάτων μεγάλων ἐξαλεῖναι.  
*of-failings great to-wipe-out*
- 60 Ὡς οὐκ ἔστι χωρὶς ὅπλου θηρία ἀπολέσαι, οὕτως  
*as not it-is-possible without weapon beasts to-destroy thus*  
 οὐδὲ χωρὶς ταπεινώσεως ἀοργησίαν κτήσασθαι.  
*not-even without humility freedom-from-anger to-acquire*
- 61 Ὡς οὐκ ἔστι ζῆν κατὰ φύσιν ἄνευ βρώσεως, οὕτως  
*as not it-is-possible to-live according-to nature without food thus*  
 οὐκ ἔστιν ἕως ἐξόδου καὶ πρὸς ῥοπὴν ἀμελεῖν.  
*not it-is-possible until departure even for an-instant to-be-negligent*

Ὡσπερ ἀκτὶς ἡλίου δι' ὁπῆς εἰσελθοῦσα ἐν οἴκῳ πάντα 62

as (a)-ray of-sun through (a)-hole having-entered in a-house all  
 φωτίζει, ὥς καὶ τὸν λεπτότατον ὁρᾷν τότε κοινορτὸν  
 lights so-that even the finest to-see then dust

πετόμενον· οὕτως καὶ ὁ φόβος Κυρίου ἐν καρδίᾳ

flying thus also the fear of-(the)-Lord in (the)-heart

γενόμενος πάντα αὐτῇ τὰ αὐτῆς ἀμαρτήματα ὑποδείκνυσιν.

having-come all to-it the its sins shows

Ὡσπερ οἱ λεγόμενοι καρκῖνοι εὐεπιχείρητοι τυγχάνουσιν, 63

as the so-called crabs easy-to-catch are

διὰ τό, ποτὲ μὲν ἔμπροσθεν βαίνειν, ποτὲ δὲ

because-of the sometimes indeed forward to-walk sometimes and

ὀπισθεν· οὕτως καὶ ψυχῇ, ποτὲ μὲν γελῶσα, ποτὲ δὲ

backward thus also a-soul sometimes indeed laughing sometimes and

πενθοῦσα, ποτὲ δὲ τρυφῶσα, οὐδὲν ὠφελῆσαι δύναται.

mourning sometimes and luxuriating nothing to-profit can

Ὡσπερ οἱ ὑπνώττοντες εὐχερῶς συλῶνται· οὕτως καὶ 64

as those sleeping easily are-robbed thus also

οἱ πλησίον κόσμου τὴν ἀρετὴν μετερχόμενοι.

those near (the)-world the virtue pursuing

Ὡσπερ ὁ λέοντι μαχόμενος ἐὰν ρεφθῇ τὸ ὄμμα, 65

as the(-one) with-a-lion fighting if he-turns the eye

εὐθέως ἀπόλλυται· οὕτως καὶ ὁ τῇ ἑαυτοῦ σαρκὶ

immediately perishes thus also the(-one) with-the own flesh

μαχόμενος ἐὰν ταύτην ἀναπαύσῃ.

fighting if it he-rests

Ὡσπερ οἱ εἰς κλίμακα ἀναβαίνοντες σαθρὰν κινδυνεύουσιν· 66

as those onto a-ladder climbing rotten are-endangered

οὕτως πᾶσα τιμὴ, καὶ δόξα, καὶ δυναστεία τῇ

thus all honor and glory and power to-the

ταπεινοφροσύνη ἀντίκειται.

humility are-opposed

- 67 Ὅς ἀδύνατον τὸν πεινῶντα μὴ μνημονεύειν ἄρτου·  
*as impossible the(-one) hungering not to-remember bread*  
 οὕτως ἀμήχανον σωθῆναι τὸν ἐξόδου καὶ κρίσεως μὴ  
*thus impossible to-be-saved the(-one) departure and judgment not*  
 μνημονεύοντα.  
*remembering*
- 68 Ὡσπερ τὸ ὕδωρ τὰ γράμματα· οὕτως τὸ δάκρυον τὰ  
*as the water the letters thus the tear the*  
 πταίσματα ἐξαλείφειν δύναται.  
*failings to-wipe-out can*
- 69 Ὡσπερ τινὰ τῶν γραμμάτων, ἀποροῦντες ὕδατος, δι'  
*as some of-the letters lacking water through*  
 ἑτέρων τρόπων ἀπαλείφομεν· οὕτως εἰσὶ καὶ ψυχαὶ  
*other ways we-erase thus there-are also souls*  
 ἀποροῦσαι δακρύων, καὶ διὰ λύπης, καὶ στεναγμοῦ, καὶ  
*lacking tears and through grief and groaning and*  
 σκυθρωπότητος πολλῆς ταῦτα ἐκλεαίνουσι, καὶ ἀποξέουσιν.  
*gloominess much these smooth-away and scrape-off*
- 70 Ὡσπερ πλῆθος κόπρου πλῆθος σκωλήκων ἐργάζεται·  
*as abundance of-dung abundance of-worms makes*  
 οὕτως πλῆθος βρωμάτων πλῆθος πτωμάτων, καὶ πονηρῶν  
*thus abundance of-foods abundance of-falls and wicked*  
 λογισμῶν, καὶ ἐνυπνίων ἐργάζεται.  
*thoughts and dreams makes*
- 71 Ὡσπερ ὁ τοὺς πόδας πεδηθεὶς βαδίζειν εὐχερῶς  
*as the(-one) the feet fettered to-walk easily*  
 οὐ δύναται· οὕτως καὶ οἱ θησαυρίζοντες χρήματα, εἰς  
*not can thus also those storing-up money to*  
 οὐρανὸν ἀνελθεῖν οὐκ ἰσχύουσιν.  
*heaven to-go-up not are-able*

Ὡσπερ ζεύσης τῆς πληγῆς εὐΐατος καθέστηκεν· οὕτως 72  
*as while-fresh the wound easy-to-beal is thus*

τὰ χρόνια τραύματα τῆς ψυχῆς τοῦναντίον πάσχουσι, καὶ  
*the chronic wounds of-the soul the-opposite suffer and*  
 δυσκόλως ἰώνται ὅτε καὶ ἰαθήσονται.  
*hardly are-bealed when even they-will-be-bealed*

Ὡς οὐ δυνατὸν τὸν ἀποθνήσκοντα βαδίζειν, οὕτως 73  
*as not possible the(-one) dying to-walk thus*  
 ἀδύνατον ἀπογνόντα σωθῆναι.  
*impossible one-having-despaired to-be-saved*

Ὁ πίστιν μὲν ὀρθὴν κεκτηῖσθαι λέγων, ἀμαρτίας δὲ 74  
*the(-one) faith indeed right to-have saying sins but*  
 διαπραττόμενος, ὁμοίος ἐστι προσώπῳ ὀφθαλμοὺς μὴ  
*committing like is to-a-face eyes not*  
 ἔχοντι.  
*having*

Ὁ πίστιν μὴ ἔχων, καλὰ δὲ ἴσως τινὰ ἐργαζόμενος, 75  
*the(-one) faith not having good(-things) but perhaps some working*  
 ὁμοίος ἐστι τῷ ὕδωρ ἀντλοῦντι, καὶ εἰς πίθον  
*like is to-the(-one) water drawing and into (a)-jar*  
 τετρημένον βάλλοντι.  
*pierced putting*

Ὡσπερ πλοῖον, ἀγαθὸν κυβερνήτην ἔχων ἀκινδύνως εἰς 76  
*as a-ship good pilot having without-danger into*  
 λιμένα, Θεοῦ συνεργούντος, εἰσέρχεται· οὕτως καὶ ψυχὴ  
*harbor God working-with enters thus also a-soul*  
 ἀγαθὸν ποιμένα ἔχουσα εὐχερῶς εἰς οὐρανὸν ἀνέρχεται,  
*good shepherd having easily to heaven goes-up*  
 καὶ πολλὰ κακὰ διαπραξαμένη καθέστηκεν.  
*even many evils having-done is*

- 77 Ὡσπερ μὴ ἔχων ὁδηγὸν εὐχερῶς ἐν τῇ ὁδῷ πλανᾶται, κἂν  
*as not having (a)-guide easily on the road goes astray even-if*  
 λίαν φρόνιμος καθέστηκεν· οὕτως καὶ ὁ αὐτεξουσίως  
*very prudent he-is thus also the(-one) self-willedly*  
 τὴν μοναδικὴν ὁδὸν πορευόμενος, εὐχερῶς ἀπόλλυται, κἂν  
*the monastic road traveling easily perishes even-if*  
 πᾶσαν τὴν σοφίαν τοῦ κόσμου ἐπίσταται.  
*all the wisdom of-the world he-knows*
- 78 Ὅπόταν τις τὸ σῶμα ἀσθενὴς ᾖ, καὶ χαλεπὰ πταίσματα  
*when anyone the body weak is and grievous failings*  
 πεπραχώς, τὴν ὁδὸν τῆς ταπεινώσεως, καὶ τῶν αὐτῆς  
*having-committed the road of-the humility and of-the its*  
 ιδιωμάτων ὁδεύετω· ἄλλην γὰρ σωτηρίαν οὐχ εὐρήσει.  
*properties let-him-walk other for salvation not he-will-find*
- 79 Ὡς οὐκ ἔστι τὸν μακρὰν νενοσηκότα νόσον, ἐν μιᾷ  
*as not it-is-possible the(-one) long having-been-sick (a)-disease in one*  
 ῥοπῇ τὴν ὑγίαν κτήσασθαι· οὕτως οὐκ ἔστιν ἐξαίφνης  
*turn the health to-acquire thus not it-is-possible suddenly*  
 παθῶν ἢ πάθους περιγενέσθαι.  
*passions or passion to-overcome*
- 80 Παντὸς πάθους, καὶ πάσης ἀρετῆς ἔχε σημεῖον τῆς  
*of-every passion and every virtue have (a)-sign of-the*  
 ποσότητος αὐτοῦ, καὶ γνώσεις τὴν ἑαυτοῦ προκοπὴν.  
*quantity its and you-will-know the own progress*
- 81 Ὡσπερ οἱ χρυσίῳ πηλὸν καταλλάττοντες ζημιοῦνται·  
*as those for-gold clay exchanging suffer-loss*  
 οὕτως καὶ οἱ τῶν σωματικῶν χάριν τὰ πνευματικὰ  
*thus also those of-the bodily(-things) for-the-sake the spiritual(-things)*  
 θριαμβεύοντες καὶ διηγούμενοι.  
*parading and relating*

Ἄφεσιν μὲν συντόμως πολλοί, ἀπάθειαν δὲ οὐδεὶς 82  
*forgiveness indeed quickly many dispassion but no-one*  
 ἐκτήσατο· τοῦτο γὰρ χρόνου, καὶ πόθου πολλοῦ, καὶ  
*acquired this for of-time and of-longing much and*  
 Θεοῦ.

*of-God*

Ζητήσωμεν ποῖα μὲν ἐν τῷ σπόρῳ, ποῖα δὲ τῇ 83  
*let-us-seek which indeed in the sowing which and in-the*  
 χλόῃ, ποῖα δὲ ἐν τῷ ἀμήτῳ ἡμῖν θηρία ἢ πετεινὰ  
*grass which and in the harvest us beasts or birds*  
 ἐπιβουλεύουσιν, ἵνα καὶ τὰ θήρατρα ἀρμόζοντα στήσωμεν.

*plot-against that also the traps fitting we-may-set*

Ὡσπερ οὐ δίκαιον τὸν πυρέττοντα ἑαυτὸν διαχειρίσασθαι· 84  
*as not just the(-one) feverish himself to-kill*  
 οὕτως ἕως ἐσχάτης ἀναπνοῆς μὴ ἀπογνῶναί ποτε.

*thus until last breath not to-despair ever*

Ὡσπερ ἄσεμνον τόν, τὸν ἑαυτοῦ πατέρα θάψαντα, εἶτα ἐκ 85  
*as unseemly the(-one) the own father having-buried then from*  
 τῆς κηδείας ὑποστρέψαντα, εἰς γάμον πορεύεσθαι· οὕτως  
*the funeral having-returned to (a)-wedding to-go thus*  
 ἀνοίκειον τοῖς πενθοῦσιν ἐπὶ παύσεσσι, τιμὴν ἢ ἀνάπαυσιν  
*unfitting for-those mourning over failings honor or rest*  
 ἢ δόξαν ἐν τῷ παρόντι αἰῶνι ἐκζητῆσαι παρὰ ἀνθρώπων.

*or glory in the present age to-seek from men*

Ὡσπερ ἄλλα τὰ τῶν πολιτῶν, καὶ ἕτερα τὰ τῶν καταδίκων 86  
*as other the of-the citizens and other the of-the condemned*  
 οἰκητήρια· οὕτως πάντῃ ὀφείλει ἐνηλλαγμένη εἶναι ἢ τῶν  
*dwellings thus wholly ought changed to-be the of-those*  
 πενθούντων εὐθύνας παρὰ τοὺς ἀνευθύνους καταστάσεις.  
*mourning accounts compared-with the unaccountable state*

- 87 Ὡσπερ τὸν εἰς πρόσωπον ἑαυτοῦ λαβόντα πληγὰς  
*as the in (the)-face his having-received blows*  
 χαλεπὰς στρατιώτην ἐν τῷ πολέμῳ, οὐ κελεύει βασιλεὺς  
*grievous soldier in the war not orders (the)-king*  
 τῆς στρατείας ρίπτεσθαι, ἀλλὰ καὶ μᾶλλον προκόπτειν·  
*from-the army to-be-thrown-out but even rather to-advance*  
 οὕτως καὶ μοναχὸν πολλοὺς κινδύνους ἐκ δαιμόνων  
*thus also a-monk many dangers from demons*  
 ὑπομένοντα ὁ ἐπουράνιος βασιλεὺς στεφανοῖ.  
*enduring the heavenly king crowns*
- 88 Αἴσθησις ψυχῆς ἰδίωμα αὐτῆς· ἀμαρτία δὲ αἰσθήσεως  
*perception of-soul property its sin and of-perception*  
 κολαφισμός.  
*buffeting*
- 89 Αἴσθησις γεννᾶ κακοῦ ἢ κατάπανσιν, ἢ μείωσιν·  
*perception begets of-evil either cessation or lessening*  
 συναίσθησις δὲ γέννημα συνειδήσεως. Συνειδήσις δέ ἐστι  
*awareness and offspring of-conscience conscience and is*  
 λόγος καὶ ἔλεγχος τοῦ ἡμετέρου φύλακος τοῦ ἐκ  
*(the)-word and reproof of-the our guardian the(-one) from*  
 βαπτίσματος παραδοθέντος ἡμῖν. Διόπερ οὐδὲ τοσοῦτον  
*baptism given to-us therefore not-even so-much*  
 τοὺς ἀφωτίστους εὐρίσκομεν τυπτομένους ἐπὶ ταῖς κακαῖς  
*the unenlightened we-find struck at the evil*  
 πράξεσιν ἐν τῇ ἑαυτῶν ψυχῇ· ἀλλ' ἀμυδρῶς πως.  
*deeds in the own soul but dimly somehow*
- 90 Μείωσις μὲν κακοῦ τίκτει ἀποχὴν κακοῦ· ἀποχὴ δὲ  
*lessening indeed of-evil begets abstinence of-evil abstinence and*  
 κακοῦ, ἀρχὴ μετανοίας· ἀρχὴ δὲ μετανοίας ἀρχὴ  
*of-evil beginning of-repentance beginning and of-repentance beginning*  
 σωτηρίας· ἀρχὴ δὲ σωτηρίας πρόθεσις ἀγαθή.  
*of-salvation beginning and of-salvation purpose good*



- Πρόθεσις δὲ ἀγαθὴ γεννήτρια πόνων· πόνων δὲ ἀρχή, 91  
*purpose and good begetter of-toils of-toils and beginning*  
 ἀρεταί· ἀρχὴ δὲ ἀρετῶν ἄνθος· ἄνθος δὲ ἀρετῆς ἐργασία·  
*virtues beginning and of-virtues flower flower and of-virtue practice*  
 ἀρετῆς δὲ γέννημα συνέχεια· συνεχεστέρας δὲ μελέτης  
*of-virtue and offspring continuance of-more-continuous and practice*  
 καρπὸς καὶ γέννημα, ἕξις· ἕξεως δὲ τόκος ποίωσις·  
*fruit and offspring habit of-habit and offspring (second)-nature*  
 καλοῦ δὲ ποίωσις γεννήτρια φόβου.  
*of-good and (second)-nature begetter of-fear*  
 Φόβος δὲ τίκτει τήρησιν ἐνταλμάτων, ἐπουρανίων λέγω 92  
*fear and begets keeping of-commandments heavenly I-mean*  
 δὴ καὶ ἐπιγείων· ἐνταλμάτων φυλακὴ ἀγάπης τεκμήριον·  
*indeed also earthly of-commandments keeping of-love proof*  
 ἀγάπης δὲ ἀρχὴ πλῆθος ταπεινώσεως.  
*of-love and beginning abundance of-humility*  
 Πλῆθος δὲ ταπεινώσεως θυγάτηρ ἀπαθείας· ταύτης δὲ 93  
*abundance and of-humility daughter of-dispassion of-this and*  
 κτήσις ἀγάπης πλήρωμα· εἴτ' οὖν Θεοῦ τελεία ἐνοίκησις τοῖς  
*acquiring of-love fulfillment that is of-God perfect indwelling in-those*  
 δι' ἀπαθείας καθαρῶς τῇ καρδίᾳ· ὅτι αὐτοὶ τὸν Θεὸν  
*through dispassion pure in-the heart because they — God*  
 ὄψονται· αὐτῷ ἢ δόξα εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.  
*will-see to-him the glory to the ages of-the ages amen*

*Those still enslaved to the passions write about stillness with fear, lest a dog snatch a soul like bread from the table. Stillness of body is the ordering of habits and senses; stillness of soul is the ordering of thoughts, kept by a watchman at the heart's door. The solitary watches his mind as a cat watches a mouse. The passionate man who takes up stillness is like one who leaps from a ship onto a plank; the slack solitary blames the demons for leaving his cell and becomes one himself. The mind that prays speaks into the King's ear, the mouth that prays falls before him with the whole court. John invites the reader to sell all, take up the cross, and follow into stillness, the life of the angels.*

- 1 Ἡμεῖς ὥσπερ αἰὲ ὠνήσιμοί τινες τῶν ἀνοσίων παθῶν  
*we as always bought(-slaves) some of-the unholy passions*  
 ὑπάρχοντες, καὶ δοῦλοι ὑπόσπονδοι γενόμενοι ἐκ τούτου  
*being and slaves bound-by-treaty having-become from this*  
 καὶ τοὺς δόλους καὶ τρόπους καὶ τὰς ἐπιταγὰς, καὶ τὰς  
*also the wiles and ways and the commands and the*  
 πανουργίας ποσῶς ἐπιστάμεθα τῶν δεσποσάντων τῆς  
*villainies in-some-measure we-know of-the having-ruled the*  
 ἀθλίας ἡμῶν ψυχῆς Πνευμάτων. Ἄλλοι γὰρ ὑπάρχουσι,  
*wretched our soul Spirits others for are*  
 οἱ δι' ἐνεργείας πνεύματος ἁγίου, καὶ τῆς τούτων  
*the(-ones) through (the)-working of-(the)-spirit holy and the from-them*  
 ἀπαλλαγῆς εἰς τὰς μηχανὰς αὐτῶν φωτισθέντες. Ἄλλος  
*deliverance into the devices their enlightened other*  
 μὲν γὰρ ὁ ἐκ τῆς ἐν τῇ νόσῳ ὀδύνης τὴν τῆς ὑγείας  
*indeed for the(-one) from the in the disease pain the of-the health*  
 στοχαζόμενος ἀνάπαυσιν, καὶ ἕτερος ὁ ἐκ τῆς ἐν τῇ  
*conjecturing rest and other the(-one) from the in the*  
 ὑγείᾳ εὐθυμίας τὴν ἐν τῇ νόσῳ ἀθυμίαν καταλαμβάνόμενος  
*health cheer the in the disease dejection grasping*

καὶ τεκμαιρόμενος. Τοίνυν ἡμεῖς ὡς ἀσθενεῖς δεδοίκαμεν  
*and inferring therefore we as weak fear*  
 ὑμῖν νῦν περὶ τοῦ τῆς ἡσυχίας λιμένος ἐν τῷ λόγῳ  
*to-you now about the of-the stillness harbor in the discourse*  
 φιλοσοφεῖν, ἐπιστάμενοι ἀεὶ παρίστασθαι τινα κύνα ἐν τῇ  
*to-philosophize knowing always to-stand-by a-certain dog at the*  
 τραπέζῃ τῆς καλῆς συνοδίας, καὶ ἄρτον, ἥγουν ψυχὴν, ἐκ  
*table of-the good company and bread that-is a-soul from*  
 ταύτης ἀφαρπάξιν δοκιμάζοντα. Καὶ τοῦτον τῷ στόματι  
*it to-snatch trying and it in-the mouth*  
 ἐπιφερόμενον λοιπὸν ἀποτρέχοντα, καὶ καθ' ἡσυχίαν τοῦτον  
*carrying thereafter running-off and in quiet it*  
 ἐσθίοντα. Διὸ ἵνα μὴ τούτῳ χώραν τῷ κυνὶ διὰ  
*eating therefore that not to-this room the dog through*  
 τοῦ ἡμετέρου δῶμεν λόγου, καὶ ἀφορμὴν τοῖς ζητοῦσι,  
*the our we-may-give discourse and occasion to-those seeking(-it)*  
 οὐ θέμις ἡγησάμεθα τοῖς ἐν τῷ πολέμῳ τυγχάνουσιν  
*not right we-thought to-the in the war being*  
 ἐμβλήχοις τοῦ βασιλέως ἡμῶν πολεμισταῖς, περὶ εἰρήνης νῦν  
*living of-the king our warriors about peace now*  
 διαλέγεσθαι. Ἐκεῖνο δὲ μόνον λέγομεν, ὅτι τοῖς εὐτόνως  
*to-discourse that but only we-say that for-those vigorously*  
 πολεμοῦσιν, οἱ τῆς εἰρήνης καὶ γαλήνης περιεπλάκησαν  
*fighting the of-the peace and calm were-woven*  
 στέφανοι. Ὡς ἐν διακρίσεως οὖν τύπῳ, εἰ δοκεῖ, μικρὰ  
*crowns as in of-discernment then outline if it-seems-good a-little*  
 νῦν λέγωμεν, ὅσον μὴ λυπῆσαί τινας ὡς ἀγύμναστον τὸν  
*now let-us-say so-as not to-grieve some as unexamined the*  
 περὶ τούτων λόγον ἐν τῷ μεταξὺ καταλείβαντες.  
*about these discourse in the meantime having-left*

- 2 Ἡσυχία μὲν σώματός ἐστιν ἡθῶν καὶ αἰσθήσεων ἐπιστήμη  
*stillness indeed of-body is of-habits and of-senses knowledge*  
καὶ κατάστασις· ἡσυχία δὲ ψυχῆς, λογισμῶν ἐπιστήμη  
*and ordering stillness and of-soul of-thoughts knowledge*  
καὶ ἀσύλητος ἔννοια. Ἡσυχίας φίλος, ἀνδρείος τις  
*and unplundered mind of-stillness friend courageous a-certain*  
καὶ ἀπότομος λογισμός, ἐν θύρᾳ καρδίας ἀνυστάκτως  
*and severe thought at (the)-door of-(the)-heart unsleeping*  
ἱστάμενος, καὶ τοὺς προσερχομένους, ἢ κτείνων, ἢ  
*standing and those approaching either killing or*  
ἀποσειόμενος. Ὁ ἐν αἰσθήσει καρδίας ἡσυχάζων,  
*shaking-off the(-one) in perception of-heart keeping-stillness*  
γινώσκει τὸ εἰρημένον· ὁ δὲ νήπιος ἔτι ὢν, τούτου  
*knows the(-thing) said the(-one) but infant still being of-this*  
ἄγευστος καὶ ἄγνωστος πέλει. Ἡσυχαστῆς γνωστικὸς οὐ  
*untasting and ignorant is a-solitary knowing not*  
δεηθήσεται λόγων· τοὺς γὰρ λόγους τῶν ἔργων φωτίζεται.  
*will-need words the for words of-the deeds he-is-enlightened*  
Ἀρχὴ μὲν ἡσυχίας τὸ ἀποσειέσθαι κτύπους, ὡς τὸν βυθὸν  
*beginning indeed of-stillness the to-shake-off noises as the depth*  
ταράσσοντας· τέλος δὲ ταύτης, τὸ μὴ δεδιέναι θορύβους·  
*troubling end and of-it the not to-fear disturbances*  
ἀλλ' ἀναισθητεῖν ἐν τούτοις. Προερχόμενος, ὁ λόγῳ  
*but to-be-insensible in them going-out the(-one) in-speech*  
οὐ προερχόμενος, ἡπιος, ἀγάπης ὅλος οἶκος· δυσκίνητος  
*not going-out gentle of-love wholly a-house slow-moving*  
πρὸς λόγον, ἀκίνητος πρὸς θυμὸν πέφυκεν εἶναι. Τὸ δὲ  
*to speech unmoved to temper is-wont to-be the and*  
ἐναντίον πρόδηλον· ἡσυχαστῆς ἐστὶν ὁ τὸ ἀσώματον  
*opposite manifest a-solitary is the(-one) the bodiless*  
ἐν σωματικῷ οἴκῳ περιορίζειν φιλονεικῶν, τὸ παράδοξον·  
*in bodily house to-confine striving the paradox*

