

The Spiritual World

“Where the Spirit of God is, there is liberty.”
Saint Paul

The world we see is a material world. We can touch it and study it. We think we know how it works: there are atoms, molecules and cells. There are certain laws which rule it. Some of them we know and some we don't understand very well yet.

But there is a part of our world we cannot see even with a microscope. It is the world of spirits. It is an invisible reality. It affects our lives and, at the same time, it is affected by our actions. Nothing is accidental. Everything happens for a reason. Even our thoughts and prayers could change events in our life.

One thing we know for sure about the world of spirits is that there are good spirits and bad spirits. We often think that this world belongs to the world of fairytales, and therefore does not concern us. We do not believe there is a connection between these two worlds. But it is stronger than we think.



There is a constant battle between good and bad spirits. Heaven is the only place where bad spirits have no power. They cannot even get close to it. Here on earth they have some power and try to harm us but we are guarded by God's Angels.

We think angels look like us but in invisible form. About a hundred years ago near Athens lived a saint. His name was Nektarios. He was the spiritual father of a Convent on the island of Aegina. Once he asked a nun of the Convent if she wanted to see her Guardian Angel. She said yes. St. Nektarios prayed and the spiritual eyes of the nun opened. She saw her own Guardian Angel - he was more than three metres tall. She was stunned by the angel's spiritual strength and power.

Every one of us has a body, soul and spirit. Our bodies are visible. Our souls we can sense through feelings and emotions. Our spirits are connected with God and make us similar to Him. Our Guardian Angels keep our bodies safe and our souls awake. They inspire us to prayer which brings us God's blessing.

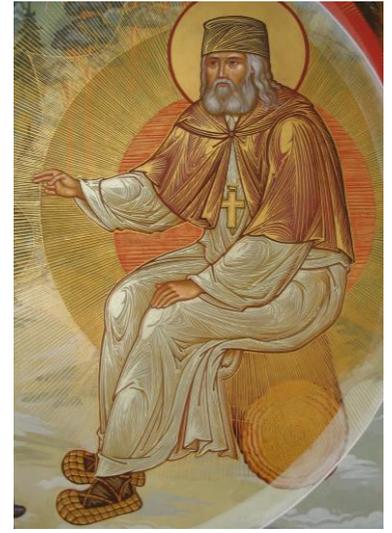
There is only one Spirit which leads us straight to God - the Holy Spirit. He is everywhere around us and fills everything with life. He is part of the Holy Trinity and is called the Heavenly King.



Many holy people have seen spirits in their true form.

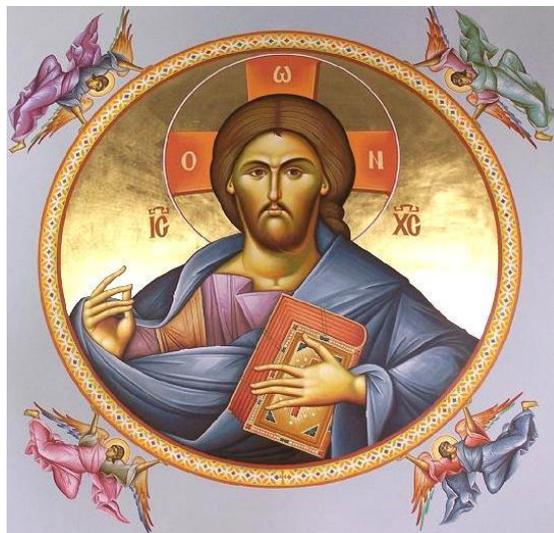
St. Seraphim of Sarov wanted to explain to one of his disciples what The Holy Spirit was like. He made a miracle to show it. They talked for more than four hours in a winter field covered in snow. It was a freezing cold day. But when St.

Seraphim started to pray the air warmed up and a light began to shine. The snow under their feet began to melt and a fragrance filled their nostrils. And the most wonderful feeling of happiness filled their souls. They were in another world - the spiritual world.



Warmth, light and happiness are all the qualities of the Holy Spirit. But they do not come easily. St. Seraphim says that we should be like good traders: see what brings you most profit in the spiritual sense and do it repeatedly.

"Fasts, vigils, prayers, almsgiving and every good deed done for Christ's sake are the only means of acquiring the Holy Spirit of God."



"Some people ask: "Is it really possible for people to see God so openly?" But there is nothing incomprehensible here. This failure to understand has come about because we have departed from the simplicity of the original Christian knowledge. Under the pretext of education, we have reached such a darkness of ignorance that the things the ancients understood so clearly, seem to us almost inconceivable. Even in ordinary conversation, the idea of God's appearance among men did not seem strange to them."

St. Seraphim of Sarov
