



St. Seraphim of Sarov - Peace of Soul

Peace of soul is precious for every man. For those who have attained peace of soul, the body can be in constant motion — in work or in pain — but their souls, affixed to God, always remain in unwavering peace. St. Seraphim of Sarov teaches: “It is necessary by all means to preserve peace of soul and not be disturbed by the insults of others. That is why it is necessary, at all costs, to restrain oneself from anger, and through vigilance over oneself to preserve the mind and heart from indecent movements. To preserve peace of soul, it is also necessary to avoid judging others. By not judging and by silence, peace of soul is preserved. When a man is in such a state of mind, he receives divine revelations. In order for a man to be preserved from judging others, he must be vigilant over himself, he must not receive ungodly thoughts from anyone, and he should be dead toward everything worldly. We must tirelessly guard the heart from indecent thoughts and influences. With closest custody, guard your heart, for in it are the sources of life (Proverbs 4: 23). From constant vigilance over the heart, purity is born, in which the Lord is seen, in accordance with the words of eternal truth: Blessed are the pure in heart: for they shall see God (Matthew 5: 8).”

Velimirovic, Saint Nikolai. The Prologue of Ohrid (Kindle Locations 3347-3348). Sebastian Press Publishing House. Kindle Edition.

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