



The Spiritual Life and How To Be Attuned to It

By St. Theophan the Recluse

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Once, in the middle of the dance floor at some annual ball, a young lady had a sudden glimpse of the immortality of her soul; and as this vision flashed upon her inward eye she was struck with the thought that all this swirling around the dance floor was utterly futile. Amazed and disturbed, she wrote to the then recluse-bishop Theophan, evoking a correspondence which resulted in this volume of his letters. This is a valuable text book on spiritual life, written in a simple and accessible manner.

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