τηρεῖ μὲν μῦν ἡ τούτου θηρεύτρια· μῦν δὲ νοητόν,  
*watches indeed a-mouse the its huntress a-mouse and spiritual*  
 ἡσυχαστοῦ ἔννοια. Μὴ ἕστω σοι ἀπόβλητον τὸ προλεχθὲν  
*of-a-solitary mind not let-be to-you contemptible the aforesaid*  
 ὑπόδειγμα· εἰ δὲ μή, οὐπω ἡσυχίαν ἐγνώρισας. Οὐχ οὕτως  
*example if but not not-yet stillness you-have-known not so*  
 μοναχὸς, ὡς μοναχὸς μοναχῷ. Ὁ μοναχὸς νήψεως πολλῆς,  
*a-monk as a-monk with-a-monk the monk sobriety much*  
 καὶ ἀρεμβάστου νοὸς δέεται· τῷ μὲν προτέρῳ πολλάκις  
*and undistracted mind needs the indeed former often*  
 ἐβοήθησεν ἕτερος· τῷ δὲ δευτέρῳ συνήργησεν ἄγγελος·  
*helped another the and second assisted an-angel*  
 νοεράς δυνάμεις συλλειτουργοῦσι, καὶ φιλοχωροῦσιν ἐν  
*spiritual powers minister-with and love-to-dwell in*  
 ψυχικῷ ἡσυχαστῇ. Τὸ δὲ ἐναντίον σιωπήσω σοι·  
*inward solitary the and opposite I-will-keep-silent to-you*  
 δογμάτων βυθὸς βαθύς, νοῦς δὲ ἡσυχαστοῦ ἄλλεται  
*of-doctrines (the)-depth deep (the)-mind and of-a-solitary leaps*  
 οὐκ ἀκινδύνως ἐν αὐτοῖς· οὐκ ἀσφαλὲς μετ' ἐσθήτος  
*not without-danger in them not safe with clothing*  
 νήχεσθαι· οὐδὲ πάθος ἔχοντα θεολογίας ἄπτεσθαι. Κέλλη  
*to-swim nor passion having theology to-touch (the)-cell*  
 μὲν ἡσυχαστοῦ περιορισμὸς σώματος, ἐνδοθεν ἔχουσα  
*indeed of-a-solitary confinement of-body within having*  
 οἶκον γνώσεως. Ὁ ψυχικὸν πάθος νοσῶν, καὶ ἡσυχίαν  
*a-house of-knowledge the(-one) of-soul passion sick and stillness*  
 ἐπιχειρῶν ὁμοίως ἐστὶ τῷ ἐν τῷ πελάγει ἐκ τῆς  
*attempting like is to-the(-one) in the sea from the*  
 νηὸς ἐκπηδήσαντι, καὶ ἐν σανιδί ἐπὶ τὴν γῆν ἀκινδύνως  
*ship having-leapt and on a-plank to the land without-danger*  
 φθάνειν δοκοῦντι· ὅσοι τῇ πηλῷ μάχονται, τούτους  
*to-reach thinking as-many-as with-the clay fight to-them*

ἐν καιρῷ οἰκείῳ ἢ ἡσυχία συντρέχεται, εἴπερ καὶ τὸν  
*in time proper the stillness is-fitting if-indeed also the(-one)*  
 ἐφοδηγοῦντα κέκτηνται· τὸ γὰρ μεμονωμένον ἀγγελικῆς  
*guiding they-have the for solitary(-life) angelic*  
 ἰσχύος δέεται· ἐμοὶ λόγος περὶ ὄντως ἡσυχαστῶν  
*strength needs to-me (the)-discourse about truly solitaires*  
 σώματι καὶ πνεύματι. Ἡσυχαστῆς ἀπορῥαθυμίας λαλήσει  
*in-body and spirit a-solitary having-grown-slack will-speak*  
 ψεῦδη, τοὺς ἀνθρώπους αὐτὸν τῆς ἡσυχίας παῦσαι  
*lies the men him from-the stillness to-stop*  
 διὰ τῶν αἰνιγμάτων προτρεπόμενος. Καταλείψας τὴν  
*through the riddles urging having-left the*  
 κέλλαν, αἰτιᾶται δαίμονας, λέληθε δὲ αὐτὸς ἑαυτῷ  
*cell he-blames demons escapes-notice but himself to-himself*  
 δαίμων γενόμενος. Εἶδον ἡσυχαστάς, καὶ τὴν φλεγομένην  
*a-demon having-become I-saw solitaires and the burning*  
 αὐτῶν πρὸς Θεὸν ἐπιθυμίαν διὰ τῆς ἡσυχίας ἀπληρώτως  
*their toward God desire through the stillness insatiably*  
 πληρώσαντας· καὶ πῦρ πυρί, καὶ ἔρωτι ἔρωτα, καὶ  
*having-filled and fire from-fire and from-love love and*  
 πόθῳ πόθον γεννήσαντας. Ἡσυχαστῆς ἐστὶ τύπος  
*from-longing longing having-begotten a-solitary is an-image*  
 ἀγγέλου ἐπίγειος χάρτη πόθου καὶ σπουδῆς γράμμασι τὴν  
*of-an-angel earthly on-paper of-longing and zeal with-letters the*  
 ἑαυτοῦ προσευχὴν ῥαθυμίας καὶ ὀλιγωρίας ἐλευθερώσας.  
*own prayer from-indolence and negligence having-freed*  
 Ἡσυχαστῆς ἐστὶν ὁ βοήσας ἐναργῶς· Ἐτοίμη ἢ  
*a-solitary is the(-one) having-cried clearly ready the*  
 καρδιά μου, ὁ Θεός. Ἡσυχαστῆς ἐστὶν ἐκεῖνος ὁ εἰπὼν·  
*heart my O God a-solitary is that(-one) the having-said*  
 Ἐγὼ καθεύδω, καὶ ἡ καρδιά μου ἀγρυπνεῖ. Κλείε μὲν  
*I sleep and the heart my keeps-watch shut indeed*

θύραν κέλλης σώματι· καὶ θύραν γλώσσης φθέγμασι, καὶ  
*(the)-door of-(the)-cell to-(the)-body and (the)-door of-(the)-tongue to-words and*  
 ἔνδον πύλῃν πνεύμασι. Γαλήνη μὲν, καὶ μεσημβρία ἡλίου  
*within (the)-gate to-spirits calm indeed and noon of-sun*  
 ὑπομονὴν ναύτου ἤλεγξεν· ἀπορία δὲ χρειῶν, καρτερίαν  
*(the)-patience of-a-sailor tested lack and of-necessities (the)-endurance*  
 ἡσυχαστοῦ ἐφάνέρωσεν· ὁ μὲν ἀθυμῶν νήχεται ὕδασι·  
*of-a-solitary revealed the-one indeed despondent swims in-waters*  
 ὁ δὲ ἀκηδιῶν φύρεται πλήθεσι. Μὴ φοβοῦ κτύπων  
*the-other and listless mingles with-crowds not fear of-noises*  
 ἀθύρματα· δειλίαν γὰρ πένθος οὐκ ἐπίσταται οὐδὲ πτύρεται.  
*playthings cowardice for mourning not knows nor is-scared*  
 Ὡν ὁ νοῦς μεμάθηκεν ἀληθῶς εὔχεσθαι, οὗτοι κυρίῳ  
*whose the mind has-learned truly to-pray these to-(the)-lord*  
 ἐνωπίως ἐνωπίῳ λαλοῦσιν, ὡς πρὸς τὸ οὖς τοῦ βασιλέως.  
*face to-face speak as into the ear of-the king*  
 Ὡν τὸ στόμα εὔχεται, οὗτοι ἐπὶ πάσης τῆς συγκλήτου  
*whose the mouth prays these before all the senate*  
 αὐτῷ προσπίπτουσιν. Ὅσοι ἐν κόσμῳ διατρίβουσιν, οὗτοι  
*to-him fall-down as-many-as in (the)-world live these*  
 ἐν μέσῳ τοῦ θορύβου παντὸς τοῦ δήμου τὸν βασιλέα  
*in (the)-midst of-the tumult of-all the people the king*  
 ἱκετεύουσιν. Εἰ τὴν τέχνην ἐπισταμένως μεμάθηκας, οὐκ  
*petition if the art skillfully you-have-learned not*  
 ἀγνοεῖς τὸ λεγόμενον. Καθεζόμενος ἐφ' ὕψους  
*you-are-ignorant-of the(-thing) said sitting on high*  
 τήρει, εἰ ἄρα καὶ ἐπίστασαι, καὶ τότε ὄψει πῶς,  
*watch if then also you-know and then you-will-see how*  
 καὶ πότε, καὶ πόθεν· καὶ πόσοι, καὶ ποῖοι κλέπται  
*and when and whence and how-many and what-kind-of thieves*  
 εἰσελθεῖν, καὶ κλέψαι τοὺς βότρυνας ἔχονται. Ἀποκαμῶν  
*to-enter and to-steal the clusters undertake having-grown-weary*

ὁ σκοπός, ἀναστὰς προσεύχεται, καὶ πάλιν καθίσας τῆς  
*the watchman having-risen prays and again having-sat to-the*  
 προτέρας ἐργασίας ἀνδρείως ἔχεται.

*former work manfully holds*

- 3 Ἐβούλετό τις ἐν πείρᾳ περὶ τούτων γεγωνὼς λεπτῶς  
*wished one in experience about these having-been finely*  
 καὶ ἠκριβωμένως εἰπεῖν· ἀλλὰ πεφόβηται, μήπως καὶ τοῖς  
*and exactly to-speak but he-has-feared lest also in-the*  
 ἐργάταις ῥαθυμίαν ἐμποιήσῃ, καὶ τοὺς προαιρουμένους τῷ  
*workers indolence he-produce and those choosing(-it) by-the*  
 κτύπῳ τῶν λόγων ἀποσοβήσῃ. Ὁ περὶ ἡσυχίας λεπτῶς  
*noise of-the words frighten-away the(-one) about stillness finely*  
 καὶ γνωστικῶς ἐξηγούμενος, διήγειρε καθ' ἑαυτοῦ δαίμονας·  
*and knowingly expounding roused against himself demons*  
 οὐδεὶς γὰρ ἕτερος τὰς τούτων ἀσχημοσύνας θριαμβεῦσαι  
*no-one for other the their disgraces to-expose*  
 δύναται. Ὁ ἡσυχίαν καταλαβὼν ἔγνω βυθὸν μυστηρίων,  
*can the(-one) stillness having-attained knew (the)-depth of-mysteries*  
 οὐ κατελήλυθε δὲ ἐν τούτῳ εἰ μὴ πρῶτην τοὺς τῶν κυμάτων  
*not he-has-gone-down but in it if not first the of-the waves*  
 θορύβους καὶ πνευμάτων ἀνέμους, καὶ εἶδε καὶ ἤκουσεν·  
*tumults and of-spirits winds both saw and heard*  
 ἴσως καὶ ἐρραντίσθη. Κυροῖ τὸ εἰρημένον Παῦλος· εἰ μὴ  
*perhaps even was-spattered confirms the(-thing) said Paul if not*  
 γὰρ ἐν παραδείσῳ ὡς ἐν ἡσυχίᾳ ἡρπάγη, οὐκ ἂν ἄρρητα  
*for in paradise as in stillness he-was-caught-up not — unspeakable*  
 ῥήματα ἀκοῦσαι ἠδύνατο. Τῆς ἡσυχίας τὸ οὖς δέξεται παρὰ  
*words to-bear he-could of-the stillness the ear will-receive from*  
 Θεοῦ ἐξαΐσια. Διὸ καὶ ἐν τῷ Ἰὼβ αὕτη ἡ πάνσοφος  
*God wonders therefore also in — Job she the all-wise*  
 ἔλεγε· Πότερον οὐ δέξεταιί μου τὸ οὖς ἐξαΐσια παρ' αὐτοῦ.  
*said whether not will-receive my the ear wonders from him*



Ἦσυχαστής ἐστὶν ὁ οὕτως φεύγων ἀμίσως, ὡς ἕτερος  
*a-solitary is the(-one) so fleeing without-hatred as another*  
 προστρέχων ῥαθύμως ἐκκοπὴν γλυκύτητος Θεοῦ λαβεῖν μὴ  
*running-to indolently cutting-off of-sweetness of-God to-receive not*  
 βουλόμενος. Ἀπελθὼν σκόρπισόν σου συντόμως· τὸ γάρ,  
*wishing having-gone scatter your quickly the for*  
 Πώλησόν σου, χρόνου, τὰ ὑπάρχοντα, καὶ δὸς πτωχοῖς,  
*sell your of-time the possessions and give to-(the)-poor*  
 ἵνα δι' εὐχῆς πρὸς τὴν ἡσυχίαν συνδράμωσι· ἄρον τὸν  
*that through prayer to the stillness they-may-help take-up the*  
 σταυρόν σου, διὰ τῆς ὑπακοῆς τοῦτον βαστάζων· καὶ τὸ  
*cross your through the obedience it carrying and the*  
 βάρος τῆς ἐκκοπῆς τοῦ σοῦ θελήματος ἰσχυρῶς ὑπομένων·  
*weight of-the cutting-off of-the your will strongly enduring*  
 καὶ δεῦρο λοιπόν, ἀκολούθει μοι πρὸς τὴν συνάφειαν τῆς  
*and come thereafter follow me to the union of-the*  
 μακαριωτάτης ἡσυχίας, καὶ διδάξω σε νοερῶν δυνάμεων  
*most-blessed stillness and I-will-teach you of-spiritual powers*  
 ὁραμένην ἐργασίαν καὶ πολιτείαν· οὐ κορεσθήσονται αὗται  
*visible work and way-of-life not will-be-sated these*  
 εἰς αἰῶνα αἰώνων αἰνοῦσαι τὸν Ποιητὴν, οὐδὲ ὁ ἐν  
*to age of-ages praising the Maker nor the(-one) in*  
 οὐρανῷ ἡσυχίας εἰσεληλυθώς, ἀνυμνῶν τὸν Κτίσαντα. Οὐ  
*heaven of-stillness having-entered hymning the Creator not*  
 φροντίζουσι περὶ ὕλης οἱ ἄυλοι, οὐδὲ περὶ τροφῆς οἱ  
*will-care about matter the immaterial nor about food the*  
 ἔνυλοι ἄυλοι· οὐκ αἰσθάνονται οἱ πρότεροι βρώσεως,  
*material immaterial(-ones) not will-feel the former food*  
 οὐδὲ δεηθήσονται οἱ δεύτεροι ὑποσχέσεως. Οὐ φροντίζουσιν  
*nor will-need the second promise not will-care*  
 ἐκείνοι περὶ χρημάτων καὶ κτημάτων, οὐδὲ οὗτοι περὶ  
*those about money and possessions nor these about*

κακώσεως πνευμάτων. Οὐ πρόσεστι τοῖς ἄνω ἔφεις  
*harm of-spirits not is-present in-those above desire*  
 ὁρατῆς κτίσεως· οὐδὲ τοῖς κάτω, ἄνω ἐπιθυμία αἰσθητῆς  
*of-visible creation nor in-those below above by-desire of-sensible*  
 ὀψεως· οὐποτε παύσονται τῇ ἀγάπῃ προκόπτοντες  
*sight never will-cease in-the love advancing*  
 ἐκείνοι· οὐδὲ οὗτοι καθημέραν ἐκείνους ἀμιλλώμενοι. Οὐκ  
*those nor these daily with-those vying not*  
 ἄγνωστος παρ' ἐκείνους τῆς προκοπῆς ὁ πλοῦτος, οὐδὲ  
*unknown with those of-the progress the wealth nor*  
 τούτοις τῆς ἀναβάσεως ὁ ἔρως· οὐ σταθήσονται μέχρι  
*with-these of-the ascent the love not they-will-stop until*  
 τὰ Σεραφίμ φθάσωσιν· οὐδὲ κοπάσονται, ἄχρις ἄγγελοι  
*the Seraphim they-reach nor will-tire until angels*  
 γίνονται. Μακάριος ὁ ἐλπίζων· τρισμακάριος ὁ  
*they-become blessed the(-one) hoping thrice-blessed the(-one)*  
 μέλλον ἄγγελος ὁ καταλαβών.  
*about(-to-be) an-angel the(-one) having-attained*

*The section sorts the solitaries by their reasons: some enter stillness from weakness of tongue, from temper, or from self-will, some to grow zealous or to punish themselves, some for glory, and a few for the love of God. John lists the signs of true stillness and of right obedience, and warns that the demon of listlessness prepares the way for fornication. Stillness is the laying aside of thoughts and even of reasonable cares; George the Arsilaite taught that vainglory comes in the morning, listlessness at noon, and the belly's tyrants at evening. The memory of Jesus is to be united to the breath, and Arsenius, who sent visitors away, is the model. A solitary's might is the abundance of prayer.*

Εἰςὶ (καὶ τοῦτο πᾶσι γνώριμον) ἐν πάσαις ταῖς τῶν 4  
 there-are and this to-all known in all the of-the  
 ἐπιστημῶν καταστάσεσι, γνωμῶν καὶ βουλῶν διαφοραί·  
 sciences states of-opinions and counsels differences  
 οὐ γὰρ πάντων πάντα τὰ τέλεια δι' ἔνδειαν σπουδῆς,  
 not for of-all all the perfect because-of lack of-zeal  
 ἢ καὶ δι' ἀπορίαν δυνάμεως. Εἰσὶν οἱ ἐπὶ τὸν  
 or also because-of want of-power there-are those-who into the  
 λιμένα τοῦτον, μᾶλλον δὲ τὸ πέλαγος ἢ τάχα τὸν βυθόν,  
 harbor this rather but the sea or perhaps the depth  
 εἰσερχόμενοι δι' ἀσθένειαν τοῦ ἑαυτῶν στόματος, καὶ  
 entering because-of weakness of-the own mouth and  
 σώματος διὰ πρόληψιν· ἔτεροι ἀκρατῶς πρὸς θυμὸν  
 of-body because-of preconception others incontinently toward temper  
 ἔχοντες, καὶ μετὰ πλήθους κρατῆσαι τοῦτον μὴ δυνάμενοι  
 being and with (the)-crowd to-master it not able  
 οἱ τάλανες· ἄλλοι ἰδιορυσμία μᾶλλον, ἢ ὁδηγία ἐξ  
 the wretched others by-self-will rather than guidance from  
 οἰκίσεως πλέειν σκεψάμενοι· ἔτεροι μὴ δυνάμενοι ἐν  
 conceit to-sail having-decided others not able in

μέσω τῆς ὕλης τῶν ὑλῶν ἀπέχεσθαι· τινὲς μὲν, ἵνα  
(the)-midst of-the matter from-the materials to-abstain some indeed that  
σπουδαῖοι ἐκ τῆς ἰδιάσεως γένωνται· ἄλλοι ἵνα ἀγνώστως  
zealous from the solitude they-may-become others that unknown  
ἑαυτοὺς ὑπὲρ εὐθυνῶν αἰκίσωσι· τινὲς δέ, ἵνα διὰ  
themselves for offenses they-may-torment some and that through  
ταύτης δόξαν ἑαυτοῖς περιποιήσωνται. Εἰσὶ δὲ ἕτεροι  
it glory for-themselves they-may-procure there-are and others  
(εἰ ἄρα ἐλθὼν ὁ Υἱὸς τοῦ ἀνθρώπου εὐρήσει τοιούτους  
if indeed having-come the Son of-the man will-find such  
ἐπὶ τῆς γῆς) διὰ τρυφὴν καὶ δίψαν τῆς τοῦ Θεοῦ  
on the earth because-of delight and thirst of-the — of-God  
ἀγάπης, καὶ γλυκύτητος τῇ ὁσίᾳ ταύτῃ συζευχθέντες, οὐ  
love and sweetness to-the holy(-one) this having-been-yoked not  
πρότερον τοῦτο ποιήσαντες πρὶν πάσῃ ἀκηδία ἀποστάσιον  
before this having-done before to-all listlessness (a)-bill-of-divorce  
δεδώκασιν. Ταύτης γὰρ ἡ συνάφεια, πορνεία παρὰ τῇ  
they-have-given of-this for the union fornication with the  
προτέρᾳ κρίνεται· κατὰ τὴν γνώσιν τὴν ψιλὴν τὴν  
former is-judged according-to the knowledge the bare the  
δοθεῖσάν μοι, ὥς οὐ σοφὸς ἀρχιτέκτων κλίμακα ἀναβάσεως  
given to-me as not a-wise master-builder a-ladder of-ascent  
πεπελέκηκα· ἕκαστος δὲ λοιπὸν βλέπew ἐν ποίᾳ βαθμίδι  
I-have-been each and thereafter let-him-see on what rung  
ἑστηκεν, ἐξ ἰδιορυθμίας, διὰ δόξαν ἀνθρώπων, δι'  
be-stands from self-will because-of glory of-men because-of  
ἀσθένειαν γλώσσης· δι' ἀκρασίαν θυμοῦ, διὰ πλῆθος  
weakness of-tongue because-of incontinence of-temper because-of abundance  
προσπαθείας, ἵνα εὐθύνas τίσωσιν, ἵνα σπουδαῖοι γένωνται,  
of-attachment that penalties they-may-pay that zealous they-may-become  
ἵνα πῦρ πυρὶ προσλάβωνται. Ἔσονται οἱ ἔσχατοι πρῶτοι,  
that fire to-fire they-may-add will-be the last first

καὶ οἱ πρῶτοι ἔσχατοι. Αἱ μὲν ἐπτα τῆς ἐβδόμης, τοῦ νῦν  
*and the first last the indeed seven of-the seventh(-age) of-the present*  
 εἰσιν ἐργασίαι· αἱ μὲν δεκταί, αἱ δὲ ἀδεκτοὶ· ἡ δὲ  
*are works the-ones indeed acceptable the-others and unacceptable the and*  
 ὀγδόη δηλονότι τοῦ μέλλοντος αἰῶνος σημαντικὴ ὑπάρχει.  
*eighth clearly of-the coming age indicative is*  
 Ἐπιτήρει, ὦ μοναχέ, μεμονωμένε θηρίων ὥρας· εἰ δὲ μή,  
*watch O monk solitary of-beasts (the)-hours if but not*  
 οὐ δυνήσῃ ἀρμοζούσας τὰς παγίδας ἰστᾶν, εἰ ἀπέστη  
*not you-will-be-able fitting the snares to-set if departed*  
 τελείως ἢ τὸ ἀποστάσιον λαβοῦσα, περιττὸν τὸ ἔργον·  
*completely she the bill-of-divorce having-received superfluous the work*  
 εἰ δὲ ἔτι προπετεύεται, οὐ γνώσκω πῶς ἡσυχάσω. Τί  
*if but still she-is-forward not I-know how I-shall-keep-stillness why*  
 δὴ ποτε οὐ τοσοῦτοι παρὰ τοῖς ὁσίοις Ταβεννησιώταις  
*indeed ever not so-many among the holy Tabennesiotes*  
 οἱ φωστῆρες, ὅσοι παρὰ τοῖς Σκητιώταις γεγόνασιν;  
*the luminaries as-many-as among the Sketioties have-been*  
 Ὁ νοῶν νοεῖτω· ἐγὼ γὰρ λέγειν οὐ δύναμαι,  
*the(-one) understanding let-him-understand I for to-say not can*  
 μᾶλλον δὲ οὐ βούλομαι. Οἱ μὲν τὰ πάθη μειοῦντες,  
*rather but not wish those indeed the passions lessening*  
 οἱ δὲ ψάλλοντες, καὶ τὸ πλεῖστον ἐν τῇ προσευχῇ  
*those and chanting and the most in the prayer*  
 καρτεροῦντες· οἱ δὲ τῇ θεωρίᾳ ἀτενίζοντες διάγουσι,  
*persevering those and on-the contemplation gazing live*  
 κατὰ τὸν τῆς κλίμακος τρόπον ζητηθήτω τὸ πρόβλημα·  
*according-to the of-the ladder manner let-be-examined the problem*  
 ὁ χωρῶν, ἐν Κυρίῳ χωρεῖτω.  
*the(-one) able in (the)-Lord let-him-receive(-it)*

