



лестница образножигития – 1. отречение от мира, 2. отложение мирских забот . . . /

Imagery ladder of life – 1. renunciation of the world, 2. putting aside worldly concerns. . .

[This **Ladder to Heaven chart** was also at the school. I researched the imagery and found – to my amazement – that it was based on the book The Ladder of Divine Ascent, by St. John Climacus. This chapter on purity is all about the contents of that book.]

Word

1. On renunciation of worldly life
2. About impartiality, that is, putting aside worries and sorrow about the world
3. About wandering, that is, evasion from the world
4. On blessed and ever-memorable obedience
5. About caring and real repentance and also about the life of the holy condemned men, and about prison
6. About the memory of death
7. About joyful crying
8. About freedom from anger and meekness
9. About memory malice
10. About slander and gossip
11. About verbosity and silence
12. About lies
13. About despondency and laziness
14. About the beloved and wicked ruler, the womb
15. About imperishable purity and chastity, which perishables acquire through labor and sweat
16. About the love of money
17. About non-covetousness
18. About insensibility
19. About sleep, about prayer and psalmody in the cathedral of the brethren
20. About bodily vigil: how we achieve the spiritual through it, and how it should happen
21. About cowardice, or insurance
22. About diverse vanity
23. About crazy pride
24. About meekness, simplicity and gentleness, which do not come from nature, but are acquired through diligence and labor, and about wickedness
25. About the eradicator of passions, the highest humility, which occurs in the invisible sense

Слово

1. Об отречении от жития мирского
2. О беспристрастии, то есть, отложении попечений и печали о мире
3. О странничестве, то есть, уклонении от мира
4. О блаженном и приснопамятном послушании
5. О попечительном и действительном покаянии и также о житии святых осужденников, и о темнице
6. О памяти смерти
7. О радостотворном плаче
8. О безгневи и кротости
9. О памятозлобии
10. О злословии и клевете
11. О многоглаголании и молчании
12. О лжи
13. Об унынии и лени
14. О любезном для всех и лукавом владыке, чреве
15. О нетленной чистоте и целомудрии, которое тленные приобретают трудами и потами
16. О сребролюбии
17. О нестяжании
18. О нечувствии
19. О сне, о молитве и псалмопении в соборе братьев
20. О бдении телесном: как мы чрез него достигаем духовного, и как должно оное проходить
21. О малодушной боязливости, или страховании
22. О многообразном тщеславии
23. О безумной гордости
24. О кротости, простоте и незлобии, которые не от природы происходят, но приобретаются тщанием и трудами, и о лукавстве
25. Об искоренителе страстей, высочайшем смиренномудрии, бывающем в невидимом чувстве

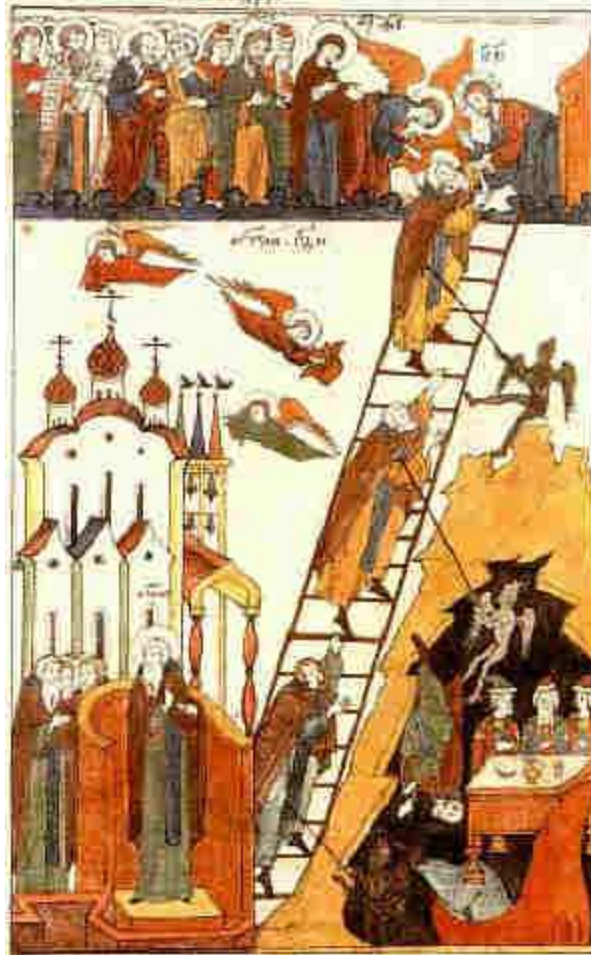
26. About the reasoning of thoughts and passions, and virtues 27. On the sacred silence of soul and body 28. About the mother of virtues, sacred and blessed prayer, and about remaining in it with mind and body 29. About the earthly heaven, or about God-imitating dispassion and perfection, and the resurrection of the soul before the general resurrection 30. About the union of three virtues, that is, about faith, hope and love 31. A special word to the shepherd, teaching what a teacher of verbal sheep should be.	26. О рассуждении помыслов и страстей, и добродетелей 27. О священном безмолвии души и тела 28. О матери добродетелей, священной и блаженной молитве, и о предстоянии в ней умом и телом 29. О земном небе, или о богоподражательном бесстрастии и совершенстве, и воскресении души прежде общего воскресения 30. О союзе трех добродетелей, то есть о вере, надежде и любви 31. собственное к пастырю, обучающее, каков должен быть наставник словесных овец
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The work of [John Climacus](#) consists of 30 chapters, representing the “steps” of virtues along which a Christian must ascend on the path to spiritual perfection.

