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ADDITIONAL

Of Suffering

The more we try to avoid suffering, the more we suffer, because smaller and more insignificant things begin to torture us in proportion to our fear of being hurt. The one who does most to avoid suffering is, in the end, the one who suffers most: and his suffering comes to him from things so little and so trivial that one can say that it is no longer objective at all. It is his own existence - his own being - that is at once the subject and the source of his pain, and his very existence and consciousness are the source of his greatest tortures.



O Lord, deliver us from sad saints

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