- 5 Εἰσὶ ράθυμοι ψυχαὶ ἐν κοινοβίῳ παραγενόμεναι, καὶ  
*there-are indolent souls in (a)-community having-come and*  
 τῶν ὑλῶν τῆς ἑαυτῶν ραθυμίας εὐπορήσασαι, εἰς τελείαν  
*in-the materials of-the own indolence having-abounded into complete*  
 ἀπώλειαν κατήντησαν. Καὶ εἰσὶ πάλιν, οἱ τὴν ἑαυτῶν  
*destruction came and there-are again those-who the own*  
 ραθυμίαν διὰ τῆς ἐτέρων συνδιαγωγῆς ἀπεδύσαντο·  
*indolence through the of-others company stripped-off*  
 οὐ μόνον δὲ ἐπὶ ἀμελεστέρων, ἀλλὰ καὶ ἐπὶ  
*not only but in-the-case-of more-negligent but also in-the-case-of*  
 σπουδαίων πολλάκις τὸ αὐτὸ γέγονε. Τῷ αὐτῷ κανόνι καὶ  
*zealous often the same has-happened the same rule also*  
 ἐπὶ τῆς ἡσυχίας χρησώμεθα λέγοντες, πολλοὺς δοκίμους  
*in the stillness let-us-use saying many proven*  
 δεξαμένη, ἀπεδοκίμασε διὰ τῆς ιδιορυθμίας, φιληδόνους  
*having-received it-rejected through the self-will pleasure-loving*  
 αὐτοὺς ἐλέγξασα· ἑτέρους δὲ λαβοῦσα τῷ φόβῳ καὶ τῇ  
*them having-exposed others and having-taken by-the fear and the*  
 μερίμνῃ τῆς τοῦ ἑαυτῶν κρίματος βασταγῆς, σπουδαίους  
*care of-the of-the own judgment bearing zealous*  
 τινάς, καὶ ζέοντας εἰργάσατο. Μηδεὶς ὑπὸ θυμοῦ καὶ  
*some and fervent made let-no-one by temper and*  
 οἰήσεως, ὑποκρίσεως τε καὶ μνησικακίας ὀχλούμενος,  
*conceit hypocrisy both and grudge-bearing troubled*  
 ἵχνος ἡσυχίας ἰδεῖν τολμήσαι μήπως ἔκστασιν, καὶ μόνον  
*(the)-track of-stillness to-see dare lest derangement also only*  
 κερδήσῃ. Εἰ δέ τις τούτων καθαρὸς, αὐτὸς λοιπὸν γνώσεται  
*be-gain if but anyone of-these pure himself thereafter will-know*  
 τὸ συμφέρον, οἶμαι δὲ οὐδ' αὐτός· τῶν λόγῳ τὴν  
*the(-thing) profitable I-think but not-even himself of-those by-reason the*  
 ἡσυχίαν μετερχομένων σημεία, καὶ στάδια, καὶ τεκμήρια  
*stillness pursuing signs and stages and proofs*

ταῦτα· νοῦς ἀκύμαντος, ἔννοια ἡγνισμένη, ἀρπαγὴ πρὸς  
*these a-mind waveless thought purified rapture to*  
 Κύριον, κολάσεων παράστασις, θανάτου ἔπειξις, προσευχὴ  
*(the)-Lord of-punishments presence of-death urgency prayer*  
 ἀκόρεστος, φυλακὴ ἄσυλος, πορνείας θνήσις, προσπαθείας  
*insatiable guard unplundered of-fornication death of-attachment*  
 ἄγνοια, θάνατος κόσμου, γαστριμαργίας ἀνορεξία, θεολογίας  
*ignorance death to-(the)-world of-gluttony loss-of-appetite of-theology*  
 ὑπόθεσις, διακρίσεως πηγὴ, δάκρυον ὑπόσπονδον, πολυλογίας  
*foundation of-discernment spring tear bound-by-treaty of-much-talk*  
 ἀπώλεια, καὶ εἴτι τῶν τοιούτων, οἷς τὰ πλήθη φιλεῖ  
*destruction and whatever of-the such(-things) to-which the crowds are-wont*  
 ἀντικεῖσθαι. Τοῖς δὲ οὐ λόγῳ ταύτην μετερχομένοις, αὕτη,  
*to-be-opposed to-those but not by-reason it pursuing this*  
 τοῦ πλούτου ἢ πενία ὀργῆς· αὔξεις μνησικακίας ἀποθήκη,  
*of-the wealth the poverty of-anger increase of-grudge-bearing storehouse*  
 ἀγάπης μείωσις, τύφου πρόσληψις, καὶ τὸ ἐξῆς  
*of-love lessening of-conceit gaining and the(-rest) following*  
 σιωπήσομαι. Ἐπεὶ δὲ οὕτως ὁ λόγος κατέδραμεν, ἀνάγκη  
*I-will-pass-over since and thus the discourse has-run-on necessary*  
 καὶ περὶ τῶν ἐν ὑποταγῇ ἐνταῦθα ἐνθέσθαι, καὶ μάλιστα,  
*also about those in submission here to-insert and especially*  
 πρὸς αὐτοὺς γὰρ καὶ ὁ λόγος ὡς ἐπιπολὺ ἀποτείνεται.  
*to them for also the discourse as for-the-most-part is-addressed*  
 Τῶν νομίμως, ἀμοιχεύτως καὶ ἀμολύντως τῇ κοσμίῳ ταύτῃ 6  
*of-those lawfully without-adultery and undefiled to-the orderly this*  
 (ὑποταγῇ) καὶ εὐρεπεῖ συζευχθέντων, ταῦτα τὰ τεκμήρια  
*submission and comely wedded these the proofs*  
 καὶ εἰσί, καὶ ὀρίζονται παρὰ τοῖς θεοφόροις Πατράσι,  
*both are and are-defined by the God-bearing Fathers*  
 ἰδίῳ μέντοι καιρῷ τελειούμενα· πλὴν ὅτι καθημέραν  
*in-its-own however time perfected except that daily*

προσενηνόχαμεν προσθήκην, καὶ προκοπὴν λαμβάνοντες.  
*we-have-offered increase and progress receiving*  
 Ταπεινώσεως εἰσαγωγικῆς αὐξήσις, θυμοῦ μείωσις· πῶς γὰρ  
*of-humility elementary increase of-temper lessening how for*  
 καὶ μὴ γεννήσεται τῆς χολῆς κενουμένης, σκοτισμῶν ἔλλειψις,  
*also not will-it-be-born the bile being-emptied of-darkenings lack*  
 ἀγάπης πρόσληψις, παθῶν ἀλλοτριώσεις, μίσους λύτρωσις,  
*of-love gaining from-passions estrangement from-hatred deliverance*  
 ἐξ ἐλέγχου λαγνείας μείωσις, ἀκηδίας ἄγνοια, σπουδῆς  
*from reproof of-lust lessening of-listlessness ignorance of-zeal*  
 πρόσληψις, συμπαθείας ἀγάπη, ὑπερηφανίας ξενιτεία, τὸ  
*gaining of-compassion love from-pride exile the*  
 πᾶσι ζητητέον, καὶ ὀλίγοις εὐρητέον, κατόρθωμα· ὕδατος  
*by-all it-must-be-asked and by-few to-be-found achievement water*  
 μὴ παρόντος ἐν πηγῇ ἀνοίκειον τὸ ὄνομα. Καὶ τὸ ἐξῆς  
*not being-present in a-spring unfitting the name and the(-rest) following*  
 νενόηται τοῖς νοῦν ἔχουσι· νεᾶνις μὲν μὴ φυλάξασα κοίτην,  
*is-understood by-those sense having a-maiden indeed not having-kept (the)-bed*  
 ἐμίανε σῶμα· καὶ ψυχὴ μὴ φυλάξασα συνθήκην, ἐμίανε  
*defiled (the)-body and a-soul not having-kept (the)-covenant defiled*  
 πνεῦμα· καὶ τῇ μὲν ἀκολουθεῖ ψόγος, μῖσος, μάστιγες,  
*(the)-spirit and the-one indeed follows blame hatred blows*  
 χωρισμοί, τὸ πάντων ἐλεεινότατον· τῇ δέ, μολυσμοί,  
*separations the of-all most-pitiable the-other and defilements*  
 θανάτου λήθη, κοιλίας ἀπληστία, ὀφθαλμῶν ἀκράτεια,  
*of-death forgetfulness of-belly insatiability of-eyes incontinence*  
 κενοδοξίας ἐργασία, ὕπνου ἀχορτασία, σκληροκαρδία,  
*of-vainglory working of-sleep insatiability hardness-of-heart*  
 ἀναισθησία, λογισμῶν ἀποθήκη, καὶ συγκαταθέσεως  
*insensibility of-thoughts storehouse and of-consent*  
 προσθήκη, αἰχμαλωσία καρδίας, ταραχῆς ἐργασία, ἀνηκοῖα,  
*increase captivity of-heart of-turmoil working disobedience*



ἀντιλογία, προσπάθεια, ἀπιστία, ἀπληροφορία, πολυλογία,  
*contradiction attachment unbelief uncertainty much-talk*  
 παρῥησία, ἢ πάντων χαλεπωτέρα· τὸ δὲ πάντων  
*license the of-all worse the but of-all*  
 ἐλεεινότερον, ἀκατάνυκτος καρδία, ἣν διαδέχεται ἐν τοῖς  
*more-pitiable uncompunctious heart which succeeds in those*  
 μὴ προσέχουσιν ἢ ἀναλγησία, ἢ μήτηρ τῶν πτωμάτων.  
*not attending the callousness the mother of-the falls*  
 Καὶ πνευμάτων τοῖς μὲν ἡσυχάζουσιν οἱ πέντε τοῖς δὲ 7  
*and of-spirits with-those indeed keeping-stillness the five with-those and*  
 ὑποτασσομένοις, οἱ τρεῖς τῶν ὀκτὼ προσπαλαίουσιν. Ὁ  
*in-submission the three of-the eight grapple the(-one)*  
 ἡσυχάζων, καὶ ἀκηδία πολεμῶν ζημιούται πολλάκις·  
*keeping-stillness and with-listlessness warring suffers-loss often*  
 καιρὸν γὰρ προσευχῆς καὶ θεωρίας ἐν ταῖς πρὸς αὐτὴν  
*(the)-time for of-prayer and contemplation in the against it*  
 μηχαναῖς ἐξαναλώσει, καὶ πάλαις· ῥαθυμήσαντί μοί ποτε  
*devices he-will-spend and wrestlings having-grown-slack me once*  
 ἐν τῇ κέλλῃ καθεζομένῳ, καὶ ταύτην σχεδὸν καταλιμπάνειν  
*in the cell sitting and it almost to-leave*  
 λογιζομένῳ, ἄνδρες τινὲς παραβαλόντες, ἱκανῶς ὥς  
*thinking men certain having-visited greatly as*  
 ἡσυχαστὴν με ἐμακάρισαν· καὶ θάπτον ὁ τῆς ῥαθυμίας  
*a-solitary me blessed and quickly the of-the indolence*  
 λογισμὸς ὑπὸ τῆς κενοδοξίας ἐχώρησε, καὶ γε τεθαύμακα  
*thought before the vainglory gave-away and at-least I-have-marveled*  
 πῶς πᾶσιν ἐναντιοῦται τοῖς πνεύμασιν ὁ τρίβολος δαίμων.  
*how to-all is-opposed the spirits the three-pronged demon*  
 Ὅρα καθ' ὥραν τοῦ σου συζύγου τοὺς ῥιπισμούς, καὶ  
*see each hour of-the your yoke-fellow the gusts and*  
 παραριπισμούς, καὶ ῥοπάς, καὶ τροπάς, τὸ πῶς καὶ ποῦ τὴν  
*cross-gusts and swings and turns the how and where the*

ῥοπήν κέκτηνται. Ὁ διὰ Πνεύματος ἁγίου γαλήνην  
*inclination they-have the(-one) through (the)-Spirit holy calm*  
 κτησάμενος, οὐκ ἀγνοεῖ τὸ θεώρημα. Ἔργον ἡσυχίας  
*having-acquired not is-ignorant-of the observation work of-stillness*  
 ἀμεριμνία προηγουμένη πάντων τῶν πραγμάτων εὐλόγων  
*freedom-from-care first of-all the things reasonable*  
 καὶ ἀλόγων. Ὁ γὰρ τοῖς προτέροις ἀνοίγων, ἐν τοῖς  
*and unreasonable the(-one) for to-the former opening in the*  
 δευτέροις πάντως περιπεσεῖται. Δεύτερον προσευχὴ ἄοκνος·  
*latter surely will-fall second prayer unsloughful*  
 καὶ τρίτον ἐργασία καρδίας ἄσυλος. Ἀδύνατον τὸν  
*and third work of-heart unplundered impossible the(-one)*  
 μὴ γράμματα μεμαθηκότα φυσικῶς ἐν δέλτοις μελετᾶν·  
*not letters having-learned naturally in books to-study*  
 ἀδυνατώτερον δέ, τοὺς μὴ τὸ πρότερον κτησαμένους τὰ δύο,  
*more-impossible and those not the first having-acquired the two*  
 λόγῳ μετελθεῖν. Μετερχόμενος τὸ μέσον, ἐν μέσοις  
*by-reason to-pursue pursuing the middle among middle(-ones)*  
 γέγονα· καὶ ἐφώτιζε διψῶντα· καὶ ἰδοὺ πάλιν ἦν ἐν  
*I-have-been and he-enlightened (me)-thirsting and behold again I-was among*  
 ἐκεῖνοις· τί μὲν ἦν πρὸ τῆς ὁρατῆς ἐν αὐτῷ μορφῆς  
*them what indeed he-was before the visible in him form*  
 διδάσκειν οὐκ ἡδύνατο· οὐδὲ γὰρ ἡφίετο ὁ ἄρχων· πῶς δὲ  
*to-teach not he-could nor for was-permitted the ruler how and*  
 νῦν πέλει ἡρώτων λέγειν· ἐν τοῖς ἰδίοις μὲν ἔλεγεν, ἀλλ'  
*now he-is I-asked to-say in the own(-things) indeed he-said but*  
 οὐκ ἐν τούτοις. Ἐγὼ δέ· Τίς ἡ δεξιὰ στάσις καὶ καθέδρα  
*not in these I and what the right standing and sitting*  
 ἐπὶ τοῦ αἰτίου; Ἀδύνατον, ἔφη, ἀκοῇ μυσταγωγεῖσθαι  
*on the cause impossible he-said by-hearing to-be-initiated*  
 ταῦτα. Πρὸς ὃ δέ με ὁ πόθος εἴλκε, προσαγαγεῖν τῷ  
*these(-things) to what and me the longing drew to-bring at-the*

καιρῷ ἐκείνῳ ἡρώτων, οὐπω ἔφραζεν ἦκειν τὴν ὥραν,  
*time that I-asked not-yet he-said to-have-come the hour*  
 δι' ἔλλειψιν πυρὸς ἀφθαρσίας. Ταῦτα εἴτε σὺν τῷ  
*because-of lack of-fire of-incorruption these(-things) whether with the*  
 χοῖ οὐκ οἶδα· εἴτε τούτου χωρίς, λέγειν εἰς ἅπαν οὐκ ἔχω.  
*dust not I-know or it without to-say in all not I-can*  
 Χαλεπὸν τὸν τῆς μεσημβρίας ἀποτινάξασθαι ὕπνον ἐν ταῖς  
*hard the of-the noon to-shake-off sleep in the*  
 θεριναῖς μάλιστα ὥραις· τότε γὰρ καὶ μόνον ἴσως τὸ τῶν  
*summer especially seasons then for also only perhaps the of-the*  
 χειρῶν οὐκ ἀπόβλητον ἔργον. Ἔγνων τὸν ἀκηδίας δαίμονα  
*hands not contemptible work I-knew the of-listlessness demon*  
 προποιοῦντα καὶ προοδοποιοῦντα τὸν τῆς πορνείας,  
*preparing and paving-the-way for-the(-demon) of-the fornication*  
 ἵνα ἰσχυρῶς τὸ σῶμα ἐλκύσας, καὶ τῷ ὕπνῳ βαπτίσας,  
*that strongly the body having-dragged and in-the sleep having-drowned*  
 ὥσπερ τοὺς μολυσμοὺς ἐν τοῖς ἡσυχάζουσιν ἐργάσθαι.  
*as the defilements in the solitaires he-may-work*  
 Ἐὰν ἀντιστῇς αὐτοῖς ἰσχυρῶς, πολεμήσουσί σε πάντως  
*if you-resist them strongly they-will-war-on you surely*  
 κραταιῶς, ἵν' ὥς μηδὲν ὠφελοῦντα, παύσωσι τῶν  
*mightily that as nothing profiting they-may-stop(-you) from-the*  
 ἀγώνων. Οὐδὲν δὲ τὴν τῶν δαιμόνων ἡτταν, ὥς ὅπερ  
*struggles nothing but the of-the demons defeat as that*  
 αὐτῶν πρὸς ἡμᾶς χαλεπὸς πόλεμος ἐδειξάσθαι δύναται.  
*their against us grievous war to-show can*  
 Ἐν ταῖς προόδοις τὰ συναχθέντα φύλαττε· τῆς θύρας  
*in the outings the(-things) gathered guard the door*  
 γὰρ ἀνοιγομένης αἱ κατάκλειστοι ὄρνις πέτανται. Καὶ  
*for opening the shut-in birds fly-off and*

τότε λοιπόν, οὐδὲν τῆς ἡσυχίας ὠφελήθημεν. Μικρὰ θρῖξ  
 then thereafter nothing from-the stillness we-have-profited small a-hair  
 ταρασσει ὀφθαλμόν, καὶ μικρὰ φροντὶς ἀφανίζει ἡσυχίαν.  
 troubles (the)-eye and small care destroys stillness

- 8 Ἡσυχία γάρ ἐστιν ἀπόθεσις νοημάτων καὶ ἄρνησις εὐλόγων  
 stillness for is putting-off of-thoughts and denial of-reasonable  
 φροντίδων. Ὁ ὄντως ἡσυχίαν κατελιφώς, οὐδὲ τῆς  
 cares the(-one) truly stillness having-attained not-even of-the  
 ἑαυτοῦ σαρκὸς φροντίζει· ἀψευδὴς γάρ ἐστιν ὁ  
 own flesh will-take-thought unlying for is the(-one)  
 ἐπαγγειλάμενος. Ὁ νοῦν καθαρὸν παραστήσαι τῷ Θεῷ  
 having-promised the(-one) (a)-mind pure to-present — to-God  
 βουλόμενος, καὶ φροντίζει δονούμενος, ὅμοιός ἐστι τῷ  
 wishing and by-cares shaken like is to-the(-one)  
 τοὺς ἑαυτοῦ πόδας ἰσχυρῶς πεδήσαντι, καὶ ὀξέως βαδίζειν  
 the own feet tightly having-fettered and quickly to-walk  
 δοκιμάζοντι. Σπάνιοι μὲν οἱ τὴν κατὰ κόσμον φιλοσοφίαν  
 trying rare indeed those the in (the)-world philosophy  
 εἰς ἄκρον παιδευόμενοι· ἐγὼ δὲ λέγω, βραχύτεροι οἱ τὴν  
 to (the)-utmost trained I but say fewer those the  
 τῆς ὄντως ἡσυχίας φιλοσοφίαν ἐπιστάμενοι· ὁ οὐπω  
 of-the truly stillness philosophy knowing the(-one) not-yet  
 Θεὸν γνούς, εἰς ἡσυχίαν ἀδόκιμος, καὶ πολλοὺς κινδύνους  
 God having-known for stillness unfit and many dangers  
 ὑφίστάμενος. Ἡσυχία ἀπείρους ἀποπνίγει· ἄγευστοι γὰρ  
 undergoing stillness (the)-inexperienced chokes untasting for  
 γλυκύτητος Θεοῦ ὑπάρχουσιν, εἰς αἰχμαλωσίας, καὶ κλοπὰς,  
 of-(the)-sweetness of-God they-are in captivities and thefts  
 καὶ ἀκηδίας, καὶ ῥεμβασμοὺς τὸν καιρὸν ἐξανάλισκοντες.  
 and listlessness and wanderings the time spending  
 Ὁ προσευχῆς κάλλος αἰψάμενος, φεύζεται ὄχλους ὡς  
 the(-one) of-prayer (the)-beauty having-touched will-flee crowds as

ὄναγρος· τίς γὰρ εἰ μὴ αὕτη, εἴασεν ὄνον ἄγριον ἐλεύθερον  
*a-wild-ass who for if not this let (the)-ass wild free*

πάσης συνουσίας ἀνθρώπων· Ὁ τὰ πάθη περιεκείμενος,  
*from-all company of-men the(-one) the passions wearing*

καὶ τῇ τούτων ἀδολεσχία ἐν ἐρήμῳ διατρίβει, ὡς καὶ  
*also in-the their chatter in (the)-desert lives as also*

γέρων μοι ἅγιος τὸ τοιοῦτον ἐφθέγγετο, καὶ ἐδίδαξε,  
*an-elder to-me holy the such(-thing) uttered and taught*

Γεώργιον λέγω τὸν Ἀρσιλαΐτην, ὃν καὶ ἡ σὴ τιμότης  
*George I-mean the Arsilaites whom also the your reverence*

οὐδ' ὅλως ἠγνόησεν· οὗτος ἀχρεῖαν ψυχὴν ποτε στοιχειῶν,  
*not at-all was-ignorant-of he a-useless soul once instructing*

καὶ ποδηγῶν πρὸς ἡσυχίαν ἔλεγε.  
*and guiding to stillness said*

Τῇ μὲν πρωΐᾳ, φησὶν, ἐπεσημηνάμην ὡς ἐπίπαν τοὺς  
*in-the indeed morning he-says I-noticed as a-rule the*

τῆς κενοδοξίας καὶ ἐπιθυμίας ἐπιδημεῖν δαίμονας· τῇ  
*of-the vainglory and desire to-come demons in-the*

δὲ μεσημβρία τοὺς ἀκηδίας, καὶ λύπης, καὶ ὀργῆς·  
*and noon those of-listlessness and grief and anger*

τῇ δὲ ἑσπέρα τοὺς φιλοκόπους καὶ τυράννους τῆς  
*in-the and evening the dung-loving and tyrants of-the*

γαστροῦ· κρείσσων ὑποτακτικὸς πτωχὸς ὑπὲρ ἡσυχαστὴν  
*belly better a-submissive poor(-man) than a-solitary*

περισπώμενον. Ὁ λόγῳ τὴν ἡσυχίαν μετιών, καὶ τὸ  
*distracted the(-one) by-reason the stillness pursuing and the*

αὐτῆς κέρδος καθ' ἡμέραν μὴ καθορῶν, ἢ οὐ λόγῳ  
*its gain each day not seeing either not by-reason*

ἡσύχασεν, ἢ οἰήσῃ κλέπτεται. Ἡ ἡσυχία ἐστὶ ἀδιάσπαστος  
*kept-stillness or by-conceit is-robbed the stillness is undistracted*

Θεῷ λατρεία, καὶ παράστασις· ἡ Ἰησοῦ μνήμη ἐνωθήτω  
*to-God worship and standing the of-Jesus remembrance let-be-united*