Труд Иоанна Лествичника состоит из 30 глав, представляющих собой «ступени» добродетелей, по которым должен восходить христианин на пути к духовному совершенству.

Group / Группа	Steps / Ступени
The fight against worldly vanity (<i>steps 1–4</i>) Борьба с мирской суетой (<i>ступени 1–4</i>)	1. Renunciation of worldly life / Отречение мирского жития 2. Impartiality (putting aside worries and sorrows about the world) Беспристрастность (отложение попечений и печали о мире) 3. Wandering (avoidance from the world) Странничество (уклонение от мира) 4. Obedience / Послушание
Sorrow on the path to true bliss (<i>steps 5–7</i>) Скорби на пути к истинному блаженству (<i>ступени 5–7</i>)	5. Repentance / Покаяние 6. Memory of death / Память о смерти 7. Crying over your sinfulness / Плач о своей греховности
Fight against vices (<i>steps 8–17</i>) Борьба с пороками (<i>ступени 8–17</i>)	8. Meekness and freedom from anger / Кротость и безгневие 9. Removal of memory malice / Удаление памятозlobия

	10. Foul language / Несквернословие 11. Silence / Молчание 12. Truthfulness / Правдивость 13. Absence of despondency and laziness / Отсутствие уныния и лени 14. Fight against gluttony / Борьба с чревоугодием 15. Chastity / Целомудрие 16. The fight against the love of money / Борьба со сребролюбием 17. Non-covetousness / Нестяжание
Overcoming obstacles in ascetic life (<i>steps 18–26</i>) Преодоление преград в аскетической жизни(<i>ступени 18–26</i>)	18. Eradication of insensibility / Искоренение нечувствия 19. Little sleep, zeal for fraternal prayer / Малый сон, усердие к братской молитве 20. Body vigil / Телесное бдение 21. Lack of fear and strengthening in faith / Отсутствие боязливости и укрепление в вере 22. Eradication of vanity / Искоренение тщеславия 23. Lack of pride / Отсутствие гордыни 24. Meekness, simplicity and kindness / Кротость, простота и незлобие 25. Humility / Смирennemудрие 26. Lowering passions and strengthening virtues / Низложение страстей и укрепление добродетелей
Soul peace (<i>steps 27–29</i>) Душевный мир (<i>ступени 27–29</i>)	27. Silence of soul and body / Безмолвие души и тела 28. Prayer / Молитва 29. Dispassion / Бесстрастие
The top of the path is the union of the three main virtues (<i>step 30</i>) Вершина пути – союз трёх главных добродетелей (<i>ступень 30</i>)	30. Faith, hope and love / Вера, надежда и любовь



[Св. Йоан Лествичник \(pravoslaviето.com\)](http://pravoslaviето.com)
https://www.pravoslaviето.com/life/03.30_sv_Joan_Lestvichnik.htm

In addition to March 30, the Church honors St. John of Sinai and his "Ladder" also on [the Sunday of the fourth week of Great Lent](#). The Church edifies the fasting with the example of St. John of the Ladder, clothed, like us, in weak flesh, but who "by fasting, vigil and prayer he also became in a body like an angel" (troparion of St. John), and set forth in his "Ladder" the experience of his great feats, for the instruction of those who walk this path. This book, in the words of the Church, "bears ever-blossoming fruits of a doctrine that delights the hearts of those who pay attention with sobriety: for it is a ladder that lifts the soul from earth to heaven and Eternal glory." (kontakion of St. John).

