

# The Hesychast Medicine

## *The Sacred Therapy*

**Hieromonk Ghelasie Gheorghe**

*Translation from romanian: Natalia Muntean*

*(Preface)*

We continue our series about Hesychasm<sup>1</sup> with the volume entitled *The Hesychast Medicine. The Sacred Therapy*. Many events have been related lately and all of them have different claims for novelty and miracle. We are indeed in great need of Miracles. We are in the situation where only Miracle can save us from the great “downfall” ... Man has frenziedly believed that He himself holds in his own hands the miracle of his own life. Many people still delude themselves with this belief, only to be disappointed and to start looking for the True Miracle. Where is the Miracle and what does it consist of?

Life is a Gift of Mystery not a consequence of Man’s Will. We receive Life from Beyond us and through others. Life is a Gift, and the Mastery over Life has a totally different meaning. Life has Mastery over us. Life is a Mystery which you receive and you Participate to Life to the degree in which you Open yourself up towards this Mystery. Life represents the Sacred Itself and whoever thinks he can Cheat It or desecrate It is grossly mistaken. Life is a Gift from God which we receive in a Sacred way and we Commune with it. Indeed, as Sons and Daughters of God’s Creation, Life represents the Nature of our Being as Creation but this essential Nature is a Gift, it does not happen by Itself. We do not exist by our own will but through our Creator and our Parents. Life is our essential Nature but it is not under our Mastery, only under the Mystery of the One who has Bestowed it upon us. That is why whoever Desecrates Life will be surprised to witness the Destruction of his own Life to the death.

We Receive Life, we believe it to be a Property we possess, but if we Empty it of Mystery and Sacredness, Life withers as if from a hidden disease. Mankind has reached a disastrous degree of Desecration of Life, Discarding of the Mystery of Life ... Life altered beyond its Normal Nature is destroyed... Yes, Life has in itself the Miracle of Life, which is the Origin of our Life. We do not Master Life, instead we must Prostrate to It.

The Origin of Life is Bestowal and Living Life is Gratitude and the Sacred Gesture towards It. We must understand the Mystery of Life. Any Secularization of It Harms It. *The Hesychast Medicine*, our present Account, is shaped along this vision of the Mystery of Life. Whoever fails to understand Life as a Gift of Mystery, whoever fails to Live Life as a Mystery, whoever does not see Life as a Miracle will also discard any Account about the Sacredness of Life. The Mystery of Life is the Soul, just as the Mystery of the Soul is God. Only a Body with its Soul can be Alive (Living). And only a Soul United with God is a Soul full of Life. Hence, *The Hesychast Medicine* is a Double Medicine, of Soul and of Body in the Supra-Unity of Godhood Sacredness. Disease is an Abuse to Life. Who dares Mistreat Life?...

And yet, We Ourselves commit the Horrible Sin of Killing Life ... The Sacred–Therapy is the Recovery of Life from the grip of Death. Disease is the grip of Death, which cannot be tolerated. Down with the Horrible Mask of Death from the Icon-Image of Life Itself! Let us return

---

<sup>1</sup> *The Hesychast Medicine* is the fifth book published by Father Ghelasie, the first four have been re-edited at the Platytera Publishing House in *The Memories of a Hesychast*, vol. I and II, 2006.

to the Sacredness of Life. Let us rediscover the Health and the Mystery of Life. We have come to consider Life as a mere Mechanism and nothing more, a Mechanism which we can alter according to desires and circumstance. It is not like that at all. Life is a Sacred Mystery of a Language of Mystery beyond the secular Mechanism. One must understand that the Therapy of Disease is first and foremost the Re-sacralization of Life, the Re-discovery of the Sacred Language of Life, without which Life Refuses to Answer to our demands. Disease is not an energetic Chemism of Life but it is first and foremost a Desecration of Life's Mystery Language which only then overthrows the energetic Chemism. The Reordering of the energetic Chemism can only be done through the Recovery of the true Language of the Mystery of Life.

Life is not a Monologue but a Living Dialogue between Bestowal and Response at the same time. Life is the Mystery of the reciprocal Dialogue and Communication. Life is the Mystery of the Transcendental Dialogue. The Origin of Language is in the Mystery of the Dialogue of Life Itself. The Spirit is the Absolute Living<sup>2</sup> precisely because it has the Language of the Spiritual Dialogue. Life is Sacred Language, first and foremost, and then it is Chemism. The Chemism is the Echo and the Energetic<sup>3</sup>, the Energy of the Mystery of the Language of Life Itself. God is Living (essence) and Life Itself has no Beginning and no End. Whoever falls from the Sacredness of the Language of Life Disregards God as well. This is the Key of the Hesychast Medicine as the Re-discovery of the Sacred Language of Life which can Recollect the Order of Health in the Chemism of our Body.