τῇ πνοῇ σου καὶ τότε γνώσῃ ἡσυχίας ὠφέλειαν.  
*with-the breath your and then you-will-know of-stillness (the)-benefit*  
 Πτώμα μὲν ὑπηκόω τὸ οἰκεῖον θέλημα· ἡσυχίῳ δὲ  
*a-fall indeed for-an-obedient(-man) the own will for-a-solitary and*  
 προσευχῆς διάστασις. Ἐὰν ἐπιχαίρῃ παρουσίαις ἐν κέλλῃ,  
*from-prayer interruption if you-rejoice-in visits in (the)-cell*  
 γίνωσκε σεαυτὸν ἀκηδία μόνη, καὶ οὐ Θεῷ σχολάζοντα.  
*know yourself to-listlessness alone and not to-God devoting*  
 Ὑπογραμμὸς σοι ἔστω προσευχῆς, ἡ ἀδικουμένη χήρα  
*model for-you let-be of-prayer the wronged widow*  
 ἀπὸ τοῦ ἀντιδίκου αὐτῆς· ἡσυχίας δὲ τύπος ὁ μέγας καὶ  
*by the adversary her of-stillness and model the great and*  
 ἰσαγγελος ἡσυχαστῆς Ἀρσένιος. Μέμνησο ἐν τῇ μονίᾳ τῆς  
*angel-like solitary Arsenius remember in the solitude of-the*  
 τοῦ ἰσαγγέλου τούτου ἡσυχαστοῦ διαγωγῆς, καὶ ὅρα ὡς καὶ  
*of-the angel-like this solitary life and see how also*  
 παραβάλλοντας πολλάκις ἀπεπέμψατο, ἵνα μὴ τὸ μείζον  
*visitors often he-sent-away that not the greater*  
 ἀπολέσῃ. Ἐγνων τοὺς δαίμονας τοῖς λόγῳ ἡσυχάζουσι  
*he-lose I-knew the demons to-those by-reason keeping-stillness*  
 τοὺς ἀλόγους τῶν γυρευτῶν παραβάλλειν συχνότερον  
*the senseless of-the wanderers to-visit more-often*  
 ἀναπεύθοντας, ἵνα τοῖς ἐργάταις, κὰν δι' ἐκείνων  
*persuading that the workers at-least through them*  
 μικρὸν ἐμποδίσαι δυνηθῶσι. Σημεῖον τοὺς τοιούτους,  
*a-little to-binder they-may-be-able mark the such*  
 ὧ οὗτος, καὶ μὴ παραιτοῦ λυπεῖν εὐσεβῶς ῥαθύμους·  
*O you and not refuse to-grieve piously (the)-indolent*  
 ἴσως γὰρ ἐκ τῆς λύπης τοῦ γυρεύειν παύσονται.  
*perhaps for from the grief from-the wandering they-will-cease*  
 Ὅρα μὴ τοῦ προειρημένου σκοποῦ χάριν εἰκῇ λυπήσῃς  
*see not of-the aforesaid aim for-the-sake rashly you-grieve*

ψυχὴν, ὕδωρ ἐκ δίψης ἐρχομένην παρὰ σοῦ ἀρύσασθαι.  
*a-soul water from thirst coming from you to-draw*  
 Ἐν παντὶ δὲ λύχνου σοι δέον· βίος ἡσυχάζοντων,  
*in all and of-a-lamp for-you needful (the)-life of-solitaries*  
 μᾶλλον δὲ μοναζόντων κατὰ συνείδησιν καὶ αἴσθησιν  
*rather but of-monks according-to conscience and perception*  
 γινέσθω· ὁ λόγῳ τρέχων τὰ ἐπιτηδεύματα, καὶ τὰ  
*let-be the(-one) by-reason running the pursuits and the*  
 ἀποφθέγματα, καὶ τὰ ἐνθυμήματα, καὶ τὰ διαβήματα, καὶ  
*utterances and the thoughts and the steps and*  
 τὰ κινήματα πάντα κατὰ Κύριον, καὶ διὰ Κύριον  
*the movements all according-to (the)-Lord and because-of (the)-Lord*  
 αὐτῷ ἐπιτηδεύμενα ἐν αἰσθήσει ψυχῆς, καὶ προσώπῳ  
*by-him pursued in perception of-soul and (the)-presence*  
 Κυρίου ἐργάζεται· εἰ δὲ κλέπτεται, οὐπω κατὰ ἀρετὴν  
*of-(the)-Lord works if but he-is-robbed not-yet according-to virtue*  
 πολιτεύεται. Ἄνοιξω, φησί τις, ἐν ψαλτηρίῳ τὸ πρόβλημά  
*lives I-will-open says one on (the)-psaltery the problem*  
 μου, καὶ τὸ βούλημά μου, διὰ τὸ ἀτελὲς ἔτι τῆς  
*my and the counsel my because-of the imperfection still of-the*  
 διακρίσεως· ἐγὼ δὲ ἀνοίσω διὰ προσευχῆς τὸ θέλημά  
*discernment I but will-offer-up through prayer the will*  
 μου, κακείθεν τὴν πληροφορίαν μου ἐκδέξομαι. Πίστις  
*my and-thence the assurance my I-will-await faith*  
 πτερόν προσευχῆς· τοῦτο γὰρ μὴ ἔχουσα, πάλιν εἰς  
*(the)-wing of-prayer this for not having again into*  
 κόλπον μου ἀποστραφήσεται· πίστις ἐστὶν ἀνενδοίαστος  
*(the)-bosom my it-will-return faith is undoubting*  
 ψυχῆς στάσις, ὑπὸ οὐδεμιᾶς ἐναντιότητος κλονουμένη.  
*of-soul standing by no adversity shaken*  
 Πιστός ἐστιν, οὐχ ὁ οἰόμενος Θεὸν δύνασθαι, ἀλλ'  
*faithful is not the(-one) thinking God to-be-able but*

ὁ πιστεύων πάντων τεύξεται. Πίστις ἐστὶ ἀνελπίστων  
*the(-one) believing all he-will-obtain faith is of-hopeless(-things)*  
 πρόξενος, καὶ τοῦτο ὁ ληστής ἀπέδειξε. Πίστεως μήτηρ  
*cause and this the thief showed of-faith mother*  
 μόχθος, καὶ εὐθὺς καρδία· ἡ μὲν γὰρ ἀδίστακτον  
*toil and (an)-upright heart the-one indeed for undoubting*  
 ποιεῖ· ὁ δὲ δημιουργεῖ ἡσυχαστῶν μήτηρ πίστις· εἰ μὴ  
*makes the-other and builds of-solitaries mother faith if not*  
 γὰρ πιστεύσει, πῶς ἡσυχάσει; ἐν εἰρκτῇ πεδηθείς, φόβον  
*for he-will-believe how will-be-keep-stillness in prison fettered (the)-fear*  
 κολάζοντος δέδοικε. Ὁ δὲ ἐν κέλλῃ ἡρεμῶν φόβον  
*of-(the)-punisher fears the(-one) but in (the)-cell resting fear*  
 Κυρίου τέτοκεν. Οὐχ οὕτως ὁ πρότερος τὸ δικαστήριον,  
*of-(the)-Lord has-begotten not so the former the court*  
 ὥς ὁ δεύτερος τὸ τοῦ κριτοῦ κριτήριον δέδοικεν.

- 10 Φόβου σοι πολλοῦ καθ' ἡσυχίαν χρή, ᾧ θαυμάσιε·  
*fear for-you much in stillness is-needed O admirable(-one)*  
 οὐδὲν γὰρ οὕτως ἀκηδίαν ἐκδιώκειν δύναται. Ἀτενίζει μὲν  
*nothing for thus listlessness to-drive-out can watches indeed*  
 κατάκριτος διὰ παντός, πότε ἐν τῷ δεσμοτηρίῳ ὁ κριτὴς  
*a-condemned(-man) through all(-time) when in the prison the judge*  
 παραγίνεται· ὁ δὲ ὄντως ἐργάτης, πότε ὁ κατεπείγων  
*comes the and truly worker when the urging(-one)*  
 ἐλεύσεται. Δεδέσμευται τῷ προτέρῳ φορτίον λύπης· τῷ  
*will-come is-bound on-the former a-load of-grief on-the*  
 δὲ δευτέρῳ πηγὴ δακρύων. Ἐὰν κτήσῃ ὑπομονῆς ῥάβδον,  
*and second a-spring of-tears if you-acquire of-patience (the)-staff*  
 θάττον ὑπολήξουσιν οἱ κύνες ἀναιδεῦσθαι. Ὑπομονή ἐστίν  
*quickly will-cease the dogs to-be-shameless patience is*  
 ἄθραυστος πόνος ψυχῆς, ὑπ' εὐλόγων, κτύπων μηδαμῶς  
*unbroken toil of-soul by reasonable noises in-no-way*



σαλευομένη. Ὑπομονητικός ἐστὶν ἐργάτης ἄπτωτος, καὶ διὰ  
*shaken a-patient(-man) is a-worker unfallen and through*  
πτωμάτων τὴν νίκην ποιούμενος. Ὑπομονή ἐστὶν ὁρισμὸς  
*falls the victory making patience is a-limit*  
θλίψεως καθ' ἡμέραν ἐκδεχόμενος. Ὑπομονή ἐστὶ προφάσεων  
*of-affliction each day awaiting patience is of-pretexts*  
ἐκκοπή, καὶ οἰκεία προσοχή· οὐχ οὕτως τῆς ἑαυτοῦ τροφῆς,  
*cutting-off and own attention not so the own food*  
ὡς ὑπομονῆς, ὃ ἐργάτης δέεται. Ἐπὶ μὲν γὰρ τῆς δευτέρας  
*as patience the worker needs by indeed for the second*  
λήψεται στέφανον· ἐπὶ δὲ τῆς προτέρας ὀλεθρον κομίζεται.  
*he-will-receive a-crown by but the former ruin he-will-get*  
Ὑπομονητικὸς ἀνὴρ πρὸ μνήματος τέθηκε, μνήμα ἑαυτοῦ  
*a-patient man before (the)-tomb has-died (a)-tomb his*  
τὴν κέλλαν ποιησάμενος. Ὑπομονὴν ἔτεκεν ἐλπίς καὶ  
*the cell having-made patience bore hope and*  
πένθος· ὃ γὰρ τῶν δύο χωρὶς, ἀκηδίας δοῦλος.  
*mourning the(-one) for the two without of-listlessness slave*  
Γινώσκειν δεῖ τὸν τοῦ Χριστοῦ παλαιστήν, ποίους μὲν 11  
*to-know it-is-necessary the — of-Christ wrestler which indeed*  
τῶν ἐχθρῶν ἐκ μακρόθεν διώκειν, ποίους σὲ προσπαλαίειν  
*of-the enemies from afar to-drive-off which you to-grapple*  
συγχωρεῖν. Ποτὲ μὲν ἢ πάλι στέφανον προεξένησε·  
*to-allow sometimes indeed the wrestling a-crown brought*  
ποτὲ δὲ ἢ παραίτησις ἀδοκίμους πεποίηκεν· οὐ λόγῳ  
*sometimes and the refusal unproven has-made not by-word*  
τὰ τοιάδε ἐφικτὸν παιδεύεσθαι· οὐ γὰρ πάντες τοῖς  
*the such(-things) possible to-be-taught not for all by-the*  
αὐτοῖς, οὐδὲ ὡσαύτως πεποιώμεθα ἓνα· τῶν πνευμάτων  
*same nor alike are-formed one of-the spirits*  
ἐπιτήρει νηφόντως, ἐπειδὴ καὶ αὐτός σε πολεμεῖ ἀπαύστως  
*watch soberly since also it you wars-on ceaselessly*

ἐν στάσει, καὶ μεταβάσει, καὶ καθέδρᾳ, καὶ κινήσει, καὶ  
*in standing and moving and sitting and motion and*  
 ἀνακλίσει, καὶ εὐχῇ, καὶ ὕπνῳ. Οἱ μὲν τῶν ἐν τῷ  
*lying-down and prayer and sleep those indeed of-the(-ones) in the*  
 δρόμῳ τῆς ἡσυχίας καθεζομένων. Προωρώμην τὸν Κύριόν  
*course of-the stillness sitting I-foresaw the Lord*  
 μου ἐνώπιόν μου διὰ παντός, ἐν ἑαυτοῖς ἐργασίαν  
*my before me through all(-time) in themselves (as)-work*  
 κατέχουσιν. Οὐ γὰρ πάντες οἱ ἄρτοι τῆς πνευματικῆς τοῦ  
*bold not for all the loaves of-the spiritual of-the*  
 οὐρανίου σίτου ἐργασίας, μονοειδεῖς ὑπάρχουσι. Ἕτεροι δέ·  
*heavenly wheat work uniform are others and*  
 Ἐν τῇ ὑπομονῇ ὑμῶν κτήσεσθε τὰς ψυχὰς ὑμῶν ἄλλοι·  
*in the patience your you-will-gain the souls your others*  
 Γρηγορεῖτε, καὶ προσεύχεσθε ἕτεροι. Ἐτοίμαζε εἰς τὴν  
*watch and pray others prepare for the*  
 ἔξοδον τὰ ἔργα σου ἄλλοι. Ἐταπεινώθην, καὶ ἔσωσέ με·  
*departure the works your others I-was-humbled and saved me*  
 τινὲς μὲν. Οὐκ ἄξια τὰ παθήματα τοῦ νῦν καιροῦ πρὸς  
*some indeed not worthy the sufferings of-the present time compared-with*  
 τὴν μέλλουσαν δόξαν· ἄλλοι πάλιν. Μήποτε ἀρπάσῃ, καὶ οὐ  
*the coming glory others again lest he-s snatch and not*  
 μὴ ἦ ὁ ρυόμενος, διὰ παντός σκέπτονται. Πάντες  
*— there-be the(-one) delivering through all(-time) consider all*  
 μὲν τρέχουσιν. Εἷς δὲ τούτων λαμβάνει τὸ βραβεῖον.  
*indeed run one but of-these receives the prize*  
 Ἀκόπως, οὐ μόνον ἐγρηγορώς, ἀλλὰ καὶ καθεύδων ὁ  
*without-toil not only awake but also sleeping the(-one)*  
 προκόψας ἐργάζεται. Ὅθεν τινὲς καὶ ἐν αὐτοῖς τοῖς ὕπνοις  
*having-advanced works whence some even in the-very the sleeps*  
 τοὺς δαίμονας προσερχομένους ἀτιμάζουσι, καὶ ἀκόλαστα  
*the demons approaching dishonor and licentious*

γύναια περὶ σωφροσύνης νουθετοῦσι. Μὴ ἀνάμενε, μηδὲ  
*women about temperance admonish not wait-for nor*  
 προπαρασκευάζου παρουσίας· ἀπλῇ γὰρ ὅλη καὶ ἄδετος  
*prepare-for visits simple for wholly and unbound*  
 τῆς ἡσυχίας ἡ κατάστασις. Οὐδεὶς θέλων οἰκοδομῆσαι  
*of-the stillness the state no-one wishing to-build*  
 πύργον, καὶ κέλλαν ἡσυχίας ἐπιχειρεῖ, εἰ μὴ πρότερον  
*a-tower and a-cell of-stillness undertakes if not first*  
 καθήσας ψηφίσει καὶ ψηλαφήσει, διὰ προσευχῆς,  
*having-sat-down be-counts and feels through prayer*  
 εἰ ἔχει τὰ πρὸς ἀπαρτισμὸν ιδιώματα, μήποτε  
*whether he-has the(-things) for completion qualities lest*  
 γένηται μετὰ τὴν τοῦ θεμελίου καταβολὴν γελοῖον τοῖς  
*he-become after the of-the foundation laying a-laughingstock to-the*  
 ἐχθροῖς αὐτοῦ, καὶ ἐμπόδιον ἑτέροις ἐργάταις· σκόπει τὴν  
*enemies his and a-hindrance to-other workers examine the*  
 ἐπιδημοῦσαν ἡδύτητα, μήπως ἐκ πικρῶν ἱατρῶν, μᾶλλον  
*arriving sweetness lest from bitter physicians rather*  
 δὲ ἐπιβούλων δολίως συνεκράθη. Νύκτωρ μὲν τὰ πολλὰ  
*but plotters deceitfully it-was-mixed by-night indeed the most*  
 τῇ προσευχῇ δίδου, τὰ δὲ βραχέα τῇ ψαλμωδίᾳ· ἡμέρας  
*to-the prayer give the and little to-the psalmody by-day*  
 δὲ πρὸς τὴν σὴν πάλιν παρασκευάζου δύναμιν· οὐ  
*and according-to the your again prepare strength not*  
 μετρίως φωτίζειν καὶ ἐπισυνάγειν τὸν νοῦν ἢ ἀνάγνωσις  
*moderately to-enlighten and to-gather the mind the reading*  
 πέφυκε· λόγοι γὰρ Πνεύματος ἁγίου ὑπάρχουσι, καὶ τοὺς  
*is-wont words for of-(the)-Spirit holy they-are and those*  
 μετερχομένους πάντως ῥυθμίζουσιν· ἔστω σοι ἐργάτῃ ὄντι  
*pursuing(-them) surely they-order let-be to-you a-worker being*  
 τὰ ἀναγινωσκόμενα πρακτικά· τούτων γὰρ ἡ ἐργασία  
*the(-things) read practical of-these for the practice*

περιττήν ποιῇ τὴν τῶν λοιπῶν ἀνάγνωσιν· πόνοις μᾶλλον,  
*superfluous makes the of-the rest reading by-toils rather*  
 καὶ μὴ δέλοισι τοὺς τῆς ὑγείας λόγους φωτίζεσθαι ζητεῖ·  
*and not books the of-the health words to-be-enlightened seek*  
 ἀλλοτριονόους πρὸ δυνάμεως πνευματικῆς, μὴ μετέρχου  
*alien-minded before strength spiritual not pursue*  
 λόγους. Σκότους γὰρ ὄντα ῥήματα, τοὺς ἀδυνάτους  
*words of-darkness for being words the weak*  
 σκοτίζουσι· μία κύλιξ πολλάκις γεύσω οἴνου ἐσήμανε· καὶ  
*they-darken one cup often (the)-taste of-wine showed and*  
 εἷς λόγος ἡσυχαστοῦ τοῖς γεύσασθαι δυναμένοις πᾶσαν  
*one word of-a-solitary to-those to-taste able all*  
 αὐτοῦ τὴν ἑνδον ὑπέδειξεν ἐργασίαν, καὶ κατάστασιν.  
*his the inward showed work and state*  
 Ἄρεπτον ψυχῆς ὄμμα κέκτησο πρὸς οἴησιν· οὐ γάρ ἐστιν  
*unswerving of-soul (an)-eye have against conceit not for is*  
 ἐν κλοπαῖς τι ταύταις ὀλεθριώτερον. Φείδου τῆς  
*among thefts anything these more-destructive spare the*  
 γλώσσης προῖων· οἶδε γὰρ συντόμως πολλοὺς καμάτους  
*tongue going-out it-knows for quickly many labors*  
 σκορπίζειν. Ἀπερίεργον ἄσκει κατάστασιν· μολύνειν γὰρ  
*to-scatter an-uncurious practice state to-defile for*  
 τὴν ἡσυχίαν περιεργία ὥς οὐκ ἄλλο τι δύναται.  
*the stillness curiosity as not other anything can*  
 Τοῖς παραβάλλουσι τὰ χρειώδη παράβαλλε, σώματι  
*to-those visiting the(-things) needful offer to-body*  
 λέγω καὶ πνεύματι· εἰ μὲν σοφώτεροι καθεστήκασι διὰ  
*I-mean and spirit if indeed wiser they-are through*  
 σιωπῆς τὴν φιλοσοφίαν ἐπιδειξώμεθα. Εἰ δὲ ἀδελφοὶ  
*silence the philosophy let-us-show if but brothers*  
 τῇ καταστάσει, συμμέτρως τὴν θύραν ἀνοίξωμεν. Πλὴν  
*in-the state moderately the door let-us-open but*

ἄμεινον πάντας ὑπερέχειν λογίζεσθαι. Βουλόμενόν με πάντῃ  
*better all to-excel to-reckon wishing me altogether*  
 ἀποτρέπειν ἐν ταῖς συνάξεσι τὸ τοῦ σώματος ἔργον  
*to-turn-away in the services the of-the body work*  
 τοῖς ἔτι νηπιώδεσιν, ἐπέσχεν ὁ τὴν ψάμμον ἐν τῇ  
*from-the still childish restrained the(-one) the sand in the*  
 ἀναβολίδι παννυχὶ φέρων. Ὡσπερ ἐναντιοῦται τῷ λόγῳ  
*cloak all-night carrying as is-opposed to-the account*  
 τῶν δογμάτων τῆς ἀγίας καὶ ἀκτίστου, καὶ προσκυνητῆς  
*of-the doctrines of-the holy and uncreated and worshipful*  
 Τριάδος τὰ περὶ τῆς ἐνσάρκου οἰκονομίας τοῦ ἐνὸς  
*Trinity the(-things) about the incarnate dispensation of-the one*  
 τῆς αὐτῆς παννυμνίου μονάδος· τὰ μὲν γὰρ ἐκεῖ  
*of-the same all-praised unity the(-things) indeed for there*  
 πληθυντικά, ἐν τούτῳ ὑπάρχουσι ἐνικά· τὰ δὲ ἐκεῖ  
*plural in this are singular the(-things) and there*  
 ἐνικά, ἐνταῦθ' εἰσι πληθυντικά· οὕτως ἕτερα τὰ  
*singular here are plural thus other the(-things)*  
 τῇ ἡσυχίᾳ, καὶ ἄλλα τὰ τῇ ὑπακοῇ πρέποντα  
*to-the stillness and other the(-things) to-the obedience fitting*  
 ἐπιτηδεύματα. Ὁ μὲν θεὸς φησὶν Ἀπόστολος· Τίς ἔγνω  
*practices the indeed divine says Apostle who knew*  
 νοῦν Κυρίου; ἐγὼ δὲ λέγω· Τίς ἔγνω νοῦν ἀνθρώπου  
*(the)-mind of-(the)-Lord I but say who knew (the)-mind of-a-man*  
 ἡσυχαστοῦ σώματι καὶ πνεύματι;  
*solitary in-body and spirit*  
 Κράτος βασιλεῖ πλοῦτος καὶ πλήθος· κράτος δὲ ἡσυχαστῇ 12  
*might for-a-king wealth and abundance might but for-a-solitary*  
 προσευχῆς πλήθος.  
*of-prayer abundance*

*Prayer is the union of man with God, the world's support, the mother of tears, and the mirror of progress. Whoever goes to stand before the King must wear a garment woven of forgiveness, pray without elaborate words, as the publican did, and begin with thanksgiving, then confession, then request. One word gathers the mind where many scatter it, and the wandering mind must be shut up again in the words. Prayer begins by driving off suggestions and ends in rapture to the Lord. The fire that comes into the heart burns those not yet cleansed and illumines the perfect, so that some leave prayer as from a furnace and others clothed in light. Prayer's teacher is God alone, who gives prayer to the one who prays.*

- 1 Προσευχή ἐστὶ κατὰ μὲν τὴν αὐτῆς ποιότητα  
 prayer is according-to indeed the its quality  
 συνουσία καὶ ἔνωσις ἀνθρώπου καὶ Θεοῦ· κατὰ δὲ  
 converse and union of-man and God according-to and  
 τὴν ἐνέργειαν, κόσμου σύστασις· Θεοῦ καταλλαγή,  
 the working of-(the)-world upholding with-God reconciliation  
 δακρύων μήτηρ καὶ πάλιν θυγάτηρ, ἁμαρτημάτων ἱλασμός,  
 of-tears mother and again daughter for-sins propitiation  
 πειρασμῶν γέφυρα, θλίψεων μεσότοιχον, πολέμων  
 over-temptations a-bridge against-afflictions a-wall of-wars  
 θραῦσις, ἀγγέλων ἔργον, ἀσωμάτων πάντων τροφή· ἡ  
 breaking of-angels work of-bodiless(-beings) all food the  
 μέλλουσα εὐφροσύνη, ἀπέραντος ἐργασία, ἀρετῶν πηγή,  
 coming gladness unending work of-virtues spring  
 χαρισμάτων πρόξενος, προκοπὴ ἀόρατος, τροφή ψυχῆς,  
 of-gifts cause progress invisible food of-soul  
 νοῦ φωτισμός, ἀπογνώσεως πέλυξ, ἐλπίδος ἀπόδειξις,  
 of-mind illumination for-despair an-axe of-hope proof  
 λύπης λύσις, πλοῦτος μοναχῶν, ἡσυχαστῶν θησαυρός,  
 of-grief dissolving wealth of-monks of-solitaries treasure