After many years spent in a desert place, the Monk John, at the request of the Sinai monks, agreed to be the abbot of their monastery. He led the brothers and He instructed in spiritual life and monastic asceticism.

His great spiritual experience and profound wisdom are revealed in his wonderful book "The Ladder to Heaven", in which he instructs Christians on how to direct their thoughts to God and by what spiritual "ladder", i.e. the Ladder of Virtue, to achieve Christian perfection. According to this book, it is called "The Ladder."

St. John of the Ladder died in 603.

© *Lives of the Saints*. Synodal Publishing House, Sofia, 1991, edited by Parthenius, Bishop of Leucia and Archimandrite Dr. Athanasius (Bonchev).

The wisdom of St. John was quoted on appropriate occasions from the royal palace to the market square and Stables. For "the angels are the light of the monks, and the light of all men is the monastic life"

Thirty steps are contained in the book—equal to the thirty years of the Savior's hidden life.

<https://www.stnilus.org/sample.pdf> The Angelic Life – a Vision of Orthodox Monasticism

St. John of Sinai wrote: "Angels are a light for monks, and the monastic life is a light for all men. Hence monks should spare no effort to become a shining example in all things." **Theosis** is the center around which the thought and the heart of the monk should revolve.

Lestvitsa (book in Russian, on Amazon)

by Ioann Lestvichnik

[https://en.wikipedia.org/wiki/Theosis_\(Eastern_Christian_theology\)](https://en.wikipedia.org/wiki/Theosis_(Eastern_Christian_theology))

Theosis ([Ancient Greek](#): θέωσις), or **deification** (deification may also refer to [apotheosis](#), lit. "making divine"), is a transformative process whose aim is likeness to or union with [God](#), as taught by the [Eastern Orthodox Church](#) (i.e. "[divinization](#)"). As a process of transformation, *theosis* is brought about by the effects of [catharsis](#) (purification of mind and body) and [theoria](#) ('illumination' with the 'vision' of God). According to [Eastern Christian](#) teachings, *theosis* is very much the purpose of human life.

<https://azbyka.ru/audio/lestvica-prepodobnogo-ioanna-lestvichnika.html>



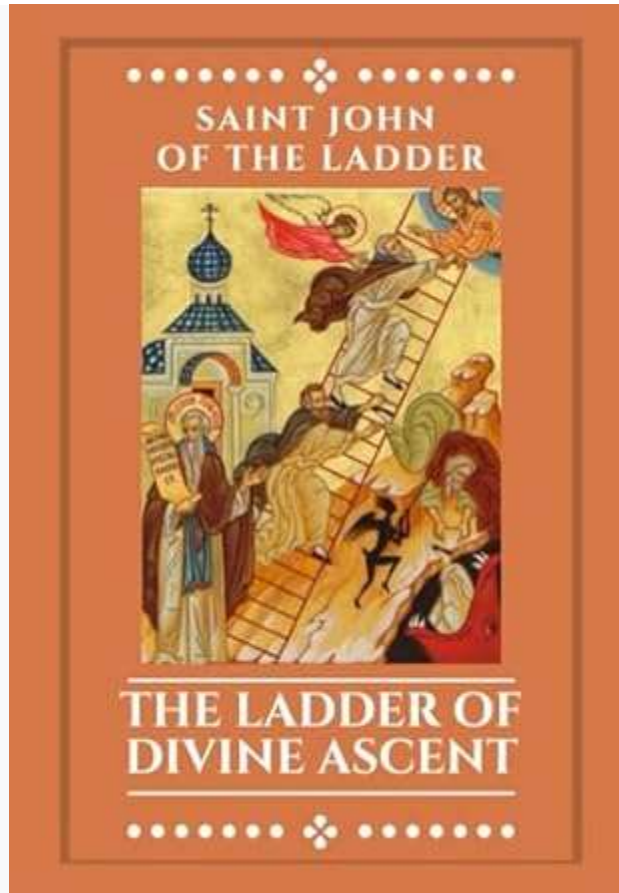
«Лествица» преподобного Иоанна Лествичника

Лествица — знаменитое душеспасительное руководство, написанное в VI веке великим подвижником благочестия, игуменом Синайской обители преподобным Иоанном, в честь своего замечательного творения получившим именование Лествичник.

