



# His Life Is Mine

*Archimandrite Sophrony*

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## **His Life Is Mine** Archimandrite Sophrony

Contemplation, prayer, spirituality these words have become popular in our day among those despairing at the banality and emptiness of the contemporary scene. But popular as well are a myriad of pseudo-spiritualities, each offering its own shortcut to spiritual satisfaction. His Life is Mine is a refreshing contrast. The book deals with prayers, and especially with the 'Jesus Prayer' of Orthodox monasticism. Yet it is not simply a presentation of 'techniques.' The book is permeated by the awareness that prayer is not just the cultivation of a particular spiritual state, not the investigation of an abstract Idea or dissolution in an anonymous Whole, but an encounter with the personal Being, I AM, demanding in turn our own growth in personhood. As remarkable as the book is its author, Archimandrite Sophrony. Like a good plot, his life has proceeded from possibility to probability to necessity from marked success as a painter exhibiting in the great Paris salons after the Russian Revolution via a brief period of study at the Orthodox Theological Institute in Paris to Mount Athos, the Holy Mountain of Eastern monasticism, where he spent twenty-two years, first as a monk in the Russian Monastery of St Panteleimon and for the final seven years as a hermit in the 'desert.'

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