The conventional Therapy of Secular Medicine seeks the Reinstatement of the energetic Chemism without the Science of the Mystery Language of Life, or without the profound knowledge of the Interactions that exist Beyond the Chemical processes. The Language of Life comes Before the Chemical one. It has been scientifically confirmed that Information comes Before Physical Mass. The Information contained within Matter is the Echo-Extension of the Language of the Soul-Spirit which, within Energies, becomes the Organizer of the Physical Chemism. The Living (essence, *t.n.*) Reveals Itself and it is Seen by the Living Itself, directly and without the Chemical Intermediary. The Chemism is Sign and Trace of the Language of the Living. Death and Disease come through Forgetting the Memories of the Language of Life. Health Returns through the Recalling of the Sacred Language of Life.

We are attempting, in this account, *The Hesychast Medicine*, such a Sacred Therapy of Recollection of the Language of Life, which is Health in Itself. Let us try to Rediscover within Ourselves the Mystery of the Language of Life and we shall discover the Sacred Therapy of our Diseases. Let us Recover the Miracle of Life which we so urgently need.

Life is Sacred Language and anyone who desecrates the Sacred Language becomes Life Killer. Beware of the Lures of the Tree of Death, of the Enticement of the Fall from Heaven, which Offers us the Horrid Knowledge of Disease and Suffering until the ultimate Unbearable Death. Devil, Curse Your Diabolical Knowledge of Disease, Suffering, and of the Perdition of Death! God does not Want the Knowledge of Death and Disease, that is why He is Asking you to Reject it. Do not Eat from the Tree of the Fall of Life into Death. On this Diabolical Tree it is written "*Do not Kill yourselves.*" Suicide is the Sin of Eternal Hell. God, our Lord, how can it be that we ourselves would accept the Eternity of our own Hell? ... Let us Reject this Horrible Degradation. Let us Rise for Eternal Life which is the Essence of Existence. Life Itself is Alien to Disease-Suffering and Death.

Life cannot be Killed and it Appears that Death still is a Spark of Life which, if you Rekindle, you Miraculously Return to Life. Rekindle your Last Little Spark of Life and the Smile of Life will Rise like a Life-Giving Sun. In the Light of the Sun everything Returns to Life. The Regeneration of our Life is within the Mystery of the Life which God Bestowed on us. Let us Use this Mystery as we would the Miraculous Medicine of our Recovery. We, those who are Ill, cannot

---

<sup>2</sup> Here, as in most of the instances in this book, *Living* is used as a noun as *the Living*. There are other occurrences throughout this book of adjectives used with a noun function. For a reminder of this reference, the translator took the liberty of adding a helping noun within brackets in some cases. (*t. n.*)

<sup>3</sup> Used also as noun. (*t. n.*)

be Picky, the Medicine must bring about the expected Result. Try and put to the test this Miraculous Remedy of the Hesychast Medicine. But be Honest and Fair with Yourselves. At least in Disease, let us be Honest with Ourselves. Wake up to the true Conscience without Subterfuge. Be Open to the Test of the Truth. Do not Refuse the Mystery and the Miracle. Our Secularized Existence is Regenerated, Returns to Life. We have Secularized ourselves to the point of Our De-personalization. Supra-personalize Yourselves through the Mystery of Life. The Mystery is the Sacredness of Life. Re-Sacralise your Life and you will Rediscover Your Selves. You will also Recover Your Health.

Some people, rather superficially, hold us culpable for making “some Christian Theosophy”. There are some Spiritual extremists holding on to an absolute Apophatism, who would not admit a single Word about the Mystery, and there are Materialist extremists who exclude any Trace of Mystery in Science. In the authentic Christian vision, God is the Essential Being in Itself – Absolute Mystery but at the same time He is Revelation of Uncreated Energies Bestowed through Grace. The Being-Essence is the Apophatic and the Grace is the Cataphatic.

This Double Archetype is Transposed in Us Creation as Soul-Mystery and Body-Discovery. We are Intertwinement-Perichoresis Soul-Body, without Amalgamation. Western Theosophy is Pantheist, considering Energy as Emergence straight from Essence-Being-Mystery-God, therefore Creation is Direct Language-Expression of God as Being.

