



# The Arena: Guidelines for Spiritual and Monastic Life

*Ignatius Brianchaninov*

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## **The Arena: Guidelines for Spiritual and Monastic Life** Ignatius Brianchaninov

One of the most important and accessible texts of Eastern Orthodox Christian teaching on the spiritual life, this book draws upon the ascetic and mystical doctrine of the Greek Fathers and greats of the Orthodox Christian church. In an age alienated from spiritual culture and rooted in materialism, these teachings pose both a challenge and an invitation to those seeking heightened spirituality. This book is essential reading for anyone who desires a profound spiritual journey based upon an encounter with Christ as God.

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