

## St Gregory Palamas as a Hagiorite

“According to St Gregory Palamas, the nous should detach itself from things outside, from being diffused in the world, and should return to the heart. No sooner is it back than it will see the ‘dreadful mask which has come from its wandering below’. Seeing this ugliness, it sorrowfully undertakes to purify it. When it has removed this ugly mask, the mask of the superficial man, the nous comes into his heart and there he prays. Then God gives him the gift called peace of thoughts, a peace which brings him humility...”

*His Life on the Holy Mountain*

\* \* \*

“As we have seen, St Gregory Palamas lived this Orthodox hesychia. At first he looked for a secluded spot on the Holy Mountain and prayed to God night and day. Then he attained inner hesychia as well. Within this spiritual hesychastic atmosphere he acquired the knowledge of God, at the time when the heresy appeared which sought to unsettle the fundamental aspects of the Church’s teaching...”

*Expression of the Hesychastic Life*

\* \* \*

“In the teaching of St Gregory Palamas deification is not an abstract state...When a person attains the vision of the uncreated Light in the Person of the Logos he is deified. The vision of the uncreated Light is ‘union and deification’ of a person, ‘participation and deifying communion’. During deification a person is united with God. St Gregory is clear: ‘So the contemplation of this light is a union...but is the union with this light other than a vision?’ Man’s vision of God and deification offer the true knowledge of God.”

*The Vision of God on the Mountain: General Theological Comments*