In the authentic Christian Vision, Creation is not Pantheism-Emergence of God’s Manifestation but it is on the one hand Language of the Essential<sup>4</sup> Logos in Creative Transposition as Archetype, and on the other hand Manifestation-Expression of God’s real and Objective Potency. The Christian God already has His Purely Godly Manifestation of Trinity in Itself, as Language of Absolute Trinity. The Creation is Transposition of This already Archetypal Language and, once again, it is as Transposition-Translation in a Creative Manner, since a New Being-Substance of Creation is being Created. The Essence of Creation is not God’s Being Itself, since God Can also Create a Being of Creation who can then engage in a Dialogue. The Creation is the Manifestation of Godhood Manifestation, hence the Existential Coexistence of God and of Creation. God’s Being is Permanent and the Being of Creation, Once Created, is also Permanent.

The Fall does not Entail an Annihilation of the Being of Creation, but the Death-Separation from God’s Perfect Being-Essence. Creation is Perfection of Creation as long as it Remains in the Creating Perfection of God, otherwise It Falls in Anti-God, in Imperfection. Death is not the Annihilation of the Existence of Creation but the Fall from Perfection into Imperfection, from Health into Disease-Death.

The Authentic Christian Metaphysics is not Dualist (of two Opposing parts) nor is it Monist-Pantheist, it is of a Unique Reality but in Two Expressions, At Once Equal and unamalgamated. The Christian Philosophy is not the Greek Dualism of Spirit and Matter, but the Dichotomy Soul and Body, Being-Existence and Energies of Divine Grace.

Anyone who knows at least a little Theology can make the distinction between Being-Spirit in Essence and the Energies of Movement of Being, these do not get amalgamated but are Related, not Substantially, but as Information and as correspondence of Language. In *The Hesychast Ascetic Endeavors* and *The Hesychast Ascent* we have attempted a deciphering along these lines. Matter is not the Opposite of Spirit, instead, it is the Radiance-Grace not of the Spirit Itself but of the Living (essence) of the Movement of Spirit.

The Being-Spirit is the Existential Substance in Itself, with Language-Life in Itself, which, due to the Existential Life of the Being Itself, also Miraculously Emanates an Energetic Semi-Substance, the Energetic Grace which is the Archetype of Creation, which takes the Shape of Matter. Matter is the Equivalence of God’s Grace in Creation. The Divine Grace Energies are not Emanated from the Being Itself as Transformation of Being in Energies, but it is Emanated from the Movements of the Being. The Divine Grace is not Being-Essence, but it is Movement of the

---

<sup>4</sup> Essential and Existential are used with the meaning which the concept has in philosophy, related to the definition of the Being in Ontology.

Movement of the Being. The Holy Grace is not Essential Substance but Semi-Substance of Movement which is already Essential. Grace is not the Movement of the Being Itself, but it is the Radiance of the Essential Movement which is Beyond Grace, as Pneuma (*Dub*)<sup>5</sup>. The Movement of the Being Itself is Essential (*Dub*) Pneuma, which is not Energy but Pneuma-Being. The Pneuma-Being as Movement of the Being becomes then the Source of the Energetic Movements which are no longer Spirit but Energies of Movement of Pneuma. Our Body is not the Opposite of the Soul, nor is it Soul transformed into Energies, but it is Energies of Movement of Soul.

That is why Pantheism is completely rejected by the authentic Christian Metaphysics. Matter is Image-Icon<sup>6</sup> of Grace, Radiance of Movement of Spirit, it is not the Opposite of Spirit, nor is it Consubstantial with it, since Being is essence of Spirit, while Matter is essence of Energies of Movement of Spiritual Being. As Reality in Itself, the Being-Spirit is the True Substance, whereas the Energies are merely a Relative Semi-Substance which Emanates from the Movements of the Substance in Itself. Relativity is not Imperfection, as we may Think, but it is Energy of Movement of Permanent Spirit. The Energies as Grace of Movement are not the Contrary of the Being-Spirit, but they are the Relative<sup>7</sup> of the Movement of Spirit and not of the Spirit of Permanence Itself.

