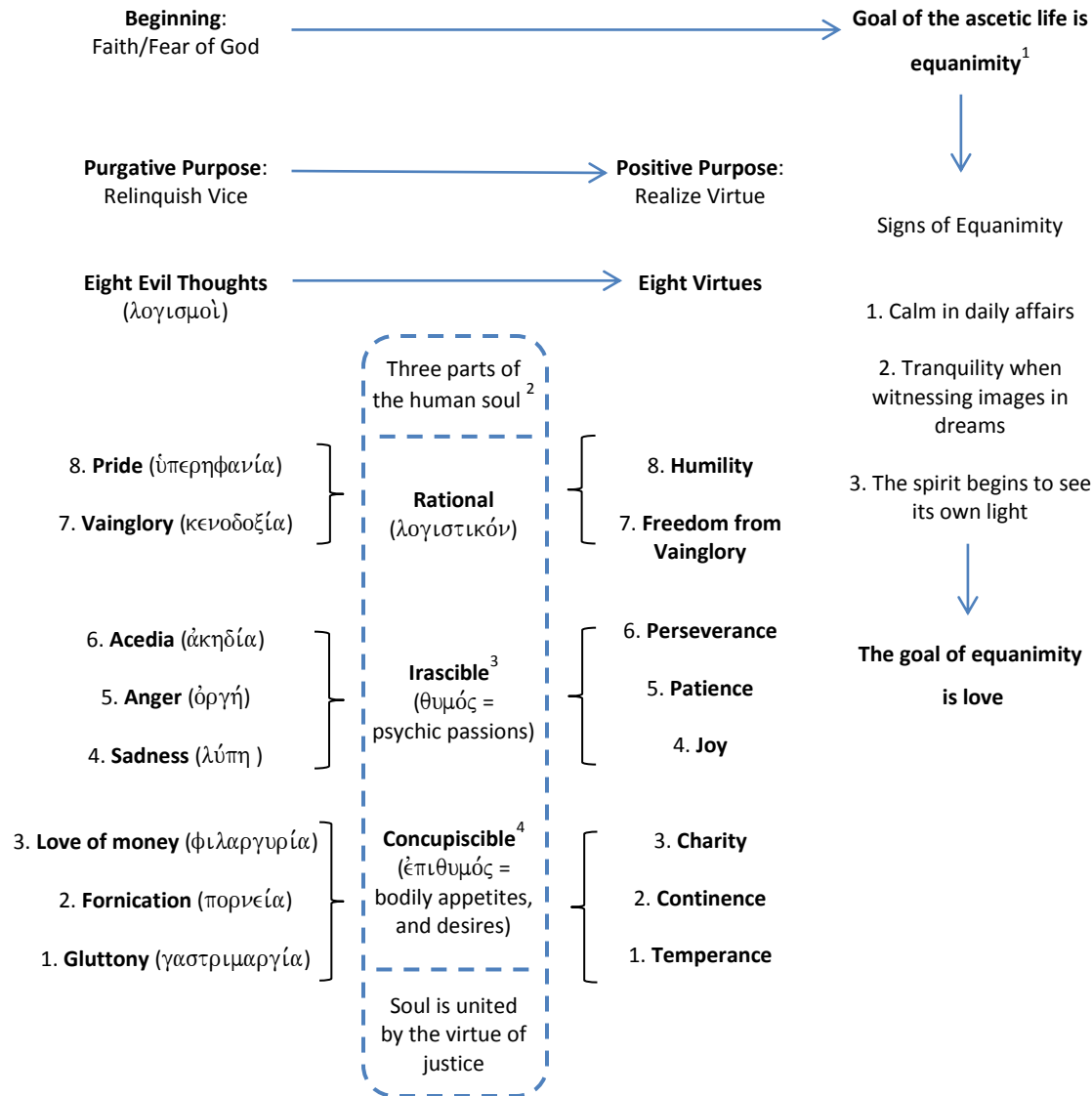
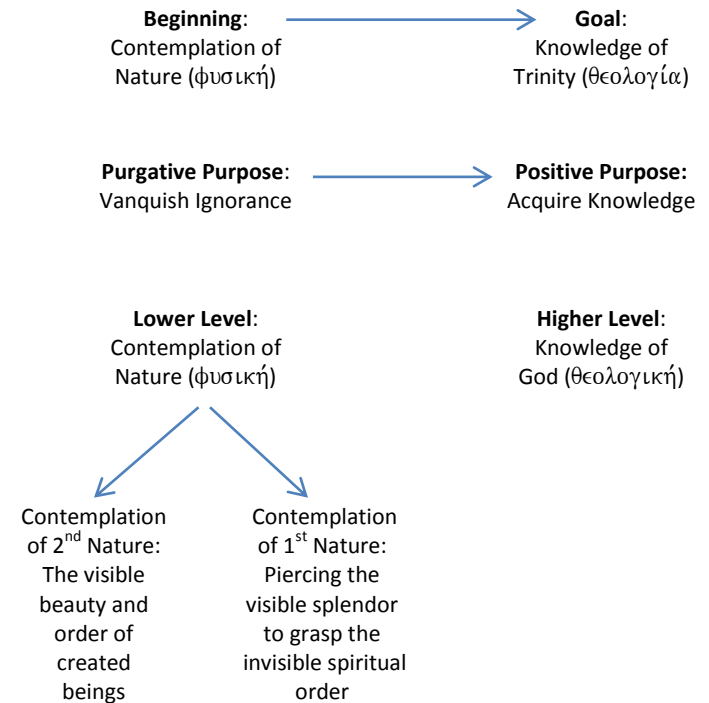


Stage One: Ascetic Practice / *Praktikē* (Πρακτική)



Stage Two: Mystical Knowledge / *Gnōstikē* (Γνωστική)



Evagrius's Map of Spiritual Progress⁴

Prepared by Jerry Truex 2011

¹ I translate *apatheia* (ἀπάθεια) as "equanimity," meaning "a calm steadiness under stress." *Apatheia* is often translated "passionlessness," because it literally means "without passion." However, Evagrius uses *apatheia* to refer to a person's "freedom from being controlled by the passions." He says that *apatheia* is "a quiet state of the rational soul; it results from gentleness and self-control" (Evagrius, *Skemmata*).

² Evagrius follows Plato's model of a three-part soul: (i) rational (ii) spirited or passionate, and (iii) appetitive or desires to meet needs.

³ Harmless, *Desert Christians*, translates θυμός as "irascible" (quickly aroused to anger). According to Louw and Nida's *Greek Lexicon*, θυμός refers to a state of intense anger with the implication of passionate outbursts.

⁴ Harmless, *Desert Christians*, translates ἐπιθυμός as "concupiscible" (pertaining to concupiscence or lust; provoking lustful desires).

⁴ This chart is a revision and modification of the one offered by William Harmless, *Desert Christians: An Introduction to the Literature of Early Monasticism* (New York: Oxford, 2004) 346.