

*“My joy, I beg you, acquire the Spirit of Peace. That means to bring oneself to such a state that our spirit will not be disturbed by anything. For one must go through many sorrows to enter the Kingdom of Heaven. This is the way all righteous men were saved and inherited the Heavenly Kingdom...”*

**—St. Seraphim  
from his conversation with N. Motovilov**

One of the most beloved Orthodox saints of recent times—St. Seraphim of Sarov (1759–1833)—was a priest, hermit and spiritual guide who, in early 19th-century Russia, led many souls along the path of apostolic Christianity.

*“... All the enjoyments of this world are not even a shadow of that which is prepared in the heavenly abodes for those who love God; there, is eternal joy and triumph.”*

**—St. Seraphim**

*“If a man is stirred by the wisdom of God, which seeks our salvation and embraces everything, and he is resolved for its sake to devote the early hours to God and to watch in order to find His eternal salvation, then, in obedience to its voice, he must hasten to offer true repentance for all his sins and must practice the virtues which are opposite to the sins committed. Then through the practice of the virtues for Christ’s sake, he will acquire the Holy Spirit, Who acts within us and establishes in us the Kingdom of God.”*

**—excerpt from the conversation with N. Motovilov**

*“Mark, my child, only the good deed done for Christ’s sake brings us the fruits of the Holy Spirit. That is why our Lord Jesus Christ said, ‘He that gathereth not with Me, scattereth (Luke 11:23).’”*

**—St. Seraphim**

The first volume of the Little Russian Philokalia Series contains the Life of St. Seraphim, his “Spiritual Instructions to Laymen and Monks,” his soul-saving conversation with Nicholas Motovilov “On the Acquisition of the Holy Spirit,” and his prophetic “Great Diveyevo Mystery”—which, until the publication of this book, had never been revealed in the English language.