Много веков [«Лествица»](#) является настольной книгой христианина. Проникнутое глубокой духовной опытностью, написанное простым, но полным силы, чистым и живым языком, творение преподобного [Иоанна Лествичника](#) поможет ревнующему о своем спасении совершить духовное восхождение по Лествице, возводящей на Небо. Не пройдем же и мы жаждущие мимо сего источника воды живой. И да преобразит нас немощных та сила, коей наполнено с преизбытком сие великое творение!

The Ladder is a famous soul-saving manual written in the 6th century by the great ascetic of piety, the abbot of the Sinai monastery, St. John, who received the name Ladder in honor of his wonderful creation.

For many centuries, "The Ladder" has been a Christian reference book. Imbued with deep spiritual experience, written in a simple but powerful, pure and living language, the work of St. John Climacus will help those who are zealous for their salvation to make a spiritual ascent along the Ladder that leads to Heaven. We who are thirsty will not pass by this source of living water. And may the power with which this great creation is abundantly filled transform us who are weak!



THE LADDER OF DIVINE ASCENT Paperback – July 26, 2019 (Amazon)

by [JOHN OF THE LADDER](#) (Author), [Archimandrite Lazarus Moore](#) (Translator)

St. John Climacus is honored by the Church as a great ascetic and as the author of a remarkable work entitled, The Ladder of Divine Ascent, and therefore he has been named "Climacus," or "of the Ladder." In THE LADDER Saint John describes the ascent toward spiritual perfection, which is essential for anyone who wishes to save his soul. It is a written account of his thoughts, based on the collected wisdom of many wise ascetics, and on his own spiritual experience. The book is a great help on the path to truth and virtue. The steps of THE LADDER proceed gradually from strength to strength on the path of perfection. The summit is not reached suddenly, but gradually, as the Savior says: "The Kingdom of Heaven suffers violence, and the violent take it by force" (Mt. 11:12).

<https://www.amazon.com/LADDER-DIVINE-ASCENT-JOHN/dp/179563524X/>

THE LADDER OF DIVINE ASCENT

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29. Hope is a wealth of hidden riches. Hope is a treasure of assurance of the treasure in store for us.
30. It is a rest from labours; it is the door of love; it is the superannuation of despair; it is an image of what is absent.
31. The failure of hope is the disappearance of love. Toils are bound by it. Labours depend on it. Mercy encircles it.
32. A monk of good hope is a slayer of despondency; with this sword he routs it.
33. Experience of the Lord's gift engenders hope; he who is without experience remains in doubt.
34. Anger destroys hope, because hope does not disappoint,⁵²⁰ but a passionate man has no grace.⁵²¹
35. Love bestows prophecy; love yields miracles; love is an abyss of illumination; love is a fountain of fire—in the measure that it bubbles up, it inflames the thirsty soul. Love is the state of angels. Love is the progress of eternity.
36. Tell us, fairest of virtues, where thou feedest thy flock, where thou reorest at noon.⁵²² Enlighten us, quench our thirst, guide us, take us by the hand; for we wish at last to soar to thee. Thou rulest over all. And now thou hast ravished my soul. I cannot contain thy flame. So I will go forward praising thee. Thou rulest the power of the sea, and stillest the surge of its waves and puttest it to death. Thou hast humbled the proud—the proud thought—like a wounded man. With the arm of thy power thou hast scattered thy enemies,⁵²³ and thou hast made thy lovers invincible.

But I long to know how Jacob saw thee fixed above the ladder. Satisfy my desire, tell me, What are the means of such an ascent? What the manner, what the law that joins together the steps which thy lover sets as an ascent in his heart?⁵²⁴ I thirst to know the number of those steps, and the time needed for the ascent. He who knows the struggle and the vision has told us of the guides. But he would not, or rather, he could not, enlighten us any further.

