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Confronting and Controlling Thoughts: According to the Fathers of the Philokalia

Anthony M. Coniaris

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Orthodox spirituality places great emphasis on thoughts (logismoi) since everything we do begins in the mind. The Fathers of the Philokalia have much to teach about confronting and controlling thoughts. Since the average person experiences 4000 thoughts each day, the experiences of these Fathers over a period of over 1000 years can help us resist the evil thoughts that seek to pollute "the springs of life," i.e. our minds and hearts.

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