θυμοῦ μείωσις, ἔσοπτρον προκοπῆς, μέτρων ἐμφάνεια,  
*of-temper lessening mirror of-progress of-measures showing*  
 καταστάσεως δήλωσις, τῶν μελλόντων μηνυτής,  
*of-state revealing of-the(-things) coming herald*  
 κλέους σημασία. Προσευχὴ ἐστὶ τῷ ὄντως εὐχομένῳ  
*of-glory signal prayer is for-the(-one) truly praying*  
 δικαστήριον καὶ κριτήριον, καὶ βῆμα Κυρίου, πρὸ τοῦ  
*(a)-court and tribunal and judgment-seat of-the(-)Lord before the*  
 βήματος μέλλοντος· ἀναστάντες ἀκούσωμεν, τῆς ἱερᾶς  
*judgment-seat coming having-risen let-us-hear the holy*  
 ταύτης βασιλίσσης τῶν ἀρετῶν πρὸς ἡμᾶς ὑψηλῇ τῇ  
*this queen of-the virtues to us with-lofty the*  
 φωνῇ βοώσης καὶ λεγούσης· Δεῦτε πρὸς με, πάντες οἱ  
*voice crying and saying come to me all the(-ones)*  
 κοπιῶντες καὶ πεφορτισμένοι, καὶ γὰρ ἀναπαύσω ὑμᾶς· ἄρατε  
*laboring and having-been-burdened I-too will-give-rest you take-up*  
 τὸν ζυγόν μου ἐφ' ὑμᾶς, καὶ εὐρήσετε ἀνάπαυσιν ταῖς  
*the yoke my upon you and you-will-find rest for-the*  
 ψυχαῖς ὑμῶν, καὶ ἴασι τὰς πληγαῖς ὑμῶν. Ὁ γὰρ ζυγὸς  
*souls your and healing for-the wounds your the for yoke*  
 μου χρηστός, καὶ πταισμάτων μεγάλων ἱαματικὸς ὑπάρχει.  
*my kind and of-failings great healing is*  
 Ὅσοι βασιλεῖ, καὶ Θεῷ παραστήναι, καὶ συλλαλῆσαι  
*as-many-as to-the(-)king and God to-stand and to-converse*  
 πορευόμεθα, μὴ ἀπαρασκεύαστοι τὸν δρόμον ποιησώμεθα,  
*we-go not unprepared the journey let-us-make*  
 μήπως θεασάμενος ἡμᾶς μακρόθεν μὴ ἔχοντας ὅπλα  
*lest having-seen us from-afar not having arms*  
 καὶ στολὴν βασιλικῆς παραστάσεως, τοῖς ὑπηρεταῖς καὶ  
*and dress of-royal audience the servants and*  
 λειτουργοῖς ἐπιτρέψῃ πόρρῳ πού τοῦ αὐτοῦ προσώπου  
*ministers be-order far somewhere from-the his face*

δεθέντας ἐξορίζεσθαι, καὶ τὰς ἡμῶν δεήσεις εἰς πρόσωπον  
*bound to-be-banished and the our petitions into (the)-face*  
 ἡμῶν διαρρήσσομένας ἀντιπέμπεσθαι. Ἔστω ὁ σὸς χιτῶν  
*our torn-up to-be-thrown-back let-be the your tunic*  
 τῆς ψυχῆς ἐνώπιον Κυρίου παρασταθῆναι πορευομένῳ ὅλος  
*of-the soul before (the)-Lord to-stand going wholly*  
 νήματι, μᾶλλον δὲ λύματι ἀμνησικακίας ἐξυφασμένος.  
*with-thread rather but with-loosing of-freedom-from-grudges woven*  
 Εἰ δὲ μή, οὐδὲν τῆς προσευχῆς ὠφεληθήσῃ. Ἔστω  
*if but not nothing from-the prayer you-will-profit let-be*  
 σοι ὅλον τὸ τῆς δεήσεως ἀποίκιον· ἐνὶ γὰρ λόγῳ  
*for-you wholly the of-the petition unvaried with-one for word*  
 τελώνης, καὶ ἄσωτος τὸν Θεὸν διήλλαξαν· μία μὲν  
*(the)-tax-collector and (the)-prodigal — God reconciled one indeed*  
 ἡ τῶν παρισταμένων παράστασις· πολὺ δὲ ἐν αὐτῇ  
*the of-those standing standing much but in it*  
 τὸ ποικίλον, καὶ τὸ διάφορον κέκτηται· οἱ μὲν ὥς  
*the variety and the difference it-has some indeed as*  
 φίλῳ καὶ Δεσπότη ἐντυγχάνουσι, τῆς ἐτέρων λοιπόν,  
*to-a-friend and Master petition for-the of-others thereafter*  
 καὶ οὐ τῆς αὐτῶν ἀντιλήψεως ἔνεκα, τὸν ὕμνον, καὶ  
*and not the their-own help for-the-sake the hymn and*  
 τὴν ἰκεσίαν προσάγοντες· ἄλλοι πλοῦτον καὶ δόξαν, καὶ  
*the supplication offering others wealth and glory and*  
 παρρησίαν πλείονα ἐπιζητοῦντες· ἕτεροι τοῦ ἀντιδίκου  
*boldness greater seeking others from-the adversary*  
 τοῦ ἑαυτῶν εἰς τέλος ἀπαλλαγῆναι αἰτοῦντες· τινὲς μὲν  
*the own to completion to-be-freed asking some indeed*  
 ἀξίαν τινὰ λήψεσθαι δυσωποῦντες· ἄλλοι τελείαν τὴν τοῦ  
*rank some to-receive entreating others complete the of-the*  
 χρέους ἀμεριμνίαν· τινὲς μὲν φυλακῆς ἐλευθερίαν· ἄλλοι  
*debt freedom-from-care some indeed from-prison freedom others*



δὲ ἐγκλημάτων λύσιν. Πρὸ πάντων ἐν τῷ τῆς ἡμετέρας  
*and of-charges release before all on the of-the our*  
 δείξεως χάρτη εὐχαριστίαν εὐλικρινῇ κατατάξωμεν.  
*petition paper thanksgiving sincere let-us-set-down*  
 Δεύτερον δὲ στίχον, ἐξομολόγησιν, καὶ συντριμμὸν ψυχῆς  
*second and line confession and contrition of-soul*  
 ἐν ἀναισθήσει· εἴθ' οὕτως τὴν αἴτησιν ἡμῶν τῷ Παμβασίλει  
*in insensibility then thus the request our to-the King-of-all*  
 γνωρίσωμεν. Ἄριστος γὰρ ὁ εἰρημένος προσευχῆς τρόπος,  
*let-us-make-known best for the said of-prayer manner*  
 ὥς τινι τῶν ἀδελφῶν ὑπὸ ἀγγέλου Κυρίου δεδήλωται. Εἰ  
*as to-one of-the brothers by (an)-angel of-(the)-Lord it-has-been-shown if*  
 μὲν ὑπεύθυνος γέγονάς ποτε ὁρατῷ δικαστῇ, οὐ δεηθήσῃ  
*indeed answerable you-have-been ever to-a-visible judge not you-will-need*  
 ἑτέρου τύπου ἐν τῇ παραστάσει τῆς προσευχῆς σου. Εἰ δὲ  
*other model in the standing of-the prayer your if but*  
 οὐδέπω, οὐδὲ παρέστηκας, οὐδὲ ἐξεταζομένους ἐθεάσω,  
*never not-even you-have-stood nor (men)-examined you-have-seen*  
 καὶ ἐκ τῆς πρὸς ἰατροὺς τῶν νοσούντων ἰκεσίας, τὸ  
*at-least from the to physicians of-the sick supplication the*  
 τοιοῦτον παιδεύθητι, ἥνικα ὑπ' αὐτῶν μέλλουσι τέμνεσθαι,  
*such(-thing) be-taught when by them they-are-about to-be-cut*  
 ἢ καίεσθαι. Μὴ σοφίζου ἐν εὐχῆς σου ῥήμασι· παίδων  
*or to-be-burned not be-clever in of-prayer your words of-children*  
 γὰρ πολλάκις ἀπλᾶ ψελλίσματα καὶ ἀποίικιλα τὸν Πατέρα  
*for often simple lipspings and plain the Father*  
 αὐτῶν, τὸν ἐν τοῖς οὐρανοῖς ἐθεράπευσαν. Μὴ πολυλογεῖν  
*their the(-one) in the heavens pleased not to-say-much*  
 ἐπιχείρει, ἵνα μὴ πρὸς ζήτησιν λόγων διασκεδασθῇ ὁ  
*attempt that not in seeking of-words be-scattered the*  
 νοῦς. Εἰς λόγος τελωνικὸς τὸν Θεὸν ἐξιλεώσατο· καὶ  
*mind one word of-(the)-tax-collector — God propitiated and*

ἐν ῥῆμα πιστὸν τὸν ληστὴν διέσωσε. Πολυλογία μὲν  
*one saying faithful the thief saved much-talk indeed*  
 πολλάκις ἐν προσευχῇ τὸν νοῦν, καὶ ἐφάντασε καὶ  
*often in prayer the mind both filled-with-fancies and*  
 διέχυσε. Μονολογία δὲ πολλάκις τὸν νοῦν συνάγειν πέφυκε·  
*dissipated a-single-word but often the mind to-gather is-wont*  
 καθηδυνόμενος, ἢ κατανυσσόμενος ἐν λόγῳ προσευχῆς,  
*delighted or pierced in a-word of-prayer*  
 μένε ἐν αὐτῷ· ὁ γὰρ φύλαξ ἡμῶν τότε ὑπάρχει ὁ  
*remain in it the for guardian our then is the(-one)*  
 συμπροσευχόμενος ἡμῖν· μὴ παρῤῥησιάζου, κἂν καθαρότητα  
*praying-with us not be-forward even-if purity*  
 κέκτησαι· ταπεινοφροσύνη δὲ μᾶλλον πολλῇ πρόσελθε,  
*you-have with-humility but rather much approach*  
 καὶ πλεῖον παρῤῥησιασθήσῃ· κἂν πάσαν τὴν κλίμακα τῶν  
*and more you-will-have-boldness even-if all the ladder of-the*  
 ἀρετῶν ἀναβέβηκας, ὑπὲρ ἀφέσεως ἁμαρτιῶν προσεύχου·  
*virtues you-have-climbed for forgiveness of-sins pray*  
 ἀκούων Παύλου περὶ ἁμαρτωλῶν βοῶντος· Ὡν πρῶτος  
*bearing Paul about sinners crying of-whom first*  
 εἰμὶ ἐγώ. Ἐξαρτύνειν ὄψα ἔλαιον καὶ ἄλς πεφύκασι·  
*am I to-season dishes oil and salt are-wont*  
 πτεροῦν δὲ προσευχὴν σωφροσύνη καὶ δάκρυα. Ἐὰν  
*to-give-wings and to-prayer temperance and tears if*  
 πάσαν πραῦτητα καὶ ἀοργησίαν ἀμφιάσῃ· οὐ πολλὰ  
*all meekness and freedom-from-anger you-put-on not much*  
 κοπωθήσῃ ἐλευθεροῦν αἰχμαλωσίας τὸν νοῦν σου. Ἔως  
*you-will-toil to-free from-captivity the mind your while*  
 οὐ προσευχὴν ἐναργῇ οὐ κεκτήμεθα τοῖς γυμνάζουσι τὰ  
*— prayer clear not we-have to-those training the*  
 νήπια βαδίζειν ἐν προοιμίῳ· εὐόκαμεν. Πύκτετε ἀναφέρειν,  
*infants to-walk in (the)-beginnings we-are-like struggle to-lift-up*

μᾶλλον δὲ ἀποκλείειν τὴν ἔννοιαν ἐν τοῖς τῆς προσευχῆς  
*rather but to-shut-in the thought in the of-the prayer*  
 ῥήμασι, κἂν ἐξατονήσασα διὰ τὸ νηπιῶδες πέσῃ, πάλιν  
*words and-if growing-weak because-of the childishness it-falls again*  
 αὐτὴν εἰσάγαγε· ἴδιον γὰρ τοῦ νοὸς τὸ ἄστατον. Δυνατὸν  
*it bring-in property for of-the mind the instability possible*  
 δὲ τοῦτον στήσαι τῷ πάντα δυναμένῳ ἰστᾶν. ἐὰν  
*but it to-steady for-the(-one) all able to-steady if*  
 ἀνελλιπῶς τὸν ἀγῶνα κέκτησαι, ἐπιδημήσῃ καὶ ἐν σοὶ  
*unfailingly the struggle you-keep will-come also in you*  
 ὁ τὴν θάλατταν τοῦ νοὸς περιορίζων· καὶ ἐρεῖ πρὸς  
*the(-one) the sea of-the mind bounding and will-say to*  
 αὐτὴν ἐν τῇ προσευχῇ σου· Μέχρι τούτου ἐλεύσῃ, καὶ  
*it in the prayer your to this you-will-come and*  
 οὐχ ὑπερβήσῃ. Ἀδύνατον πνεῦμα δεσμεῖν· ὅπου δὲ ὁ τοῦ  
*not you-will-pass impossible spirit to-bind where but the of-the*  
 πνεύματος κτίστης, πάντα ὑποτέτακται. Εἰ μὲν ἥλιόν ποτε  
*spirit creator all is-subjected if indeed (the)-sun ever*  
 τεθέασαι, δυνήσῃ αὐτῷ καὶ συλλαλήσαι πρεπόντως·  
*you-have-seen you-will-be-able with-him also to-converse fittingly*  
 ὁ γὰρ οὐχ ἑώρακας, πῶς ἐντυχάνειν ἀψευδῶς δύνασαι;  
*what for not you-have-seen how to-converse truly can-you*  
 Ἀρχὴ μὲν προσευχῆς προσβολαὶ μονολογίστως διωκόμεναι 2  
*beginning indeed of-prayer suggestions by-a-single-word driven-off*  
 ἐκ προουμιῶν αὐτῶν. Μεσότης τὸ ἐν τοῖς λεγομένοις  
*from (the)-outset their middle the in the(-things) said*  
 ἢ νοουμένοις μόνοις εἶναι τὴν διάνοιαν. Τὸ δὲ ταύτης  
*or thought alone to-be the mind the and its*  
 τέλειον ἀρπαγὴ πρὸς Κύριον. Ἄλλη ἢ ἀγαλλίασις ἢ  
*perfection rapture to (the)-Lord other the exultation the(-one)*  
 ἐν προσευχῇ τοῖς ἐν συνοδίᾳ διάγουσιν ἐπισυμβαίνουσα,  
*in prayer to-those in company living coming*

καὶ ἑτέρα ἢ τοῖς καθ' ἡσυχίαν προσευχομένοις  
*and other the(-one) to-those in stillness praying*  
 προσγινομένη. Ἡ μὲν γὰρ ἴσως πεφάντασται μικρόν·  
*coming the-one indeed for perhaps is-fancied a-little*  
 ἢ δὲ ὅλη ταπεινοφροσύνης πεπλήρωται. Ἐὰν αἰ  
*the-other and wholly with-humility is-filled if always*  
 γυμνάζῃς τὸν νοῦν μὴ μακρύνειν, καὶ ἐν τῇ τῆς τραπέζης  
*you-train the mind not to-wander-far even at the of-the table*  
 παραθήκῃ πλησίον σου γενήσεται· εἰ δὲ ἀκωλύτως  
*serving near you it-will-be if but unchecked*  
 πλάζεται, οὐδέποτε σοι παραμένειν πέφυκεν· ὁ μὲν  
*it-wanders never with-you to-remain it-is-wont the indeed*  
 μέγας τῆς μεγάλης καὶ τελείας προσευχῆς ἐργάτης φησί·  
*great of-the great and perfect prayer worker says*  
 Θέλω εἰπεῖν πέντε λόγους τῷ νωΐ μου, καὶ τὰ ἐξῆς.  
*I-wish to-speak five words with-the mind my and the(-rest) following*  
 Νηπιωδεστέρων δὲ τὸ τοιοῦτον ἀλλότριον· διόπερ ἡμεῖς  
*of-(the)-more-childish but the such(-thing) foreign therefore we*  
 μετὰ τῆς ποιότητος, καὶ τοῦ πλήθους τῆς ποσότητος ὡς  
*with the quality also the abundance of-the quantity as*  
 ἀτελεῖς δεόμεθα· τὸ γὰρ δεύτερον τοῦ προτέρου πρόξενον·  
*imperfect need the for second of-the first cause*  
 διδοὺς γάρ, φησὶν, εὐχὴν καθαρὰν τῷ ἀόκνως εὐχομένῳ  
*giving for it-says prayer pure to-the(-one) unslotfully praying*  
 ῥυπαρῶς καὶ πεπονημένως· ἄλλο ῥύπος προσευχῆς, καὶ  
*impurely and laboriously other defilement of-prayer and*  
 ἄλλο ἀφανισμός, καὶ ἄλλο κλοπή, καὶ ἕτερον μῶμος.  
*other destruction and other theft and other blemish*  
 Ῥύπος ἐστὶ Θεῷ παρίστασθαι, καὶ ἀτόπους ἐννοίας  
*defilement is before-God to-stand and monstrous thoughts*  
 φαντάζεσθαι· ἀφανισμός ἐστι, τὸ εἰς φροντιδᾶς ἀνωφελεῖς  
*to-picture destruction is the into cares useless*

αἰχμαλωτίζεσθαι· κλοπή ἐστι τὸ ἀνepαισθήτως τὴν ἔννοιαν  
*to-be-taken-captive theft is the unnoticed the thought*  
 ῥέμβεσθαι· μῶμός ἐστι προσβολή ἢ οἴαοῦν τότε πρὸς  
*to-wander blemish is suggestion the whatever then to*  
 ἡμᾶς ἐγγίζουσα. Εἰ μὲν οὐ κατὰ μόνas τυγχάνωμεν τῷ  
*us approaching if indeed not by ourselves we-are at-the*  
 καιρῷ τῆς παραστάσεως, ἔνδοθεν τὸ σχῆμα τῆς ἱκεσίας  
*time of-the standing within the form of-the supplication*  
 ἀνατυπώσωμεν. Εἰ δὲ οὐ πάρεῖσι τῶν ἐπαίνων οἱ ὑπηρέται,  
*let-us-shape if but not are-present of-the praises the servants*  
 καὶ τὸ ἔξωθεν εἶδος εἰς πρεσβείαν τυπώσωμεν. Ἐν τοῖς  
*also the outward form for intercession let-us-shape in the*  
 γὰρ ἀτελέσι πολλάκις ὁ νοῦς τῷ σώματι συσχηματίζεται·  
*for imperfect often the mind to-the body is-conformed*  
 πάντες μὲν, ἐπὶ πλείω δὲ οἱ τὴν ἄφεσιν τοῦ χρέους  
*all indeed in greater(-measure) but those the forgiveness of-the debt*  
 λαβεῖν πρὸς βασιλέα πορευόμενοι, ἀμυθήτου συντριμμοῦ  
*to-receive to (the)-king going of-untold contrition*  
 δέονται. Ἐὰν ἐν εἰρκτῇ ἔτι τυγχάνωμεν, ἀκούσωμεν  
*need if in prison still we-are let-us-hear*  
 τοῦ λέγοντος Πέτρῳ· Ζῶσαι λέντιον ὑπακοῆς, καὶ  
*the(-one) saying to-Peter gird-on (the)-towel of-obedience and*  
 ἀπόδυσαι τὰ θελήματά σου, καὶ γυμνὸς τούτων πρόσσελθε  
*strip-off the wills your and naked of-them approach*  
 Κυρίῳ ἐν προσευχῇ σου· τὸ αὐτοῦ μόνου ἐπικαλούμενος  
*(the)-Lord in prayer your the his alone invoking*  
 θέλημα, καὶ τότε λήψῃ Θεὸν τὸν τῆς σῆς ψυχῆς  
*will and then you-will-receive God the(-one) of-the your soul*  
 κατέχοντα οἶακα, καὶ ἀκινδύνως κυβερνῶντά σε· ἀναστὰς  
*holding (the)-helm and safely steering you having-risen*  
 ἐκ φιλοκοσμίας καὶ φιληδονίας, ἀπόρριψε φροντίδας·  
*from love-of-the-world and love-of-pleasure throw-off cares*

ἀπόδυσαι ἐννοίας· ἀπάρνησαι σῶμα· οὐδὲν γὰρ ἕτερόν  
*strip-off thoughts renounce (the)-body nothing for other*  
 ἐστι προσευχή, εἰ μὴ κόσμου ὁρατοῦ καὶ ἀοράτου  
*is prayer if not from-(the)-world visible and invisible*  
 ἀλλοτρίωσις. Τί γάρ μοι ὑπάρχει ἐν τῷ οὐρανῷ; Οὐδέν.  
*estrangement what for to-me is in the heaven nothing*  
 Καὶ παρὰ σοῦ τί ἠθέλησα ἐπὶ τῆς γῆς; Οὐδέν, ἀλλ' ἢ  
*and from you what did-I-wish on the earth nothing but than*  
 ἀπερισπάστως διὰ παντὸς ἐν προσευχῇ προσκολλᾶσθαι  
*undistractedly through all-(time) in prayer to-cling*  
 σοι. Τιὸς μὲν πλοῦτος, ἑτέροις δόξα, ἄλλοις δὲ κτήσις  
*to-you to-some indeed wealth to-others glory to-others and possession*  
 ἐραστή καθέστηκεν· Ἐμοὶ δὲ τὸ προσκολλᾶσθαι τῷ Θεῷ  
*beloved is to-me but the to-cling — to-God*  
 ἐπιθύμητόν ἐστι, καὶ τίθεσθαι ἐν αὐτῷ τὴν ἐλπίδα τῆς  
*desirable is and to-place in him the hope of-the*  
 ἀπαθείας μου. Πίστις προσευχὴν ἐπτέρωσε· χωρὶς γὰρ  
*dispassion my faith prayer gave-wings-to without for*  
 ταύτης εἰς οὐρανὸν πετασθῆναι οὐ δύναται. Αἰτήσωμεν οἱ  
*it to heaven to-fly not it-can let-us-ask we*  
 ἐμπαθεῖς ἐπιμόνως τὸν Κύριον· πάντες γὰρ οἱ ἐμπαθεῖς  
*passionate(-ones) persistently the Lord all for the passionate(-ones)*  
 ἐξ ἐμπαθείας εἰς ἀπάθειαν προέκοιψαν. Εἰ καὶ μὴ τὸν Θεὸν  
*from passion to dispassion advanced if even not — God*  
 φοβεῖται ὁ κριτής, ἀλλὰ γε διὰ τὸ κόπους αὐτῷ  
*fears the judge yet at-least because-of the trouble to-him*  
 παρέχειν δι' ἁμαρτίας, καὶ πταίσματος χηρεύσασαν ἐξ  
*to-give through sin and failing widowed from*  
 αὐτοῦ ψυχὴν, ποιήσει τὴν ἐκδίκησιν αὐτῆς ἐκ τοῦ ἀντιδίκου  
*him a-soul he-will-do the vindication her from the adversary*  
 αὐτῆς σώματος, καὶ τῶν πολεμίων αὐτοῦ πνευμάτων.  
*her body and the hostile its spirits*

