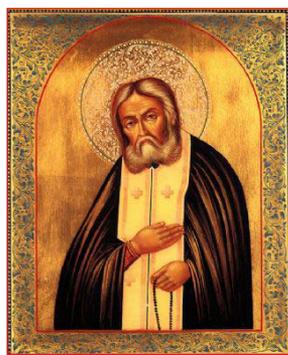




■ On the Occasion of the Commemoration of St. Seraphim of Sarov (19 July)

The Jesus Prayer*

A handwritten letter of St. Seraphim
to Archimandrite Anthony,
Rector of the
Holy Trinity-St. Sergej Lavra



In 2006, a photographic copy of a manuscript was published containing spiritual counsels written by the hand of St. Seraphim of Sarov († 1833) to the then young Hieromonk Anthony (1792–1877), who regularly visited and sought advice from the Saint. In 1831, St. Philaret, Metropolitan of Moscow, chose Father Anthony as his spiritual Father and appointed him Rector of the Holy Trinity Lavra near Moscow (the Metropolitan was then Abbot of the Monastery). Father Anthony, as Archimandrite, worthily served the renowned Lavra, and Russian monasticism more generally, for more than forty years, until his saintly repose.



It seems that the original text was found among the personal archives of Father Anthony at the Lavra. We do not have further information regarding either the original or the photographic copy; nevertheless, the Grace-filled spiritual admonitions of the text are wholly consistent with the well-known “Brief Teachings” of St. Seraphim.

A copy of the original handwritten letter and an English translation of the text follow.

Father Seraphim: words written by his own hand.

о оной. Серафима слово и творило
 1. Ксенофонт. А. К. Ар. Антоний?
 у нас утмой молитва Гераклоном, как угасть св.
 тучи в Авротамбим. Не Иисуса молитва есть свѣ-
 тнаѣннѣ стѣдѣи нашии и путеводная звѣзда хнне
 2. Иисус творить молитву чрезъ нозарное дыханіе
 съ сокнутыми устали. Это искусство есть Бий
Прутиву плоти и Гладскіхъ Источеній.
 3. Обыкновенной Иисускии Молитвѣ Губавѣ
Богородицѣ Молитвѣ М. А.
 у оная молитва Внѣшня и недостаточна Богъ
Внемерь уму, а питу тъ монахи, кои не
соединяютъ внѣшнюю молитву совнѣренную
не монахи. И Зерные Ролбешки
Сбойѣ какъ Редилкаго Слѣдъ Гладкъ Наматя-
ныхъ (женщина) и со онѣ Застѣ изъ воинво
карскихъ дѣлаютъ рабами сатаны.
 4. Эт шомн, это истинная мантія монаше
ка, это радушное перенесеніе Клеветѣ
на правды: нѣтъ скорбѣи нѣтъ красеніа.
 5. Всѣ Атллі Лотихомѣку Пелеменку и не
варуѣ авбрѣ тѣлѣ не Груши и Варуѣ нѣтъ.

R[ector of the] L[avra] Ar[chimandrite] Anthony**

1. Learn noetic prayer of the heart as the Holy Fathers teach it in the *Philokalia*; for the Jesus Prayer is a light on our path and a star leading us to Heaven.

2. Learn to practice the Jesus Prayer while breathing in through your nose, with your lips shut; this technique is a scourge against the flesh and carnal desires.

3. Add “through the *Theotokos* have mercy on me” to the usual Jesus Prayer.

4. Outer prayer alone does not suffice, for God is attentive to the mind. Thus, monks who do not unite outer prayer with inner prayer are not monks, but little black heads.

5. Fear like the fire of Gehenna those painted ravens [women]; for they often transform soldiers of the King into servants of Satan.

6. Keep in mind that the true *mandyas* of a monk is patient endurance of slander and disparagement with joy; where there are no sorrows, neither is there salvation.

7. Do everything gradually, calmly, and not at once. Virtue is not a pear; it is not devoured in one bite.



* From the Russian book by Princess Natalia Vladimirovna Urusova, *Materinskii Platch Svyatoi Rusi* [*Maternal Lamentation for Holy Russia*] (Moscow: Izdanie "Russkii Palomnik," 2006), pp. 80-81.

** This title was probably written by Father Anthony.