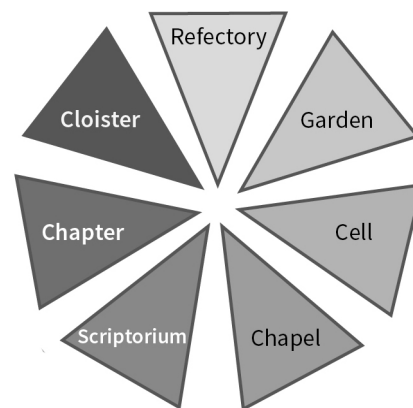


# Seven sacred spaces: virtues and vices



## Two open questions

- What do you think is the greatest gain from each of the seven spaces?
- What is the principal danger to be faced in each location?

## Making further links

Draw lines across the grid below that you think connect classic vices (on the left) to particular spaces. Are they the same as or different from the contrasting virtues (on the right) that could be encouraged by each place? (The eight vices and some corresponding virtues are from John Cassian, *The Philokalia*, volume 1, pp. 73–93.)

Vices (in Cassian's order)	The seven sacred spaces	Virtues, by contrast to the vice
Gluttony	Cell	Self-control
Unchastity/lust	Chapel	Moderation/purity
Avarice/greed	Chapter	Voluntary poverty/generosity
Anger	Cloister	Gentleness
Dejection	Garden	Patience
Listlessness	Refectory	Trust/diligence
Self-esteem	Scriptorium	Humility
Pride		Humility

## Advice from John Cassian

Mere abstinence without gaining virtues produces little spiritual gain. These battles are fought at the levels of mind/soul and with the body.

- **Avarice** is treated longest in Cassian; it enters from outside via the lack of faith or contentment.
- **Anger** blinds judgement, poisons community and shuts out the Spirit.
- **Dejection** darkens the human spirit, cuts people off from others and hinders repentance.
- **Listlessness** grows from lack of work or out of fear, provoking lazy, unruly, wandering distraction.
- **Self-esteem** is most subtle, tainting many attitudes and actions.
- **Pride** is the fiercest opponent, corrupting potential progress.

Other lists include the vice of 'envy' and the opposite virtue of 'kindness'.