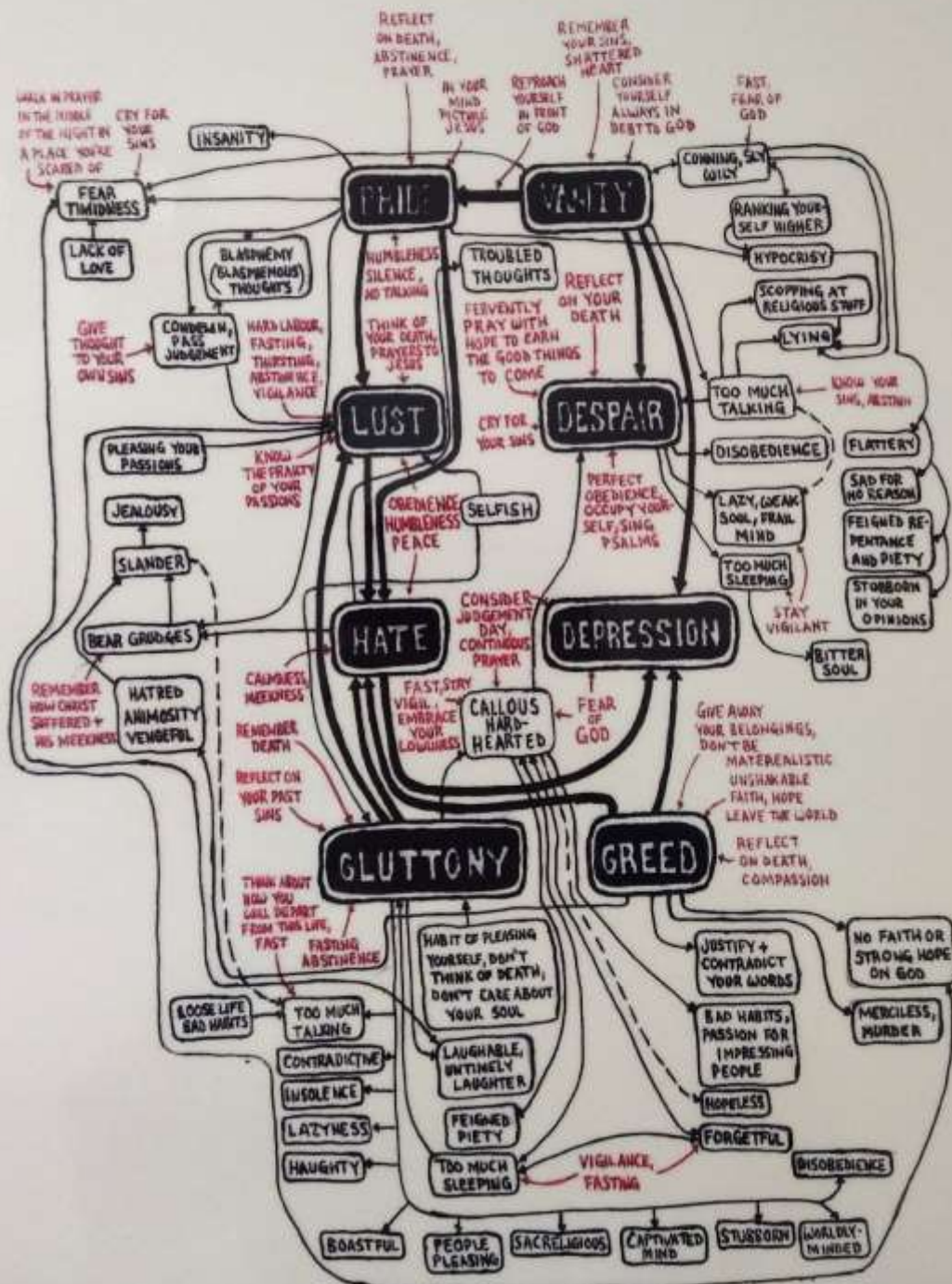
And this queen (or I think I might more properly say king), as if appearing to me from heaven and as if speaking in the ear of my soul, said: Unless, beloved, you renounce your gross flesh, you cannot know my beauty. May this ladder teach you the spiritual combination of the virtues. On the top of it I have established myself, as my great initiate said: And now there remain faith, hope, love—these three; but the greatest of all is love.⁵²⁵

A BRIEF EXHORTATION SUMMARIZING ALL THAT HAS BEEN SAID AT LENGTH IN
THIS BOOK

Ascend, brothers, ascend eagerly, and be resolved in your hearts to ascend⁵²⁶ and hear Him who says: Come and let us go up to the mountain of the Lord and to the house of our God, who makes our feet like hind's feet, and sets us on high places,⁵²⁷ that we may be victorious with His song.