The Spirit has a Triple-Movement in Itself, Rest, Movement, Repose, through the Three Permanencies of the Spirit-Being: Conscience, Pneuma, Spirit Language. The Movements of the Being (Essence) are within the Triad of the Living (essence) of Being. Thus, the Divine Grace Energies are directly Determined by the Movements of the Pneuma Being. The Energies Emerge from the Being and Return in the Movements of the Being, hence the mentioned Relativity. But this is not the Opposite of the Spirit. The Fall from the Heaven-Perfection brings Contrariety. In Heaven, Adam Saw God at once with his Soul and his Body. So, Normally, the Seeing (ability, *t.n.*) of the Soul is at the same time with the Seeing (capacity, *t.n.*) of the Body and they are by no means in reciprocal Annihilation. We, because of the Fall from Heaven, have become Blind in our Soul, so we Believe that the Body is to Blame for Casting a Shadow over the Soul. The Blindness of the Soul is to Blame, not our Body's Matter. It is true that the Body's Matter Opposes the Seeing of the Soul, because after the Fall from Heaven the Body became Independent from the Soul. The Body sank into Bodily Passions which are Repelled by the Soul, hence the Body's Fear of the Seeing (ability) of the Soul. After all there is a Coexistence at the same time between the Seeing of the Soul and the Seeing of the Body, in Harmony, that of the Soul as Essential Seeing and that of the Body as Seeing of Movement of the Soul, as Prolongation-Radiance even Beyond the Soul. The Seeing of the Soul in the Seeing of the Body emerges even over the Soul and the Seeing of the Body emerges in the Seeing of the Soul also Beyond the Body, as reciprocal Transcendence without reciprocal Annihilation and Contrariety. The Fall has bred Enmity between Soul and Body to the point of reciprocal Annihilation-Killing.

Western Theosophy has a High Ideal but it fell from the pure Mystic<sup>8</sup> into a crossover Occultism and from pure Science into an Evolutionist Semi-Materialist Science.

Theosophists attempt a Scientific Religion and a Religious Science. We are asking you not to confuse this with our attempt for an Authentic Christian Mystic Approach and for an authentic Christian Understanding. Furthermore, we are attempting a Mystic of Language, as Language deciphering, whence Theology would then derive from. God Reveals Himself as Language of Being (Essence) so that we can talk about God who Remains Mystery in Itself. Some theologians are very

---

<sup>5</sup> The syntagm 'Holy Spirit' has two equivalent expressions in Romanian, a Slavonic and a Latin one, *Sfântul Dub*, and respectively *Sfântul Spirit*. Because in Father Ghelasie's work *Dub*, pronounced [*du:ch*], and *Spirit* have distinct meanings, we have chosen, as a solution for the English translation, to use the Greek word 'Pneuma'. As an example, we have Father Ghelasie's Triad of Soul: Self-Conscience, Spirit (Pneuma)-Memory-Movement of Soul and Spirit-Language (Logos of the Soul).

<sup>6</sup> In Romanian 'chip' – translated here as *Image* – beside the meaning of *image*, also holds essentially the meaning of *face*, among many other possible, conceptually related meanings, such as *likeness*, as *appearance*, as *symbol (in the form of)*, (*face*) *expression*, etc. (*t. n.*). 'Chip' can also be *Icon*.

<sup>7</sup> Used as a noun here (*t. n.*).

<sup>8</sup> Used as a noun here (*t. n.*).

apprehensive of Science as De-sacralization of the Mystery, just as some people fear Religion as mystification... In the Christian view the Mystery resides within the Revelation of the Holy Spirit and within the Christic Language. Therefore, there is, in Christianity, an Entwined between Religion and Science, between Soul and Body, between Mystery and Revelation, between Being and Divine Grace Energies. But the Christian Science is not Amalgamation-Syncretism, but an Equal Dialogue, Coexisting and Unamalgamated.

Christianity is not a Philosophical or Religious System but Vision in its perpetual Disclosure-Revelation. The Christian Revealed Dogma does not represent a System-Closing but Definition in Disclosure. Christian Knowledge is Disclosure – Revelation in Definition, it is Mystery in various Definition Modes which Accentuate even further the Mystery as Mystery. God the Father, the Holy Ghost, and the Son are Absolute Definitions of the Absolute Mystery, not as a Closing of Mystery but as Disclosure of Absolute Mystery in Definitions which are also Absolute, as Absolute Disclosures. Hence the Christian Trinity as: God the Father-Mystery-Absolute Seeing; God the Holy Spirit-Knowledge-Insight-Revelation; God the Son Logos-Language-Identification. This is the Grammar of the Christian Logic (see *The Triads* from *The Memories of a Hesychast*, chap. 8).