Τοὺς μὲν εὐγνώμονας ὁ ἀγαθὸς ἡμῶν πραγματευτὴς  
*the indeed grateful the good our merchant*  
 διὰ τῆς συντόμου τοῦ αἰτήματος παροχῆς, πρὸς τὴν  
*through the quick of-the request granting to the*  
 ἑαυτοῦ ἀγάπην ἐφέλκεται· τὰς δὲ ἀγνώμονας τῶν κυνῶν  
*own love draws the but ungrateful of-the dogs*  
 ψυχὰς διὰ τῆς πείνης καὶ τῆς τοῦ αἰτήματος δίψης πρὸς  
*souls through the hunger and the of-the request thirst by*  
 αὐτὸν παρακαθέζεσθαι διὰ προσευχῆς παρασκευάζει. Ὁ  
*him to-sit through prayer he-makes the*  
 γὰρ ἀγνώμων κύων κομισάμενος ἄρτον εὐθέως ἀναχωρεῖ  
*for ungrateful dog having-got bread immediately leaves*  
 τοῦ δεδωκότος. Μὴ λέγε χρονίζων ἐν τῇ δεήσει μηδὲν  
*the(-one) having-given not say spending-long in the petition nothing*  
 κατωρθωκέναι· ἤδη γὰρ καὶ κατώρθωκας. Τί γὰρ καὶ  
*to-have-achieved already for also you-have-achieved what for even*  
 ὑψηλότερον ἀγαθὸν τοῦ τῷ Κυρίῳ προσκολλᾶσθαι, καὶ  
*higher good than-the to-the Lord to-cling and*  
 ἐν τῇ πρὸς αὐτὸν ἐνώσει ἀδιαλείπτως προσκαρτερεῖν.  
*in the with him union unceasingly to-persevere*  
 Οὐχ οὕτως κατάκριτος δέδοικε τῆς ἑαυτοῦ τιμωρίας  
*not so a-condemned(-man) fears of-the own punishment*  
 τὴν ἀπόφασιν, ὥς ὁ προσευχῆς ἐπιμελούμενος τὴν  
*the sentence as the(-one) prayer caring-for the*  
 ταύτης παράστασιν. Ὅθεν εἰ σοφός τις καὶ ἀγχίνους  
*its standing whence if wise anyone and quick-witted*  
 ὑπάρχει ἐκ τῆς ἐκείνης μνήμης, πᾶσαν λαιδορίαν, καὶ  
*is from the of-that remembrance all reviling and*  
 ὀργήν, καὶ μέριμναν, καὶ ἀσχολίαν, καὶ θλάβιν, καὶ κόρον,  
*anger and care and business and affliction and satiety*  
 καὶ πειρασμόν, καὶ λογισμόν ὑποστρέφεισθαι δύναται.  
*and temptation and thought to-turn-back can*

Προπαρασκευάζου διὰ ἀεννάου ἐν ψυχῇ προσευχῆς πρὸς  
*prepare-beforehand through unceasing in soul prayer for*

τὴν παράστασιν τῆς σῆς ἰκεσίας, καὶ συντόμως προκόψεις.  
*the standing of-the your supplication and quickly you-will-advance*

3 Ἐώρακα ἐν ὑπακοῇ ἐξαστράπτοντας, καὶ τῆς κατὰ νοῦν  
*I-have-seen in obedience shining and the in mind*

ὅση δύναμις μνήμης Θεοῦ μὴ ἀμελοῦντας ἀθρόον ἐπὶ  
*as-far-as possible remembrance of-God not neglecting at-once at*

προσευχὴν παρασταθέντας, καὶ συντόμως τοῦ ἑαυτῶν  
*prayer having-stood and quickly the own*

νοὸς περιγενομένους καὶ κρουνηδὸν δάκρυα προχεομένους.  
*mind mastering and in-streams tears pouring-forth*

Προπαρασκευασμένοι γὰρ ὑπὸ τῆς ὁσίας ὑπακοῆς ἐτύγχανον·  
*prepared-beforehand for by the holy obedience they-were*

τῇ μὲν μετὰ πλήθους ψαλμωδία, αἰχμαλωσίαι καὶ ῥεμβασμοὶ  
*the indeed with (a)-crowd psalmody captivities and wanderings*

παρέπονται· τῇ δὲ ἰδιαζούσῃ οὐχ οὕτως· ἀλλὰ τῇ μὲν  
*attend the but private not thus but the-one indeed*

ἀκηδία πολεμεῖ, τῇ δὲ προθυμία συνεργεῖ. Ἀγάπην μὲν  
*listlessness wars-on the-other and eagerness helps love indeed*

στρατευομένου πρὸς βασιλέα ἀνέδειξε πόλεμος· ἀγάπην  
*of-a-soldier toward (the)-king showed war love*

δὲ μοναχοῦ πρὸς Θεὸν ἤλεγξε προσευχῆς καιρὸς καὶ  
*and of-a-monk toward God tested of-prayer (the)-time and*

παράστασις· τὴν σεαυτοῦ κατάστασιν, ἢ σὴ προσευχὴ  
*standing the your-own state the your prayer*

ἐμφανίσει σοι· ἔσοπτρον γὰρ αὐτὴν τοῦ μοναχοῦ οἱ  
*will-show to-you (a)-mirror for it of-the monk the*

θεολόγοι ἐκεῖνοι ἐκδεδώκασιν· ὁ τὸν τυχὸν μετερχόμενος  
*theologians those have-declared the(-one) the chance pursuing*

ἔργον καὶ προσευχῆς ὥρας καταλαμβανομένης ἐν αὐτῷ  
*work and of-prayer (the)-hour arriving in it*



προσασχολούμενος, ὑπὸ δαιμόνων ἐμπαίζεται. Σκοπὸς γὰρ  
 occupied by demons is-mocked aim for  
 τοῖς κλέπταις ὥραν δι' ὥρας ἐξ ἡμῶν ἀποσυλῆσαι.  
 to-the thieves hour by hour from us to-steal  
 Μὴ παραιτούμενος, καὶ ὑπὲρ ψυχῆς προσεύχεσθαι, κἂν  
 not refusing even for (a)-soul to-pray even-if  
 προσευχὴν μὴ κέκτησαι· ἡ γὰρ πίστις πολλάκις τοῦ  
 prayer not you-have the for faith often of-the(-one)  
 αἰτοῦντος καὶ τὸν εὐχόμενον μετὰ συντριμμοῦ ἔσωσε.  
 asking also the(-one) praying with contrition saved  
 Μὴ ἐπαίρου ὑπὲρ ἄλλων δεόμενος καὶ εἰσακούμενος·  
 not be-lifted-up for others praying and being-beard  
 ἡ γὰρ ἐκείνων πίστις ἐνήργησε καὶ ἴσχυσε. Παιὶς μὲν  
 the for their faith worked and prevailed (a)-boy indeed  
 πᾶς πᾶσαν, ἥνπερ ἐκ τοῦ παιδοτρίβου μεμάθηκε σοφίαν,  
 every all which from the trainer he-has-learned wisdom  
 καθ' ἡμέραν ἀπαραλείπτως ὑπ' αὐτοῦ ἐκζητηθήσεται·  
 each day without-omission by him will-be-required  
 νοῦς δὲ πᾶς, ἥνπερ δύναμιν ἐκ Θεοῦ εἵληφεν, ἐν  
 (a)-mind and every which power from God it-has-received in  
 πάσῃ προσευχῇ ἀπαιτηθήσεται· διὸ προσεκτέον, ὅταν  
 every prayer will-be-demanded therefore one-must-take-beed when  
 νηφόντως προσεύξῃ, θάττον εἰς ὀργὰς πολεμηθήσῃ. Σκοπὸς  
 soberly you-pray quickly to anger you-will-be-attacked aim  
 γὰρ οὗτος τῶν ἐχθρῶν ἡμῶν· πᾶσαν μὲν ἀρετὴν, ἐπὶ  
 for this of-the enemies our all indeed virtue in  
 πλείω δὲ τὴν προσευχὴν αἰσθήσει πολλῇ ποιησώμεθα  
 greater(-measure) but the prayer with-perception much let-us-make  
 πάντοτε· τότε ψυχὴ ἐν αἰσθήσει προσεύχεται, ὅταν  
 always then (the)-soul in perception prays when  
 θυμοῦ κρείττων γένηται· τὰ πολλαῖς ἱκεσίαις καὶ  
 than-temper stronger it-becomes the(-things) by-many supplications and

χρόνοις περιποιούμενα μόνιμα. Ὁ κύριον κτησάμενος,  
 years acquired lasting the(-one) (the)-lord having-acquired  
 οὐκ ἔτι ἑαυτοῦ ἐν προσευχῇ τὸν μῦθον ὑφηγήσεται·  
 not any-longer his-own in prayer the word will-lead  
 τὸ γὰρ πνεῦμα τότε ἐντυγχάνει ὑπὲρ αὐτοῦ ἐν ἑαυτῷ  
 the for spirit then intercedes for him in himself  
 στεναγμοῖς ἀλαλήτοις. Πάσαν αἰσθητὴν φαντασίαν ἐν  
 with-groanings unutterable every sensible image in  
 τῇ προσευχῇ μὴ προσδέξῃ, ἵνα μὴ ἔκστασις ὑποστῇς·  
 the prayer not accept that not derangement you-suffer  
 ἀπαλλαγὴ ἀμφιβολίας, ἀδήλου δήλωσις ἄσειστος.  
 release of-doubt of-(the)-unclear making-clear unshaken

- 4 Ἐλεήμων γίνου σφόδρα προσευχῆς ἐπιμελούμενος· ἐν αὐτῇ  
 merciful be very prayer caring-for in it  
 γὰρ μοναχοὶ τὰ ἑκατονταπλασίονα λήψονται· τὸ δὲ ἐξῆς  
 for monks the hundredfold will-receive the and following  
 ἐν τῷ ἐξῆς. Πῦρ μὲν ἐπιδημήσαν ἐν καρδίᾳ προσευχῇ  
 in the following(-age) fire indeed having-come in (the)-heart prayer  
 ἀνέστησε· ταύτης διεγερθείσης, καὶ εἰς οὐρανὸν ἀναληφθείσης  
 raised it having-been-roused and to heaven having-been-taken-up  
 πυρὸς ἐν ἀνωγέῳ ψυχῆς κατάβασις γέγονε. Φασὶ μὲν  
 of-fire in (the)-upper-room of-(the)-soul descent happened say indeed  
 τινες κρεῖττον εἶναι προσευχὴν μνήμης ἐξόδου·  
 some better to-be prayer than-(the)-remembrance of-departure  
 ἐγὼ δὲ μιᾶς ὑποστάσεως δύο οὐσίας ὑμῶ. Ἴππος  
 I but of-one hypostasis two natures hymn a-horse  
 μὲν δόκιμος κατὰ πρόσβασιν διαθερμαίνεσθαι, καὶ τῷ  
 indeed proven by degrees to-warm-up and to-the  
 δρόμῳ προστιθέναι πέφυκε· δρόμον δὲ νοῶ, ὑμνωδίαν·  
 running to-add is-wont running and I-understand hymnody  
 ἵππον δὲ τὸν ἀνδρείον νοῦν· πόρρωθεν ὁ τοιοῦτος  
 horse and the courageous mind from-a-far the such(-one)

ὁσφραίνεται πολέμου, καὶ προπαρασκευασθεὶς μένει λοιπὸν  
*smells battle and prepared-beforehand remains thereafter*  
 εἰς ἅπαν ἀνίκητος. Χαλεπὸν ἐκ στόματος διψῶντος  
*in all unconquered hard from (the)-mouth of-a-thirsty(-man)*  
 ὕδωρ ἀφαρπάσαι· χαλεπώτερον δὲ ψυχὴν μετὰ κατανύξεως  
*water to-snatch harder and a-soul with compunction*  
 προσευχομένην, πρὶν τῆς ταύτης περαιώσεως ἑαυτὴν τῆς  
*praying before the its completion itself from-the*  
 παραστάσεως, τῆς πολυποθήτου ἀποκόψαι· μὴ ἀποπηδήσης  
*standing the much-longed-for to-cut-off not leap-away*  
 ἄχρις οὗ τὸ πῦρ καὶ τὸ ὕδωρ οἰκονομικῶς ὑπολήξαντα ἴδης·  
*until — the fire and the water providentially subsided you-see*  
 οὐ γὰρ λήψῃ καιρὸν τοιοῦτον πρὸς ἄφεσιν πταισμάτων  
*not for you-will-get a-time such for forgiveness of-failings*  
 ἴσως ἐν πάσῃ τῇ ζωῇ σου· ὁ προσευχῆς γευσάμενος,  
*perhaps in all the life your the(-one) prayer having-tasted*  
 ὑπὸ λόγου ἐνὸς πολλάκις προερχομένου, τὸν νοῦν ἐμόλυνε,  
*by a-word one often coming-forth the mind defiled*  
 καὶ ἐν προσευχῇ παραστάς, τὸ ποθούμενον οὐχ εἶρε  
*and in prayer having-stood the(-thing) longed-for not found*  
 συνήθως· ἄλλο ἐπισκοπεῖν συχνότερως τῇ καρδίᾳ· καὶ  
*as-usual other to-watch-over more-frequently the heart and*  
 ἄλλο ἐπισκοπεῦσαι καρδίας διὰ νοδὸς ἄρχοντος, καὶ  
*other to-oversee (the)-heart through mind ruling and*  
 ἀρχιερέως λογικὰς θυσίας Χριστῷ προσάγοντος· τοὺς μὲν,  
*high-priest rational sacrifices to-Christ offering some indeed*  
 ὥς φησί τις τῶν θεολογίας προσηγορίαν λαχόντων, τὸ  
*as says one of-those of-theology (the)-name having-obtained the*  
 ἅγιον καὶ ὑπερουράνιον πῦρ ἐπιδημοῦν καταφλέγει, διὰ  
*holy and supercelestial fire coming burns-up because-of*  
 τὸ ἔτι ἐλλιπὲς τῆς καθάρσεως· τοὺς δὲ πάλιν φωτίζει  
*the still deficiency of-the cleansing others and again it-illuminates*

διὰ τὸ μέτρον τῆς τελειότητος· τὸ αὐτὸ γὰρ πῦρ  
*because-of the measure of-the perfection the same for fire*  
καταναλίσκον καὶ φωτίζον φῶς ὀνομάζεται· ὅθεν καὶ τινες  
*consuming and illumining light is-called whence also some*  
ἐκ προσευχῆς ἐξιόντες ὡς ἀπὸ πυρὸς καμίνου ποιοῦνται  
*from prayer going-out as from (a)-fiery furnace make*  
τὴν ἔξοδον· κουφισμὸν ῥύπου τινὸς καὶ ὕλης αἰσθόμενοι·  
*the exit relief of-filth some and of-matter having-felt*  
ἕτεροι δὲ ὡς ἐκ φωτὸς πεφωτισμένοι, καὶ διπλοῖδα  
*others and as from light illumined and a-double-cloak*  
ταπεινώσεως, καὶ ἀγαλλιάσεως ἡμφιεσμένοι. Οἱ γὰρ ἐκτὸς  
*of-humility and exultation clothed-in those for without*  
τῶν δύο τούτων ἐνεργειῶν ἐκ προσευχῆς ἐξεληλυθότες  
*the two these workings from prayer having-come-out*  
σωματικῶς, ἵνα μὴ εἴπω, Ἰουδαϊκῶς προσηύξαντο, καὶ οὐ  
*bodily that not I-say in-jewish-fashion prayed and not*  
πνευματικῶς. Εἰ σῶμα σώματος προσψαῦον ἀλλοιοῦται  
*spiritually if a-body a-body touching is-altered*  
τῇ ἐνεργείᾳ, πῶς δ' ἂν καὶ οὐκ ἀλλοιωθήσεται ὁ  
*in-the working how and — also not will-be-be-altered the(-one)*  
Θεοῦ σώματος ἀθώοις χερσὶ προσψαύων;  
*of-God (the)-body with-innocent hands touching*

- 5 Ὅστι κατὰ τὸν ἐπὶ γῆς βασιλέα, καὶ τὸν ἡμέτερον  
*it-is-possible like the on earth king also the our*  
πανάγαθον βασιλέα θεάσασθαι, ποτὲ μὲν δι' ἑαυτοῦ,  
*all-good king to-see sometimes indeed through himself*  
ποτὲ δὲ διὰ φίλου· ἄλλοτε δὲ διὰ δούλου· ἔστι δὲ  
*sometimes and through a-friend at-other-times and through a-servant there-is and*  
ὅτε καὶ ἀγνώστως τὰς αὐτοῦ δωρεὰς τοῖς στρατιώταις  
*when also unknown the his gifts to-the soldiers*  
αὐτοῦ χαριζόμενον· λοιπὸν δὲ καὶ κατὰ τὸν χιτῶνα  
*his bestowing thereafter and also according-to the tunic*

τῆς προσούσης ἡμῖν ταπεινώσεως· ὥσπερ τῷ ἐπὶ γῆς  
*of-the present in-us humility as to-the on earth*  
 βασιλεῖ ὁ αὐτῷ παριστάμενος, καὶ τὸ πρόσωπον  
*king the(-one) by-him standing and the face*  
 τὸ οἰκεῖον ἀποστρέφων, καὶ τοῖς ἐχθροῖς τοῦ δεσπότου  
*the own turning-away and with-the enemies of-the master*  
 διαλεγόμενος βδελυκτός· οὕτως ὑπὸ Κυρίου βδελύσσεται  
*conversing abominable thus by (the)-Lord is-abhorred*  
 ὁ ἐν προσευχῇ παριστάμενος, καὶ ἀκαθάρτους  
*the(-one) in prayer standing and unclean*  
 λογισμοὺς προσλαμβάνόμενος ἐρχομένου τοῦ κυνὸς τῷ  
*thoughts entertaining coming the dog with-the*  
 ὄπλῳ δίωκε· καὶ ὡς ὅσας ἀναιδεύεται, μὴ ἐνδώσει  
*weapon drive(-it)-off and as-often-as it-is-shameless not you-shall-yield*  
 αὐτῷ· αἶτει διὰ πένθους, ζῇ δι' ὑπακοῆς· κρούει  
*to-it ask through mourning seek through obedience knock*  
 διὰ μακροθυμίας· οὐ γὰρ οὕτως αἰτῶν λαμβάνει, καὶ  
*through long-suffering not for thus asking receives and*  
 ὁ ζητῶν εὑρίσκει, καὶ τῷ κρούοντι ἀνοιγέσεται.  
*the(-one) seeking finds and to-the(-one) knocking it-will-be-opened*  
 Φυλάττου μή, ὡς ἔτυχεν, ὑπὲρ εὐξασθαι θήλεως ἐν  
*beware lest as it-happened for to-pray a-woman in*  
 προσευχῇ σου, μήπως ἐκ δεξιῶν συληθήσῃ. Μὴ θέλῃ τὰς  
*prayer your lest from (the)-right you-be-robbed not wish the*  
 σωματικὰς πράξεις ἐξαγορεύειν, ὥς εἰσιν, ἵνα μὴ ἑαυτῷ  
*bodily deeds to-confess as they-are that not to-yourself*  
 ἀντεπίβουλος γίνῃ. Μὴ γένηται σοι ὁ τῆς προσευχῆς  
*a-plotter you-become not let-become for-you the of-the prayer*  
 καιρὸς, σκέψεως ἀναγκαίων καὶ πνευματικῶν πραγμάτων  
*time of-consideration of-necessary and spiritual matters*  
 ὥρα. Εἰ δὲ μὴ τὸ κρεῖττον ἐκλάπῃς, ὁ κρατῶν  
*an-hour if but not the better you-are-robbed-of the(-one) holding*

ἀπαύστως τὴν τῆς προσευχῆς βακτηρίαν, οὐ προσκίψει. Εἰ  
*ceaselessly the of-the prayer staff not will-stumble if*  
 δὲ καὶ συμβῇ, ὅμως οὐ πεσεῖται εἰς τέλος· προσευχὴ γάρ  
*but even it-happens nevertheless not will-fall to (the)-end prayer for*  
 ἔστι Θεοῦ τυραννὶς εὐσεβείας, τὴν ταύτης ὠφέλειαν ἐκ τῶν  
*is of-God coercion pious the its benefit from the*  
 δαιμονικῶν ἐμποδίων ἐν καιρῷ συνάξεως τεκμαιρόμεθα.  
*demonic hindrances at (the)-time of-service we-infer*  
 Τὸν δὲ ταύτης καρπὸν ἐκ τῆς τοῦ ἐχθροῦ ἡττης· Ἐν  
*the and its fruit from the of-the enemy defeat in*  
 τούτῳ γὰρ ἔγνω, ὅτι θεθέληκάς με, ὅτι οὐ μὴ ἐπιχάρῃ ἐν  
*this for I-knew that you-have-favored me that not — will-rejoice in*  
 καιρῷ πολέμου ὁ ἐχθρὸς μου ἐπ' ἐμέ. Ἐκέκραξα, φησὶν ὁ  
*(the)-time of-war the enemy my over me I-cried says the*  
 Ψάλλων, ἐν ὅλῃ καρδίᾳ μου· τοῦτ' ἔστι, σώματι, καὶ ψυχῇ,  
*Psalmist with whole heart my this is with-body and soul*  
 καὶ πνεύματι. Ὅπου γὰρ εἰσι δύο οἱ ἔσχατοι συνειλεγμένοι,  
*and spirit where for are two the last gathered*  
 ἐκεῖ ἐστὶν ὁ Θεὸς ἐν μέσῳ αὐτῶν. Οὐδὲ τὰ κατὰ  
*there is — God in (the)-midst of-them neither the(-things) of*  
 σῶμα, οὐδὲ τὰ κατὰ πνεῦμα πάντα ὅμοια. Τισὶ  
*body nor the(-things) of spirit all alike for-some*  
 μὲν γὰρ τὸ σύντομον· τισὶ δὲ τὸ σχολαιότερον ἐν τῇ  
*indeed for the quick for-some and the slower in the*  
 ψαλμωδίᾳ συνέρχεται· οἱ μὲν γὰρ τῇ αἰχμαλωσίᾳ,  
*psalmody helps the-ones indeed for with-the captivity*  
 οἱ δὲ τῇ ἀμαθίᾳ λέγουσι πολεμεῖν. Ἐὰν ἀδιαλείπτως  
*the-others and with-the ignorance say to-war if unceasingly*  
 κατὰ τῶν σῶν ἐχθρῶν ἐντυγχάνῃς τῷ βασιλεῖ, ἥνικα πρὸς  
*against the your enemies you-petition the king when to*  
 σὲ παραγίνονται, θάρσει, οὐ κοπιᾷσεις· αὐτοὶ γὰρ ἐφ'  
*you they-come take-heart not you-will-toil they for of*

ἑαυτοῖς συντόμως σου ἀποστήσονται· οὐ γὰρ θέλουν οἱ  
*themselves quickly from-you will-depart not for wish the*  
 ἀνόσιοι καθορᾶν σε στέφανον λαμβάνειν διὰ προσευχῆς  
*unholy to-see you a-crown receiving through prayer*  
 ἐκ τῆς πρὸς αὐτοὺς μάχης· πρὸς δὲ τούτοις, καὶ ὥς  
*from the against them battle besides and these also as*  
 ἀπὸ πυρὸς μαστιζόμενοι ὑπὸ τῆς προσευχῆς φεύζονται.  
*by fire scourged by the prayer they-will-flee*  
 Ἀνδρείαν κτῆσαι πᾶσαν, καὶ ἔξεις Θεὸν διδάσκαλον  
*courage acquire all and you-will-have God (as)-teacher*  
 προσευχῆς σου. Οὐκ ἔστι τὸ βλέπειν, διὰ λόγου  
*of-prayer your not it-is-possible the seeing through word*  
 μαθάνειν, τῇ φύσει γὰρ ἔπεται· οὐδὲ προσευχῆς κάλλος  
*to-learn the nature for follows nor of-prayer (the)-beauty*  
 δι' ἑτέρας διδαχῆς· αὐτὴ γὰρ ἐφ' ἑαυτῆς διδάσκαλον τὸν  
*through other teaching it for in itself (as)-teacher —*  
 Θεὸν ἔχει τὸν διδάσκοντα ἄνθρωπον γνῶσιν, καὶ διδόντα  
*God has the(-one) teaching man knowledge and gives*  
 εὐχὴν τῷ εὐχομένῳ, καὶ εὐλογοῦντα ἔτη δικαίων.  
*prayer to-the(-one) praying and blesses (the)-years of-(the)-just*

*From the pit of ignorance John dares to speak of the earthly heaven. Dispassion is the heaven of the mind, which counts the demons' tricks as toys; the dispassionate man has made his flesh incorruptible and his senses subject to his mind. One dispassionate man exceeds another, and the Syrian asked God to hold back the waves of his grace. Every vice has its measure in an opposite virtue, and the mark of holy dispassion is to say that the evil one came and went unnoticed. Dispassion is the palace of the heavenly King: all should run to reach its bridal chamber, or a mansion near it, or at least get within the wall. It raises the poor mind from the dunghill of the passions, and love seats him with the holy angels.*