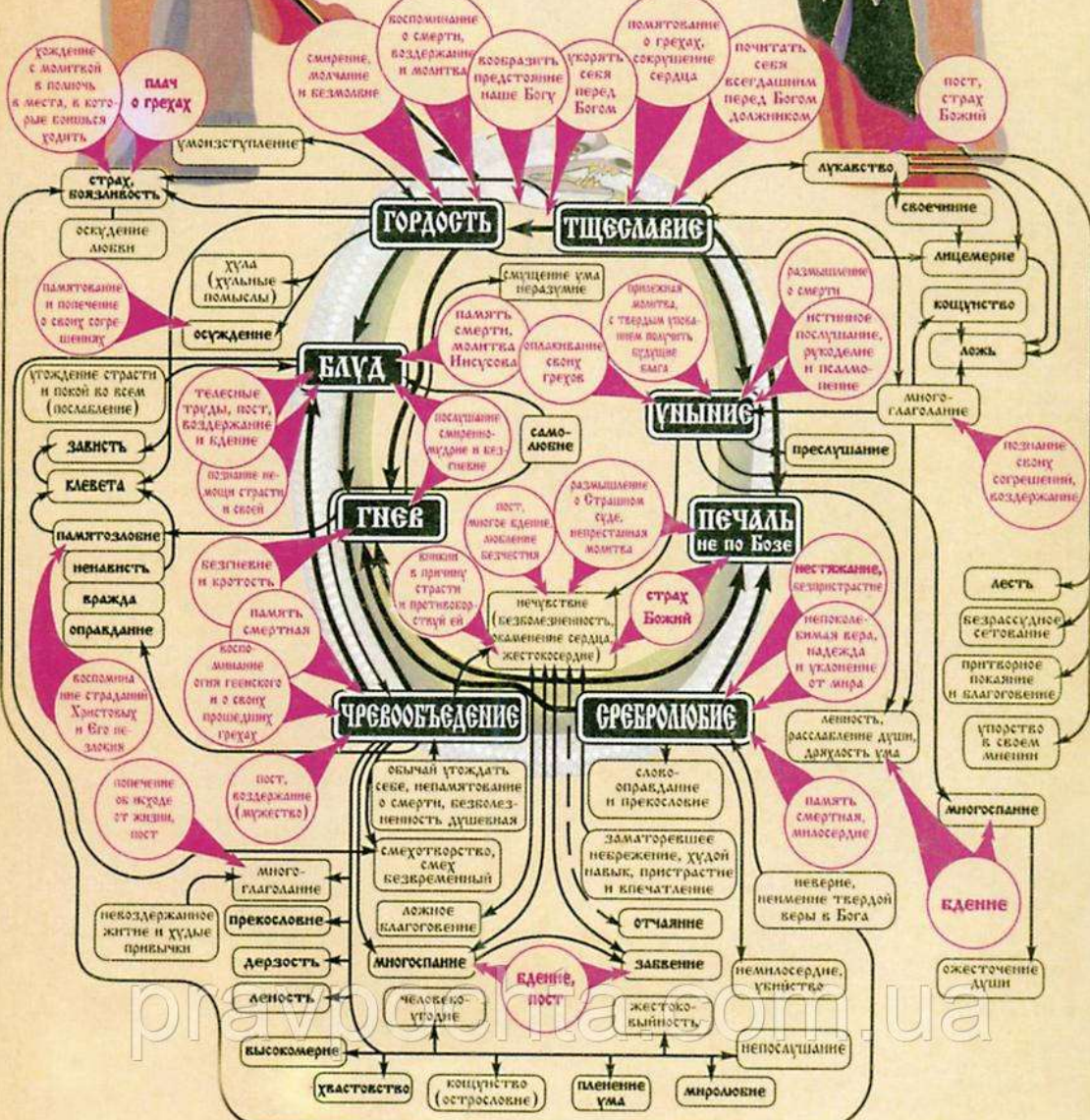
Run, I beseech you, with him who said: Let us hasten until we attain to the unity of faith and of the knowledge of God, to mature manhood, to the measure of the stature of the fullness of Christ,⁵²⁸ who, when He was baptized in the thirtieth year of His visible age, attained the thirtieth step in the spiritual ladder; since God is indeed love, to whom be praise, dominion, power, in whom is and was and will be the cause of all goodness throughout infinite ages.

SINFULNESS AND OVERCOMING THEM



[illegible]

**ГРЕХОВНЫЕ
СТРАСТИ**
и борьба
с ними





Saints & Sinners