Thus, the Mystery-Mystic tradition is in Coexistence and Equality with the Science-Knowledge and with the Language-Identification. Hence, the Trinity at once and unamalgamated of the Christian Knowledge as Mystic tradition, Metaphysics, and Theology. Christian Knowledge is not arrived at in Theosophical-Dualist style but it is Trinity-Uniqueness, One and Multiple at the same time, unamalgamated and never one in the absence of the other. Theosophy is Pantheist, Monologue, and Absorption of the Multiple in the Absolute Singularity. In the authentic Christianity, there is Dialogue-Coexistence between Creator and Creation, without amalgamation and absorption, but as Transfiguration-Perpetuation One in the Other, without the annihilation of anyone.

We are urging you to make an effort and to Acquire this authentically Christian Trinitarian Logic and in this way you will never confuse Christianity with other Systems of Knowledge. We do not create Dispute between Systems, we Decipher Christianity from the Multitude of Systems precisely, lest a falsified Christianity might be amalgamated with the “Western Mystic-Philosophical” Syncretism. Orthodox Christianity, as opposed to the Catholic and Protestant Christianity, is Preserved Pure and Unamalgamated with the Greek Aristotelian Philosophical Dualism, or with the Oriental Mystic-Metaphysics which has entered of late in the West. Western Science is presently Greek Philosophy, Oriental Evolutionism and Western Mechanics. It is a kind of Religion of the Spirit with a God-Principle transposed into a Physical-Chemical Mechanics.

In this approach, *The Hesychast Medicine*, we attempt a Re-Sacralization of the Mechanism of Science. A Science of only the Energies-and-Matter without the Mystery of the Spiritual Objective<sup>9</sup> constitutes Knowledge without the Sacred-Mystery. Christianity speaks about a Language of the Spirit Beyond the Language of the Matter. This is where Science Closes itself up, would not Admit the Language of the Spirit, claiming that the Language of the Spirit is the Matter itself. The Christian Vision affirms that the Language of the Spirit is Separate, and the Archetypes of Language of the Spirit Itself are then Transposed-Translated also in Energetic-Material Language. Hence the assertion of Christianity as Science-Knowledge of the Soul distinguished from that of the Matter-Body. The Soul has a Science of the Soul but Linked to that of the Body. The Science of the Soul is Mystic tradition and Religion.

Upon this very Foundation do we make an Intertwinement of the Science of the Soul in Relation to a Medical Science of Body-energies. Saint Nicodemus the Athonite, in his books *Unseen Warfare* and *On Guarding the Five Senses*, attempts to make such an Intertwinement. In Philokalia as well, they talk about a Science of the Soul, even an Art of the Science of the Soul, as the Spiritual Gift of Confession and Absolution for the healing of the Soul, in Concert with the matters of the Body, which has its specific Science.

---

<sup>9</sup> Used as noun here (*t. n.*).

We are not designing a novel Invention, yet we are attempting a Translation into a modern Language within the context of today's Culture. The Christian Gnosis in the Mystic Sense is Ritual-Praise and Chanting of the Mystery. The Christian Science is "the Ritual Chanting of the Divine Mystery" which Descends in Revelation.

We urge you to understand what the Christian Science is. It is Mystery in Ritual-Science. The Laws of Matter and the physical Chemism are the Ritual of God's Mystery which Reveals Itself in Creation. Thus, Science in the authentic Christian sense is "Sacred Ritual", not de-sacralized Mechanics. Thus, Hesychast Medicine is a Sacred Therapy of the Mystery of God and of Soul, Descending, in Revelation of Energies-Body. Disease is the De-sacralization of the Mystery whereas recovery is Re-sacralization, the Return to Mystery. The Soul undergoes De-sacralization through not-loving God, through the Separation from God, whereas the Body is subject to De-sacralization by Forgetting about the Soul and of the Order of the Divine Grace residing in the Energies of the Body. That is why we highlight what the Language of the Soul Consists of, as Science of the Soul (see *The Memories of a Hesychast* and *The Hesychast Ascent*) so that we can Recover the Soul's Health destroyed by Sin. Also, through this book, *The Hesychast Medicine*, we make the Intertwinement between Soul and Body. Thus, we attempt a Full Account of our Existence. We urge you not to rush into superficial appraisals. Try as candidly as you can to see things through this Vision too and, if indeed it proves practical and efficient, use it.

**Ghelasie Gheorghe,**  
November, 1991