- 1 Ἰδοὺ λοιπὸν καὶ ἡμεῖς οἱ τεθέντες ἐν λάκκῳ  
*behold thereafter also we the(-ones) having-been-placed in (a)-pit*  
 ἀγνωσίας βαθυτάτῳ καὶ σκοτεινοῖς πάθεσι, καὶ σκιᾷ  
*of-ignorance deepest and dark passions and (the)-shadow*  
 θανάτου τούτου τοῦ σώματος, περὶ τοῦ ἐπιγείου οὐρανοῦ  
*of-death this of-the body about the earthly heaven*  
 ἐκ θρασύτητος φιλοσοφεῖν ἀρχόμεθα. Ἐχει μὲν γὰρ τὸ  
*from rashness to-philosophize begin has indeed for the*  
 στερέωμα τοὺς ἀστέρας κάλλος, ἡ δὲ ἀπάθεια τὰς ἀρετὰς  
*firmament the stars (as)-beauty the and dispassion the virtues*  
 κόσμον· οὐδὲν γὰρ ἕτερόν τι ἔγωγε ἀπάθειαν ὑπέληφα  
*(as)-adornment nothing for other anything I dispassion have-taken*  
 εἶναι· ἀλλ' ἡ ἐγκάρδιον νοὸς οὐρανόν, τὰς τῶν δαιμόνων  
*to-be but than (the)-inward of-mind heaven the of-the demons*  
 πανουργίας, ἀθλήματα λοιπὸν λογιζόμενον. Ἀπαθὴς μὲν  
*villainies games thereafter reckoning dispassionate indeed*  
 οὖν κυρίως καὶ ὑπάρχει, καὶ γνωρίζεται, ὃ τὴν  
*then properly both is and is-known the(-one) the*  
 σάρκα μὲν ἀφθαρτον ποιήσας, τὸν δὲ νοῦν τῆς κτίσεως  
*flesh indeed incorruptible having-made the and mind of-the creation*



ἀνυψώσας, τὰς δὲ πάσας αἰσθήσεις τούτῳ ὑποτάξας·  
*having-raised-above the and all senses to-it having-subjected*  
 τῷ δὲ προσώπῳ Κυρίου τὴν ψυχὴν παραστήσας ὑπὲρ  
*to-the and face of-(the)-Lord the soul having-presented beyond*  
 τὴν ἑαυτῆς ἰσχὺν πρὸς αὐτὸν ἀεὶ ἐπεκτεινομένης. Τινὲς  
*the own strength toward him always reaching-forth some*  
 δὲ πάλιν ἀπάθειαν εἶναι ὀρίζονται ἀνάστασιν ψυχῆς πρὸ  
*and again dispassion to-be define resurrection of-soul before*  
 τοῦ σώματος· ἄλλοι δὲ ἐπίγνωσιν Θεοῦ τελείαν, ἀγγέλων  
*the body others and knowledge of-God perfect (than)-angels*  
 δευτέραν· αὕτη οὖν ἡ τελεία τῶν τελείων ἀτέλεστος  
*second this then the perfect of-the perfect unending*  
 τελειότης καθὰ μοί τις αὐτῆς γευσάμενος ὑφήγησατο,  
*perfection as to-me one of-it having-tasted explained*  
 οὕτω λοιπὸν τὸν νοῦν ἀγιάζει, καὶ τῶν ὑλῶν ἀφαρπάζει,  
*so thereafter the mind sanctifies and from-the materials snatches*  
 ὡς τὸ πολὺ τῆς ἐν σαρκὶ ζωῆς, μετὰ τὴν κατάληψιν  
*that the most of-the in flesh life after the attaining*  
 μέντοι τοῦ οὐρανοῦ λιμένος, ἐν οὐρανῷ ἔξεσθηκότα αὐτὸν  
*indeed of-the heavenly harbor in heaven rapt it*  
 πρὸς θεωρίαν ἀνυψοῦ· περὶ οὗ καὶ φησί που ὁ  
*to contemplation raises about whom also says somewhere the(-one)*  
 πείραν ἴσως εἰληφώς, ὅτι τοῦ Θεοῦ οἱ κραταιοὶ τῆς γῆς  
*experience perhaps having-had that — of-God the mighty of-the earth*  
 σφόδρα ἐπὶ ἤρθησαν· τοιοῦτον ἔγνωμεν καὶ τὸν Αἰγύπτιον,  
*exceedingly were-exalted such we-knew also the Egyptian*  
 τὸν μὴ ἔωντα τὰς ἑαυτοῦ χεῖρας ἐπὶ πολὺ τεταμένας  
*the(-one) not letting the own hands for long stretched*  
 ἐν προσευχῇ, ἥνικα ἂν μετὰ τινων προσήχετο.  
*in prayer when — with others be-pressed*

- 2 Ἐστιν ἀπαθής, καὶ ἔστιν ἀπαθοῦς ἀπαθέστερος.  
*there-is a-dispassionate and there-is than-a-dispassionate more-dispassionate*
- Ὁ μὲν γὰρ ἰσχυρῶς μισεῖ τὰ πονηρά, ὁ  
*the-one indeed for strongly hates the(-things) evil the-other*
- δὲ ἀπλείστως πλουτεῖ ἐν ἀρεταῖς, καὶ ἡ ἀγνεία  
*and insatiably is-rich in virtues and the purity*
- ἀπάθεια λέγεται, καὶ εἰκότως. Προοίμιον γὰρ τῆς κοινῆς  
*dispassion is-called and fittingly prelude for of-the common*
- ἀναστάσεως καὶ ἀφθαρσίας φθαρτῶν. Ἀπάθειαν ἔδειξεν  
*resurrection and incorruption of-corruptible(-beings) dispassion showed*
- ὁ εἰπὼν· Νοῦν Κυρίου κέκτημαι. Ἀπάθειαν ἔδειξεν  
*the(-one) having-said (the)-mind of-(the)-Lord I-have dispassion showed*
- ὁ εἰπὼν Αἰγύπτιος, μὴ φοβέσθαι τὸν Κύριον. Ἀπάθειαν  
*the having-said Egyptian not to-fear the Lord dispassion*
- ἔδειξεν ὁ ἀνθυποστρέψαι τὰ πάθη εὐξάμενος. Τίς πρὸ  
*showed the(-one) to-return the passions having-prayed who before*
- τῆς μελλούσης λαμπρότητος, ὡς ὁ Σύρος ἐκείνος ἀπαθείας  
*the coming glory as the Syrian that of-dispassion*
- ἡξίωται; Ὁ μὲν γὰρ Δαυὶδ ὁ περίφημος ἐν  
*has-been-deemed-worthy — indeed for David the famous among*
- προφήταις· Ἄνες μοι, φησὶν πρὸς Κύριον, ἵνα ἀναψύξω.  
*prophets loose me he-says to (the)-Lord that I-may-be-refreshed*
- Ὁ δὲ τοῦ Θεοῦ ἀθλητῆς· Ἄνες τὰ κύματα τῆς χάριτος  
*the but — of-God athlete loose the waves of-the grace*
- σου. Ἀπάθειαν ἔχει ψυχὴ, ἡ οὕτως ποιωθεῖσα ταῖς  
*your dispassion has a-soul the(-one) so formed by-the*
- ἀρεταῖς, ὡς οἱ ἐμπαθεῖς ταῖς ἡδοναῖς. Εἰ τοῦτο ὅρος  
*virtues as the passionate by-the pleasures if this (the)-definition*
- γαστριμαργίας, τό, καὶ μὴ ὀρεγόμενον βιάζεσθαι, τοῦτο  
*of-gluttony the even not desiring to-force(-oneself) this*
- πάντως ὅρος ἐγκρατείας, τὸ καὶ πεινῶσαν τὴν  
*surely (the)-definition of-continence the even hungry the*

φύσιν ἀνυπεύθυνον οὖσαν ἐπικρατεῖν. Εἰ τοῦτο ὅρος  
*nature blameless being to-master if this (the)-definition*  
 λαγνείας, τό, καὶ ἐπὶ ζώοις καὶ ἀψύχοις μαίνεσθαι· τοῦτο  
*of-lust the even at animals and lifeless(-things) to-rage this*  
 ὅρος ἀγνείας, τό, ἐπὶ πᾶσιν ὡς ἀψύχοις τῇ αἰσθήσει  
*(the)-definition of-purity the toward all as lifeless in-the perception*  
 διακείσθαι. Εἰ τοῦτο φιλαργυρίας πέρας, τό, μηδέποτε τοῦ  
*to-be-disposed if this of-avarice (the)-limit the never from-the*  
 συναθροίζειν παύεσθαι, ἢ κορέννυσθαι· τοῦτο ἀκτημοσύνης,  
*gathering to-cease or to-be-sated this of-poverty*  
 τό, μηδὲ τοῦ σώματος φείσασθαι τοῦ ἰδίου. Εἰ τοῦτο  
*the not-even the body to-spare the own if this*  
 ἀκηδίας πέρας, τό, ἐν πάσῃ ὑπάρχοντα ἀνέσει ὑπομονὴν  
*of-listlessness (the)-limit the in all being ease patience*  
 μὴ κεκτηῖσθαι· τοῦτο ὑπομονῆς, τό, ἐν θλίψει ὄντα, ἄνεσιν  
*not to-have this of-patience the in affliction being ease*  
 ἔχειν λογίζεσθαι. Εἰ τοῦτο ὀργῆς πέλαγος, τὸ καὶ μηδενὸς  
*to-have to-reckon if this of-anger (the)-sea the even no-one*  
 παρόντος θηριουῖσθαι· τοῦτο μακροθυμίας τοῦ ἀπόντος,  
*being-present to-grow-savage this of-long-suffering the absent*  
 τοῦ λοιδοροῦντος καὶ παρόντος ὡσαύτως γαληνῶν. Εἰ  
*the reviler and present alike to-be-calm if*  
 τοῦτο κενοδοξίας ὕψος, τὸ καὶ μηδενὸς παρόντος τοῦ  
*this of-vainglory (the)-height the even no-one being-present of-the(-one)*  
 ἐπαινεῖν ὀφείλοντος κενοδοξίας ἔργα σχηματίζεσθαι, τοῦτο  
*to-praise obliged of-vainglory works to-put-on this*  
 πάντως ἀκενοδοξίας εἶδος, τὸ μηδέποτε ἐν παρουσίαις  
*surely of-freedom-from-vainglory (the)-form the never in presences*  
 τὴν ἔννοιαν κλέπτεσθαι. Εἰ τοῦτο εἶδος ἀπωλείας,  
*the thought to-be-robbed if this (the)-form of-destruction*  
 εἴγουν ὑπερηφανίας τὸ ἐν εὐτελεῖ σχήματι ἐπαίρεσθαι,  
*that-is of-pride the in humble dress to-be-lifted-up*

τοῦτο σωτηριῶδες ταπεινώσεως τεκμήριον, τὸ ἐν ὑψηλοῖς  
*this saving of-humility proof the in lofty*  
 ἐγχειρήμασι, καὶ κατορθώμασι ταπεινὸν ἔχειν φρόνημα. Καὶ  
*undertakings and achievements humble to-have mind and*  
 εἰ τοῦτο ἐμπαθείας παντελοῦς τεκμήριον, τὸ πᾶσι τοῖς  
*if this of-passion complete proof the to-all the(-things)*  
 ὑπὸ δαιμόνων ὑποσπειρομένοις σχεδὸν ὀξέως ὑπέικειν. Ἐγὼ  
*by demons sown almost quickly to-yield I*  
 τοῦτο τῆς ἀγίας ἀπαθείας ἐπέληφα γνώρισμα, τὰ δύνασθαι  
*this of-the holy dispassion have-taken (as)-mark the to-be-able*  
 ἐναργῶς λέγειν· Ἐκκλίνοντος ἀπ' ἐμοῦ τοῦ πονηροῦ, οὐκ  
*clearly to-say turning-away from me the wicked(-one) not*  
 ἐγίνωσκον, οὐδὲ πῶς ἐλήλυθεν, οὐδὲ τίνος ἔνεκα, οὐδὲ  
*I-knew nor how he-has-come nor what for nor*  
 πῶς ἀπελήλυθεν, ἀλλ' ὅλος λοιπὸν ἀναισθήτως πρὸς τὰ  
*how he-has-gone but wholly thereafter insensibly toward the*  
 τοιαῦτα ἔχω· ἡνωμένος ὅλος ὢν, καὶ αἰὲ ἐσόμενος Θεῷ.  
*such(-things) I-am united wholly being and always going-to-be to-God*  
 3 Ὁ τοιαύτης καταστάσεως ἡξιωμένος, ἔτι ὢν ἐν σαρκί,  
*the(-one) of-such state deemed-worthy still being in flesh*  
 αὐτὸν τὸν ἐνοικούντα αἰὲ ἐν ᾧ πασι λόγοις, καὶ ἔργοις,  
*bim the(-one) dwelling(-within) always in all words and deeds*  
 καὶ διανοήμασιν ἔχει κυβερνῶντα. Ὅθεν λοιπὸν καὶ ὡς  
*and thoughts has steering whence thereafter also as*  
 φωνῆς τινος, τῆς τοῦ Κυρίου βουλήσεως ἔνδον διὰ  
*a-voice some the of-the Lord will within through*  
 φωτισμοῦ ἀντλαμβάνεται, πάσης διδασκαλίας ἀνθρωπίνης  
*illumination he-perceives than-all teaching human*  
 ὑψηλότερος γενόμενος· Πότε ἥξω, καὶ ὀφθῆσομαι τῷ  
*higher having-become when shall-I-come and appear before-the*  
 προσώπῳ τοῦ Θεοῦ; οὐ γὰρ φέρω λοιπὸν τοῦ πόθου τὴν  
*face — of-God not for I-bear thereafter of-the longing the*

ἐνέργειαν· ἀλλὰ ζητῶ, ὅπερ ἀθάνατον κάλλος πρὸ τῆς  
*force but I-see that-which immortal beauty before the*  
 πηλοῦ μοι δέδωκας. Ὁ ἀπαθής, τί δεῖ πολλά  
*clay to-me you-have-given the dispassionate(-man) what need many(-things)*  
 λέγειν; ζῇ μὲν οὐκ ἔτι αὐτός, ζῇ δὲ ἐν αὐτῷ ὁ Χριστός,  
*to-say lives indeed no longer himself lives but in him — Christ*  
 καθά φησιν ὁ τὸν ἀγῶνα τὸν καλὸν ἀγωνισάμενος,  
*as says the(-one) the fight the good having-fought*  
 καὶ τὸν δρόμον τετελεκώς, καὶ τὴν πίστιν τετηρηκώς  
*and the course having-finished and the faith having-kept*  
 ὀρθόδοξον. Οὐ συνίσταται διάδημα βασιλέως ἐξ ἑνὸς  
*orthodox not is-made (the)-diadem of-a-king from one*  
 λίθου, καὶ οὐ τελειοῦται ἀπάθεια, ἀν μιᾶς ἀρετῆς καὶ τῆς  
*stone and not is-perfected dispassion if one virtue even the*  
 τυχούσης ἀμελήσωμεν· ἀπάθειαν μὲν νοήσεις, τὸ τοῦ  
*least we-neglect dispassion indeed you-will-understand the of-the*  
 ἐπουρανοῦ βασιλέως ἐν οὐρανοῖς παλάτιον. Πολλὰς δὲ  
*heavenly king in heaven palace (the)-many and*  
 μόνὰς τὰς ἔνδον τῆς πόλεως ταύτης κατασκηνώσεις. Τείχος  
*mansions the within the city this dwellings (the)-wall*  
 τὴν Ἱερουσαλήμ, τὴν τῶν πταισμάτων ἄφεσιν. Δράμωμεν,  
*— Jerusalem the of-the failings forgiveness let-us-run*  
 ἀδελφοί, τῆς ἐν τῷ νυμφῶνι τοῦ παλατίου εἰσόδου τυχεῖν·  
*brothers the in the bridal-chamber of-the palace entry to-obtain*  
 εἰ δὲ ἔκ τινος ἢ φορτίου προλήψεως, ὦ τῆς συμφορᾶς!  
*if but by some or burden preconception oh the misfortune*  
 ἢ χρόνου προκατελήφθημεν, κἂν μονὴν τινα πέριξ τοῦ  
*or time we-have-been-overtaken at-least a-mansion some around the*  
 νυμφῶνος προφθάσωμεν. Εἰ δὲ ἔτι ὀκλάζομεν, ἢ παρειμένει  
*bridal-chamber let-us-reach if but still we-falter or slack*  
 τυγχάνομεν, κἂν ἐντὸς τοῦ τείχους παντὶ τρόπῳ γενώμεθα·  
*we-are at-least within the wall by-every way let-us-be*

ὁ γὰρ πρὸ τέλους ἐκεῖ μὴ εἰσελθών, μᾶλλον δὲ μὴ  
*the(-one) for before (the)-end there not having-entered rather but not*  
 ὑπερβεβηκὼς ἐν ἐρημίᾳ αὐλισθήσεται. Διὰ τοῦτό τις  
*having-crossed in (the)-desert will-lodge because-of this one*  
 ἤρχετο λέγων· Ἐν τῷ Θεῷ μου ὑπερβήσομαι τείχος. Καὶ  
*prayed saying in — God my I-shall-leap (a)-wall and*  
 ἕτερος ὡς ἐκ προσώπου τοῦ Θεοῦ φησιν· Οὐχ αἱ ἀμαρτίαι  
*another as from (the)-person — of-God says not the sins*  
 ὑμῶν εἰσιν αἱ διαχωρίζουσαι ἀνὰ μέσον ὑμῶν καὶ  
*your are the(-things) dividing in the-midst of-you and*  
 ἐμοῦ· Διακόψωμεν, ὦ φίλοι, τὸ μεσότειχον τοῦ φραγμοῦ,  
*me let-us-break-through O friends the dividing-wall of-the fence*  
 ὅπερ διὰ παρακοῆς κακῶς ᾠκοδομήσαμεν· λάβωμεν  
*which through disobedience wickedly we-built let-us-receive*  
 ἐντεῦθεν λύσιν τοῦ χρέους, διότι οὐκ ἔστιν ἐν τῷ ᾄδῃ  
*here release of-the debt because not is in — Hades*  
 ὁ δυνάμενος ἰάσασθαι. Σχολάσωμεν, ἀδελφοί, καὶ γὰρ  
*the(-one) able to-beal let-us-be-still brothers and for*  
 σχολασταὶ ἀπεγράφημεν· οὐκ ἔστι πτώμα, οὐκ ἔστι  
*(men)-of-leisure we-were-enrolled not it-is-possible a-fall not it-is-possible*  
 καιρόν, οὐκ ἔστι φορτίον προφασίσασθαι· ὅσοι γὰρ  
*time not it-is-possible burden to-plead as-many-as for*  
 ἔλαβον τὸν Κύριον διὰ λούτρου παλιγγενεσίας, ἔδωκε  
*received the Lord through (the)-bath of-regeneration he-gave*  
 αὐτοῖς ἐξουσίαν τέκνα Θεοῦ γενέσθαι, εἰπών· Σχολάσατε  
*them power children of-God to-become having-said be-still*  
 καὶ γινώτε, ὅτι ἐγώ εἰμι ὁ Θεός, καὶ ἡ ἀπάθεια. Αὐτῷ  
*and know that I am — God and the dispassion to-him*  
 ἡ δόξα εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.  
*the glory to the ages of-the ages amen*

Ἄνιστᾱ μὲν ἀπὸ γῆς εἰς οὐρανὸν πένητα νοῦν· καὶ ἀπὸ 4  
 raises indeed from earth to heaven (the)-poor mind and from  
 κοπρίας παθῶν ἐγείρει πτωχὸν ἢ μακαρία ἀπάθεια· ἡ δὲ  
 (the)-dungbill of-passions lifts (the)-beggar the blessed dispassion the and  
 πανύμνητος ἀγάπῃ ποιεῖ αὐτὸν τοῦ καθίσαι μετὰ ἀρχόντων,  
 all-praised love makes him the to-sit with princes  
 ἁγίων ἀγγέλων, μετὰ ἀρχόντων λαοῦ Κυρίου.  
 holy angels with princes of-(the)-people of-(the)-Lord

## XXX · FAITH, HOPE, AND LOVE

*After all that has been said these three remain, faith, hope, and love, and love is greatest, for God is called love. Love is likeness to God, the soul's intoxication, and an abyss of long-suffering; blessed is the man who loves God as a madman loves his beloved, and no mother clings to her nursing child as a son of love clings to the Lord. A soul mingled with God's love shines outwardly, as Moses did. Hope is the wealth of unseen wealth and the door of love. John asks love how Jacob saw her on the ladder; she answers that he cannot learn her beauty until freed of grossness, and that the ladder itself teaches the ascent, with her at its top.*

Νυνὶ δὲ λοιπόν, μετὰ πάντα τὰ προειρημένα, μένει 1  
 now and thereafter after all the(-things) aforesaid remain  
 τὰ τρία ταῦτα, τὰ τὸν σύνδεσμον πάντων ἐπισφίγγοντα  
 the three these which the bond of-all tighten  
 καὶ κρατοῦντα, πίστις, ἐλπίς, ἀγάπη· Μείζων δὲ πάντων  
 and hold faith hope love greater but of-all  
 ἡ ἀγάπη· Θεὸς γὰρ ὀνομάζεται. Πλὴν ἔγωγε τὴν μὲν  
 the love God for it-is-named but I the-one indeed  
 ἀκτίνα ὁρῶ, τὴν δὲ φῶς, τὴν δὲ κύκλον· πάντα δὲ ἓν  
 (a)-ray see the-other and light the-other and disk all but one  
 ἀπαύγασμα καὶ μίαν λαμπρότητα. Ἡ μὲν γὰρ πάντα  
 radiance and one brightness the-one indeed for all

δύναται καὶ ποιεῖν, καὶ δημιουργεῖν· τὴν δὲ ἔλεος Θεοῦ  
*can both to-do and to-create the-other and (the)-mercy of-God*  
 περικυκλοῖ, καὶ ἀκαταίσχυντον ποιεῖ· ἡ δὲ οὐδὲ πίπτει  
*surrounds and unashamed makes the-other and neither falls*  
 οὐδ' ἐστήκει τοῦ θέειν· οὐδὲ τὸν τρωθέντα ἡρεμεῖν  
*nor stands-still from-the running nor the(-one) wounded to-rest*  
 λοιπὸν τῆς μακαρίας μανίας ἔᾱ. Ὁ περὶ ἀγάπης  
*thereafter from-the blessed madness allows the(-one) about (the)-love*  
 Θεοῦ λέγειν βουλόμενος, περὶ Θεοῦ λέγειν ἐπεχείρησε.  
*of-God to-speak wishing about God to-speak has-undertaken*  
 Περὶ Θεοῦ δὲ λόγος διεξιέναι, σφαλερὸν καὶ ἐπικίνδυνον  
*about God and (a)-discourse to-go-through hazardous and dangerous*  
 τοῖς μὴ προσέχουσιν. Ὁ περὶ ἀγάπης λόγος, ἀγγέλοις  
*for-those not taking-heed the about love discourse to-angels*  
 γνώριμος· καὶ κείνοις κατὰ τὴν ἐνέργειαν τῆς ἐλλάμψεως·  
*known and-to-them according-to the working of-the illumination*  
 Ἀγάπη ὁ Θεὸς ἐστίν, ὁ ὅρον δὲ τούτου λέγειν  
*love — God is the(-one) (a)-definition but of-this to-state*  
 βουλόμενος, ἐν ἀβύσσῳ τυφλώττων τὸν ψάμμον μετρεῖ.  
*wishing in (the)-abyss being-blind the sand measures*  
 2 Ἀγάπη κατὰ μὲν ποιότητα ὁμοίως Θεοῦ, καθ'  
*love according-to indeed quality likeness of-God as-far*  
 ὅσον βροτοῖς ἐφικτόν. Κατὰ δὲ ἐνέργειαν μέθη  
*as to-mortals attainable according-to and working intoxication*  
 ψυχῆς· κατὰ δὲ τὴν ιδιότητα πηγὴ πίστεως, ἄβυσσος  
*of-soul according-to and the property spring of-faith abyss*  
 μακροθυμίας, θάλασσα ταπεινώσεως· ἀγάπη ἐστὶ κυρίως  
*of-long-suffering sea of-humility love is properly*  
 ἀπόθεσις παντοίας ἐναντίας ἐννοίας· εἴπερ ἡ ἀγάπη οὐ  
*putting-off of-every-kind contrary thought if-indeed the love not*  
 λογίζεται τὸ κακόν. Ἀγάπη, καὶ ἀπάθεια, καὶ υἰοθεσία,  
*reckons the evil love and dispassion and adoption*



τοῖς ὀνόμασι, καὶ μόνοις διακρίνεται. Ὡς φῶς, καὶ πῦρ,  
*by-the names and alone are-distinguished as light and fire*  
 καὶ φλόξ εἰς μίαν συντρέχουσιν ἐνέργειαν, οὕτω καὶ  
*and flame into one run-together working thus also*  
 περὶ τούτων νόει. Κατὰ τὸ μέτρον τῆς ἐλλείψεως  
*about these understand according-to the measure of-the lack*  
 ἐνυπάρχει φόβος· ὁ γὰρ φόβου χωρὶς ἀγάπης  
*is-present fear the(-one) for fear without with-love*  
 πεπλήρωται, ἢ τὴν ψυχὴν νενέκρωται· οὐδὲν τὸ  
*is-filled or the soul has-deadened nothing the(-thing)*  
 δυσχερὲς ἀπὸ τῶν ἀνθρωπίνων καὶ πόθου, καὶ φόβου,  
*difficult from the(-things) human both of-longing and fear*  
 καὶ σπουδῆς, καὶ ζήλου, καὶ δουλείας, καὶ ἔρωτος Θεοῦ  
*and zeal and jealousy and service and love for-God*  
 παραθεῖναι εἰκόνας. Μακάριος ὅστις τοιοῦτον πρὸς Θεὸν  
*to-set-forth images blessed whoever such toward God*  
 ἐκτήσατο ἔρωτα, οἷον μανικὸς ἐραστής πρὸς τὴν ἑαυτοῦ  
*has-acquired love for-instance a-mad lover toward the own*  
 ἐρωμένην κέκτηται. Μακάριος ὁ οὕτως φοβηθεὶς τὸν  
*beloved has blessed the(-one) so having-feared the*  
 Κύριον, ὡς δικαστὴν κατάδικοι δεδοίκασι· μακάριος ὁ  
*Lord as a-judge (the)-condemned fear blessed the(-one)*  
 οὕτως σπουδαῖος γενόμενος ἐν τῇ ὄντως σπουδῇ, ὡς  
*so zealous having-become in the truly zeal as*  
 εὐγνώμονες δοῦλοι πρὸς τὸν οἰκεῖον κύριον. Μακάριος  
*grateful slaves toward the own master blessed*  
 ὃς οὕτως ζηλωτὴς ἐν ἀρεταῖς γέγονεν, ὡς οἱ περὶ  
*who so jealous in virtues has-become as those over*  
 τὰς ἑαυτῶν ὁμοζύγους ἐκ ζήλου νήφοντες. Μακάριος  
*the own wives from jealousy watchful blessed*  
 ὁ οὕτως Κυρίῳ ἐν προσευχῇ παριστάμενος, ὡς  
*the(-one) so before-(the)-Lord in prayer standing as*

ὑπηρέται βασιλεῖ παρεστήκασιν. Μακάριος ὁ Κύριον,  
*servants before-a-king stand blessed the(-one) (the)-Lord*  
 ὡς ἀνθρώπους ἀποθεραπεύειν ἀνελλιπῶς ἀγωνιζόμενος·  
*as men to-serve unfailingly striving*  
 οὐχ οὕτως μήτηρ ὑπομαζίω ὡς ἀγάπης υἱὸς τῷ Κυρίῳ  
*not so a-mother to-(her)-nursling as of-love a-son to-the Lord*  
 προσκολλᾶσθαι πέφυκε πάντοτε. Ὁ ὄντως ἐρῶν ἀεὶ  
*to-cling is-wont always the(-one) truly loving always*  
 τὸ τοῦ φιλουμένου πρόσωπον φαντάζεται, καὶ τοῦτο ἔνδον  
*the of-the beloved face pictures and it within*  
 ἐνηδόνως περιπτύσσεται ὁ τοιοῦτος. Οὐκ ἔτι οὐδὲ καθ'  
*delightedly embraces the such(-one) no longer even in*  
 ὕπνου ἡρεμεῖν τοῦ πόθου δύναται· ἀλλὰ καθεῖσε πρὸς  
*sleep to-rest from-the longing he-can but and-there with*  
 τὸ ποθούμενον ἀδολεσχεῖ. Οὕτως ἐπὶ σωμάτων, οὕτως  
*the(-one) longed-for he-converses thus in bodies thus*  
 ἐπὶ ἀσωμάτων πέφυκε γίνεσθαι. Τρωθείς τις περὶ ἑαυτοῦ  
*in bodiless(-things) it-is-wont to-happen wounded one about himself*  
 ἔλεγεν, ὅπερ θαυμάζω, ὡς Ἐγὼ καθεύδω διὰ τὴν χρείαν  
*said which I-marvel-at that I sleep because-of the need*  
 τῆς φύσεως, ἣ δὲ καρδιά μου ἀγρυπνεῖ διὰ τὸ πλῆθος  
*of-the nature the but heart my keeps-watch because-of the abundance*  
 τοῦ ἔρωτος. Σημειωτέον σοι, ὦ πισυνέ, ὅτι περ μετὰ  
*of-the love (it-is)-to-be-noted by-you O faithful(-one) that indeed after*  
 τούτων θηρίων παρὰ τῆς ἐλάφου ψυχῆς ὄλεθρον, τότε  
*these of-beasts by the deer soul destruction then*  
 ἐπιποθεῖ καὶ ἐκλείπει πρὸς Κύριον πυρὶ τῆς ἀγάπης, ὡς  
*longs and faints for (the)-Lord by-fire of-the love as*  
 ὑπὸ ἰοῦ βαλλομένη. Ἡ μὲν τῆς πείνης ἐέργεια ἄδηλός  
*by venom struck the indeed of-the hunger working unclear*  
 τις καὶ ἀσήμαντος· ἣ δὲ τῆς δίψης ἐπιτατική τις καὶ  
*somewhat and indistinct the but of-the thirst intense somewhat and*

προφανής, καὶ τοῦ φλογμοῦ πᾶσι σημαντική· διὰ τοῦτο  
*manifest and of-the burning to-all indicative because-of this*  
 φησιν ὁ Θεὸν ποθῶν· Ἐδίψησεν ἡ ψυχὴ μου πρὸς τὸν  
*says the(-one) God longing-for thirsted the soul my for —*  
 Θεόν, τὸν ἰσχυρόν, τὸν ζῶντα. Εἰ πρόσωπον φιλουμένου  
*God the mighty the living if (the)-face of-a-beloved*  
 ἐναργῶς ὅλους ἡμᾶς μεταβάλλει, καὶ φαιδρούς, καὶ  
*clearly wholly us changes and bright and*  
 ἱλαροὺς, καὶ ἀλύπους ἀπεργάζεται· τί ἂν καὶ οὐ ποιήσει  
*cheerful and griefless makes what — also not will-do*  
 πρόσωπον Δεσπότης ἐν καθαρᾷ ψυχῇ ἐπιδημίαν ἀοράτως  
*(the)-face of-(the)-Master in (a)-pure soul dwelling invisibly*  
 ποιούμενον; Ὁ μὲν φόβος ὅταν αἰσθήσῃ ψυχῆς γένηται,  
*making the indeed fear when (to)-perception of-soul comes*  
 ἐκτῆκεν καὶ κατεσθίειν τὴν ῥυπαρίαν πέφυκε. Καθήλωσον  
*to-melt and to-consume the filth is-wont nail*  
 γάρ, φησὶν, ἐκ τοῦ φόβου σου τὰς σάρκας μου. Ἡ δὲ  
*for it-says with the fear your the flesh my the but*  
 ὁσία ἀγάπη ἐνίοις μὲν κατεσθίειν εἴωθε, κατὰ τὸν  
*holy love some indeed to-consume is-accustomed according-to the(-one)*  
 εἰπόντα· Ἐκαρδίωσας ἡμᾶς, ἐκαρδίωσας. Ποτὲ δέ τις  
*having-said you-ravished us you-ravished sometimes and some*  
 λαμπρύνειν, καὶ ἀγαλλιᾶσθαι ποιεῖ. Ἐπ' αὐτῷ γάρ φησιν·  
*to-brighten and to-exult makes in him for it-says*  
 Ἦλπισεν ἡ καρδιά μου καὶ ἐβοηθήθην, καὶ ἀνέταλεν ἡ  
*hoped the heart my and I-was-helped and flourished the*  
 σὰρξ μου· καὶ καρδίας εὐφραينوμένης, πρόσωπον θάλλει.  
*flesh my and (the)-heart rejoicing (the)-face blooms*  
 Ὅταν λοιπὸν ὅλος ὁ ἄνθρωπος οἶόν πως συνανακραθῇ 3  
*when thereafter wholly the man for-instance it-were is-blended*  
 τῇ τοῦ Θεοῦ ἀγάπῃ, τότε καὶ ἐκτὸς τοῦ ἐν τῷ  
*with-the — of-God love then also outwardly the in the*

σώματι ὡς δι' ἐσόπτρου τινὸς τὴν τῆς ψυχῆς δείκνυσι  
*body as through a-mirror some the of-the soul shows*  
 λαμπρότητα· οὕτως δοξάζεται Μωϋσῆς ὁ θεόπτης ἐκείνος.  
*brightness thus is-glorified Moses the God-seer that*  
 Οἱ τοιοῦτον ἰσάγγελον κατειληφότες, πολλάκις τροφῆς  
*those such angel-like(-state) having-attained often food*  
 σωματικῆς ἐπιλανθάνονται. Οἶμαι δὲ οὐδὲ συχνότερον  
*bodily forget I-think and not-even more-often*  
 ταύτης ὀρέγονται. Καὶ οὐ θαῦμα· εἶπερ καὶ πόθος ἐναντίος  
*it they-desire and no wonder if-indeed even (a)-desire contrary*  
 πολλάκις τροφήν διεκρούσατο, οἶμαι τῶν ἀφθάρτων τούτων  
*often food repelled I-think of-the incorruptible these*  
 λοιπόν, μηδέ, ὡς ἔτυχε, τὸ σῶμα νοσηλεύεσθαι· ἡγνίσθη  
*thereafter not-even as chanced the body to-fall-sick was-purified*  
 γὰρ καὶ τρόπον τινὰ ἐφθαρτοποιήθη διὰ φλογὸς  
*for and (in)-a-manner certain was-made-incorruptible through (the)-flame*  
 ἀγνείας διακοψάσης φλόγα. Οἶμαι μηδὲ αὐτὴν βρῶσιν,  
*of-purity cutting-off (the)-flame I-think not-even the-very food*  
 ἣν προσίενται λοιπὸν μεθ' ἡδύτητος προσίεσθαι. Ὑδωρ  
*which they-take thereafter with pleasure to-take water*  
 μὲν γὰρ ὑπόγειον ρίζαν φυτοῦ, τούτων δὲ ψυχὴν πῦρ  
*indeed for underground (the)-root of-a-plant their but soul fire*  
 οὐρανίον τρέφειν πέφυκεν· αὐξήσις φόβου ἀρχὴ ἀγάπης·  
*heavenly to-feed is-wont increase of-fear beginning of-love*  
 τέλος δὲ ἀγνείας ὑπόθεσις θεολογίας. Ὁ Θεῷ τελείως  
*end and of-purity foundation of-theology the(-one) to-God perfectly*  
 τὰς αἰσθήσεις ἐνώσας τοὺς λόγους αὐτοῦ μυσταγωγεῖται  
*the senses having-united the words his is-initiated-in*  
 ὑπ' αὐτοῦ· τούτων γὰρ μὴ συναφθέντων χαλεπὸν περὶ Θεοῦ  
*by him these for not united hard about God*  
 διαλέγεσθαι. Ἐνούσιος μὲν λόγος τελειοῖ ἀγνείαν, παρουσία  
*to-discourse (the)-essential indeed word perfects purity by-presence*

ἑαυτοῦ νεκρώσας τὸν θάνατον· τούτου δὲ νεκρωθέντος,  
*his-own having-slain the death this and slain*  
 ὁ τῆς θεολογίας μαθητῆς πεφώτισται. Ὁ λόγος Κυρίου  
*the of-the theology disciple is-enlightened the word of-(the)-Lord*  
 ὁ ἐκ Κυρίου ἀγνὸς διαμένων εἰς αἰῶνα αἰῶνος· ὁ  
*the(-one) from (the)-Lord pure remaining to age of-age the(-one)*  
 γὰρ Θεὸν μὴ γνούς στοχαστικῶς ἀποφθέγγεται· ἀγνεῖα  
*for God not having-known conjecturally speaks purity*  
 μαθητὴν θεολόγον εἰργάσατο δι' ἑαυτοῦ κρατύναντα  
*a-disciple (a)-theologian made through himself establishing*  
 τῆς τριάδος τῶν τριῶν τὰ δόγματα. Ὁ ἀγαπῶν τὸν  
*of-the trinity of-the three the doctrines the(-one) loving the*  
 Κύριον, τὸν ἀδελφὸν αὐτοῦ προηγάπησεν. Ἀπόδειξις γὰρ  
*Lord the brother his has-loved-first proof for*  
 τοῦ προτέρου τὸ δεύτερον. Ὁ ἀγαπῶν τὸν πλησίον  
*of-the former the second the(-one) loving the neighbor*  
 οὐδέποτε καταλαλούντων ἀνέξεται· ὡς ἀπὸ πυρὸς μᾶλλον  
*never slanderers will-bear as from fire rather*  
 δὲ ἀποφεύξεται. Ὁ λέγων Κύριον ἀγαπᾷν καὶ τῷ  
*but he-will-flee the(-one) saying (the)-Lord to-love and with-the*  
 ἀδελφῷ αὐτοῦ ὀργιζόμενος, ὅμοιός ἐστι τῷ καθ'  
*brother his being-angry like is to-the(-one) in*  
 ὕπνου τρέχοντι. Κράτος ἀγάπης ἐλπίς, δι' αὐτῆς γὰρ  
*sleep running strength of-love hope through it for*  
 τὸν τῆς ἀγάπης μισθὸν ἀπεκδεχόμεθα. Ἐλπίς ἐστὶν ἀδύλου  
*the of-the love reward we-await hope is of-unseen*  
 πλοῦτου πλοῦτος· ἐλπίς ἐστὶν ἀνενδοίαστος πρὸ θησαυροῦ  
*wealth wealth hope is undoubted before treasure*  
 θησαυρός· αὕτη κόπων ἀνάπαυλαι, αὕτη ἀγάπης θύρα, αὕτη  
*treasure this of-toils rests this of-love door this*  
 ἀναιρεῖ ἀπόγνωσιν, αὕτη τῶν ἀπόντων εἰκὼν· ἐλπίδος  
*destroys despair this of-the(-things) absent image of-hope*

ἔλλειψις, ἀγάπης ἀφανισμός, ταύτη δέδενται πόνοι, ταύτη  
 lack of-love destruction to-it are-bound labors on-it

κρέμονται κόποι· ταύτην κυκλοῖ ἔλεος. Εὐέλπις μοναχός,  
 hang toils it surrounds mercy a-hopeful monk

ἀκηδίας σφάκτης, ἐν μαχαίρᾳ ταύτης, ἐκείνην τροπούμενος.  
 of-listlessness slayer with (the)-sword of-it it routing

Ἐλπίδα τίκτει δώρων Κυρίου πείρα· ὁ γὰρ ἄπειρος  
 hope begets of-gifts of-(the)-Lord experience the(-one) for inexperienced

οὐκ ἀδίστακτος μένει. Ἐλπίδα λύει θυμός· ἡ μὲν  
 not undoubting remains hope dissolves temper the-one indeed

γὰρ οὐ κατασχύνει· ἀνὴρ δὲ θυμώδης οὐκ εὐσχήμων.  
 for not puts-to-shame a-man but hot-tempered not comely

4 Ἀγάπη προφητείας χορηγός· ἀγάπη τεράτων παρεκτικῇ·  
 love of-prophecy supplier love of-wonders producer

ἀγάπη ἐλλάμψεως ἄβυσσος. Ἀγάπη πηγὴ πυρός· ὅσον  
 love of-illumination abyss love spring of-fire as-much-as

ἀναβλύσει, τοσοῦτον τὸν διψῶντα καταφλέξει· ἀγάπη  
 it-will-gush so-much the(-one) thirsting it-will-burn love

ἀγγέλων στάσις· ἀγάπη προκοπὴ τῶν αἰώνων. Ἀπάγγελον  
 of-angels stability love progress of-the ages tell

ἡμῖν, ὧ καλὴ ἐν ἀρεταῖς, ποῦ ποιμαίνεις τὰ πρόβατά  
 us O fair(-one) among virtues where you-pasture the sheep

σου, ποῦ κατασκηνοῖς ἐν μεσημβρίᾳ; φώτισον ἡμᾶς,  
 your where you-dwell at noon enlighten us

πότισον ἡμᾶς, ὁδήγησον ἡμᾶς, χειραγωγήσον ἡμᾶς, ἐπειδὴ  
 give-drink us guide us lead us since

λοιπὸν ἀναβαίνειν πρὸς σέ βουλόμεθα. Σὺ γὰρ δεσπόζεις  
 thereafter to-ascend to you we-wish you for rule

πάντων. Νῦν δέ μου ψυχὴν κεκαρδίωκας, καὶ οὐ δύναμαι  
 all now and my soul you-have-ravished and not I-can

κατέχειν σου τὴν φλόγα, ὅθεν ὑμνήσας σε πορεύομαι·  
 to-contain your the flame whence having-hymned you I-go

Σὺ δὲ δεσπόζεις τοῦ κράτους τῆς θαλάσσης, τὸν δὲ  
*you and rule the might of-the sea the and*  
 σάλον τῶν κυμάτων αὐτῆς σὺ καταπραΰνεις, καὶ νεκροῖς·  
*surge of-the waves its you calm and put-to-death*  
 σὺ ταπεινοῖς ὡς τραυματίαν ὑπερήφανον λογισμόν· ἐν τῷ  
*you humble as a-wounded(-one) proud thought with the*  
 βραχίονι τῆς δυνάμεώς σου διεσκόρπισας τοὺς ἐχθρούς  
*arm of-the power your you-scattered the enemies*  
 σου, καὶ ἀπολεμήτους τοὺς σοὺς ἐραστὰς ἀπεργάζῃ. Πῶς  
*your and unassailed the your lovers you-make how*  
 δὲ ὁ Ἰακώβ ἐπὶ τὴν κλίμακά σε ἐστηριγμένην τεθέαται  
*and — Jacob on the ladder you set-firm has-seen*  
 μαθεῖν ἐπείγομαι. Τί δὲ ἄρα τὸ εἶδος τῆς τοιαύτης  
*to-learn I-hasten what and then the form of-the such*  
 ἀνόδου ἐρωμένῳ φράσον· τίς δὲ ὁ τρόπος καὶ ὁ ἔρανος  
*ascent to-(your)-lover tell what and the manner and the collection*  
 σου τῆς τῶν βαθμῶν ἐκείνης συνθέσεως, ἧς ἀναβάσεις  
*your of-the of-the steps that arrangement which ascents*  
 ἐν τῇ καρδίᾳ αὐτοῦ διέθετο ὁ σὸς ἐραστής· τίς δὲ ὁ  
*in the heart his set the your lover what and the*  
 ἀριθμὸς τούτων ἐδύβων γινῶναι· ὅσος δὲ ἄρα τοῦ δρόμου  
*number of-them I-thirsted to-know how-long and then of-the course*  
 χρόνος. Τοὺς γὰρ χειραγωγοὺς ἀπήγγειλεν ὁ μαθὼν  
*(the)-time the for guides announced the(-one) having-learned*  
 σου τὴν πάλην καὶ τὴν ὄρασιν· οὐδὲν δὲ ἕτερον φωτίζειν  
*your the wrestling and the vision nothing but other to-enlighten*  
 βεβούληται, μᾶλλον δὲ δεδύνηται, εἰ δέοι με λέγειν  
*has-wished rather but has-been-able if it-must me to-say*  
 οἰκειότερον. Ἡ δὲ ὥσπερ ἐξ οὐρανοῦ μοι φανείσα,  
*more-properly she and as-if from heaven to-me having-appeared*  
 ἡ βασιλισσα αὕτη, καὶ ὡς ἐν ὧτί μου ψυχῆς τοῦτο  
*the queen this and as in (the)-ear my of-soul this*

προσομιλοῦσα ἔλεγεν· Ἐὰν μὴ λυθῇς, ὦ ἐραστά, τῆς  
*conversing said if not you-are-freed O lover from-the*  
 παχύτητος, ἐμὴν ὥραν, ὡς ἔστι, μανθάνειν οὐ δύνασαι.  
*grossness my beauty as it-is to-learn not you-can*  
 Ἡ δὲ κλίμαξ τὴν τῶν ἀρετῶν σε διδασκέτω πνευματικὴν  
*the but ladder the of-the virtues you let-teach spiritual*  
 σύνθεσιν· ἐπ' αὐτῆς διεστήριγμαι ἐγὼ τῆς κορυφῆς, καθὰ  
*arrangement on it am-set I at-the summit as*  
 ὁ μέγας μου μύστης ἔφησε. Νῦν δὲ μένει τὰ τρία ταῦτα,  
*the great my initiate said now and remain the three these*  
 πίστις, ἐλπίς, ἀγάπη· μείζων δὲ πάντων ἡ ἀγάπη.  
*faith hope love greater but of-all the love*

## XXX · A BRIEF EXHORTATION

*The closing exhortation bids the brothers climb eagerly, setting ascents in their hearts and hearing the call to go up to the mountain of the Lord, who makes their feet like a deer's. They are to run until they come to the unity of faith and the full stature of Christ, who was baptized at thirty and so took the thirtieth step of the spiritual ladder. Love is God: to him be hymn, might, and strength, in whom is the cause of all good things, and was, and will be to boundless ages.*

- 5 Ἀναβαίνετε, ἀναβαίνετε, ἀναβάσεις προθύμως ἐν καρδίᾳ  
*ascend ascend ascents eagerly in (the)-heart*  
 τιθέμενοι, ἀδελφοί, τοῦ φάσκοντος ἀκούοντες· Δεῦτε,  
*setting brothers the(-one) saying hearing come*  
 ἀναβῶμεν εἰς τὸ ὄρος Κυρίου· καὶ εἰς τὸν οἶκον τοῦ  
*let-us-go-up to the mountain of-(the)-Lord and to the house —*  
 Θεοῦ ἡμῶν τοῦ καταρτίζοντος τοὺς πόδας ἡμῶν ὥσεἰ  
*of-God our the(-one) making the feet our like*  
 ἐλάφου, καὶ ἐπὶ τὰ ὑψηλὰ ἰστώντος, τοῦ νικῆσαι ἐν τῇ  
*(a)-deer's and on the heights sets(-us) for-the to-conquer in the*



ὁδῶ αὐτοῦ. Δράμετε, δυσωπῶ, μετ' ἐκείνου τοῦ λέγοντος·  
*way his run I-entreat with that(-one) the(-one) saying*  
 Σπουδάσωμεν ἕως οὗ καταντήσωμεν εἰς τὴν ἐνότητα  
*let-us-hasten until — we-attain to the unity*  
 πάντες τῆς πίστεως, καὶ τῆς ἐπιγνώσεως τοῦ Θεοῦ  
*all of-the faith and of-the knowledge — of-God*  
 εἰς ἄνδρα τέλειον εἰς μέτρον ἡλικίας τοῦ πληρώματος  
*to a-man perfect to (the)-measure of-stature of-the fullness*  
 τοῦ Χριστοῦ, ὃς τριακονταέτης τῇ ὀρωμένῃ ἡλικίᾳ  
*— of-Christ who thirty-years-old in-the visible age*  
 βαπτισθεὶς, τὸν τριακοστὸν βαθμὸν ἐν τῇ νοερᾷ κλίμακι  
*baptized the thirtieth step on the spiritual ladder*  
 ἐκκληρώσατο· εἴπερ ἡ ἀγάπη ἐστὶν ὁ Θεός· ᾧ ὕμνος,  
*attained if-indeed the love is — God to-whom hymn*  
 ᾧ κράτος, ᾧ σθένος· ᾧ τὸ πάντων ἀγαθῶν  
*to-whom might to-whom strength in-whom the of-all goods*  
 αἴτιον ἔνεστι, καὶ ἦν, καὶ ἔσται εἰς ἀορίστους αἰώνας.  
*cause is and was and will-be to boundless ages*

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