

# Applied Orthodoxy in Our Daily Lives as a Way to Navigate Stressful Times

## Lecture-3: Keep Thy Mind In Thy Heart

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# Retreat Series Objectives:

- Session-1: To introduce the role of the Church as hospital restoring man to his natural state of health. November 18, 2020
- Session-2: To introduce “Three Stages of Spiritual Life” and discourse on suffering. December 2, 2020
- Session-3: To introduce “Keep Thy Mind in Thy Heart” supported by Orthodox practices and Positive Psychological Well-Being. December 9, 2020
- Session-4: To introduce Prof. Renos' *Adversity Grid* as a reflection tool in the face of stress and adversity. December 16, 2020

# Learning Objectives: Keep Thy Mind In Thy Heart

## Session-3

- To introduce the concept “Keep Thy Mind In Thy Heart”
- To introduce Metanoia and the supporting processes of repentance
- To introduce two views related to mental health
- To introduce dimensions to positive psychological well-being

# Keep Thy Mind In Thy Heart... *Repentance*

## μετάνοια

## Metanoia

1. (n) the journey of changing one's mind, heart, self, or way of life
2. (v) the act of reforming, becoming new

*Reflection:*

Act of introspection

Examination of one's own conscious thoughts and feelings

Applies to a person's mental state

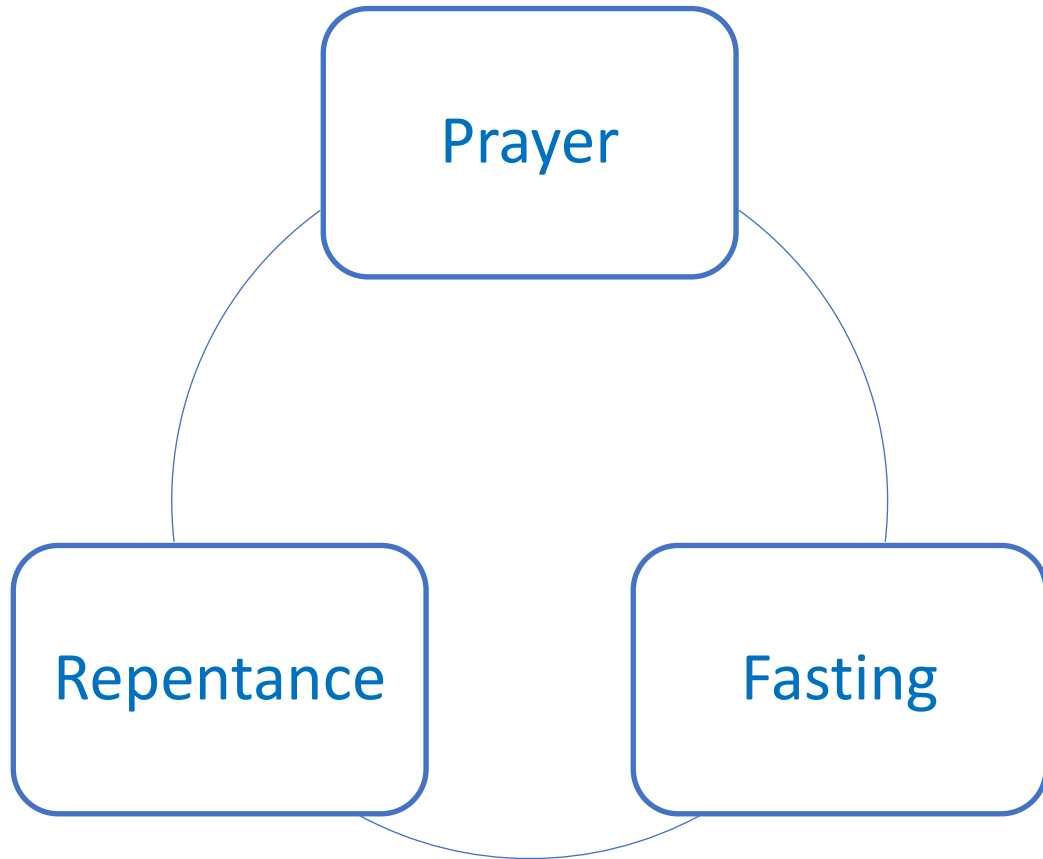
Applies to a person's soul

Reflection is a human ability

We are capable of learning from past experiences

<https://www.reflectionpsychology.com.au/our-practice/the-psychology-of-reflection>

# Keep Thy Mind In Thy Heart: The Practice of Continuous *Repentance*



Hopeful Endurance (ὑπομονή)  
Watchfulness (νήψις)  
Stillness (ἡσυχία)  
Presence

# Different Discourses on Human Suffering

Reference: Renos' Plenary Talk November 2018 pages 6-7

## Human Suffering

### Secular View:

Aristotelian language: *Hedonic*

Therapy Goal: Bring an end to suffering by removing the symptoms

Focus: Most forms of pain and suffering are obnoxious symptoms that need to be removed.

Wellbeing → removal of suffering, avoidance of pain, pursuit of happiness

### Orthodox Way:

Aristotelian language: *Eudaimonic*

Therapy Goal: Actualizing one's true nature, realizing one's full potential, flourishing

Focus: Find meaning and purpose of suffering as opposed to eliminating suffering.

Wellbeing → living a life in moral virtue and wisdom and actualizing one's divine nature using reason, emotion, perception, and action in an en-souled body

# What does it mean to be healthy?

## Hedonic View (Negative):

Absence of:

- Illness
- Pain & Suffering
- Unhappiness

Russell's causes of Unhappiness	Larchet- Vices Spiritual Illness
Having nothing to live for	Loss of Hope, Despair
Competition	Greed
Boredom	Slothfulness
Fatigue	
Envy	Jealousy
Sense of sin	All the vices ARE spiritual illness
Persecution mania	Fear
Fear of public opinion	Fear

# What does it mean to be healthy?

## Eudaimonic View (Positive):

Active Engagement in Life  
Authentic Living  
Creative Expression of Self  
Love

## Ryff: Six Dimensions to Positive Psychological Well Being

Self-Acceptance

Personal Growth

Autonomy

Purpose in Life

Environmental  
Mastery

Positive  
Relationships



# God is LOVE

Now abide:

- Faith
- Hope
- Love

But the greatest of these is LOVE

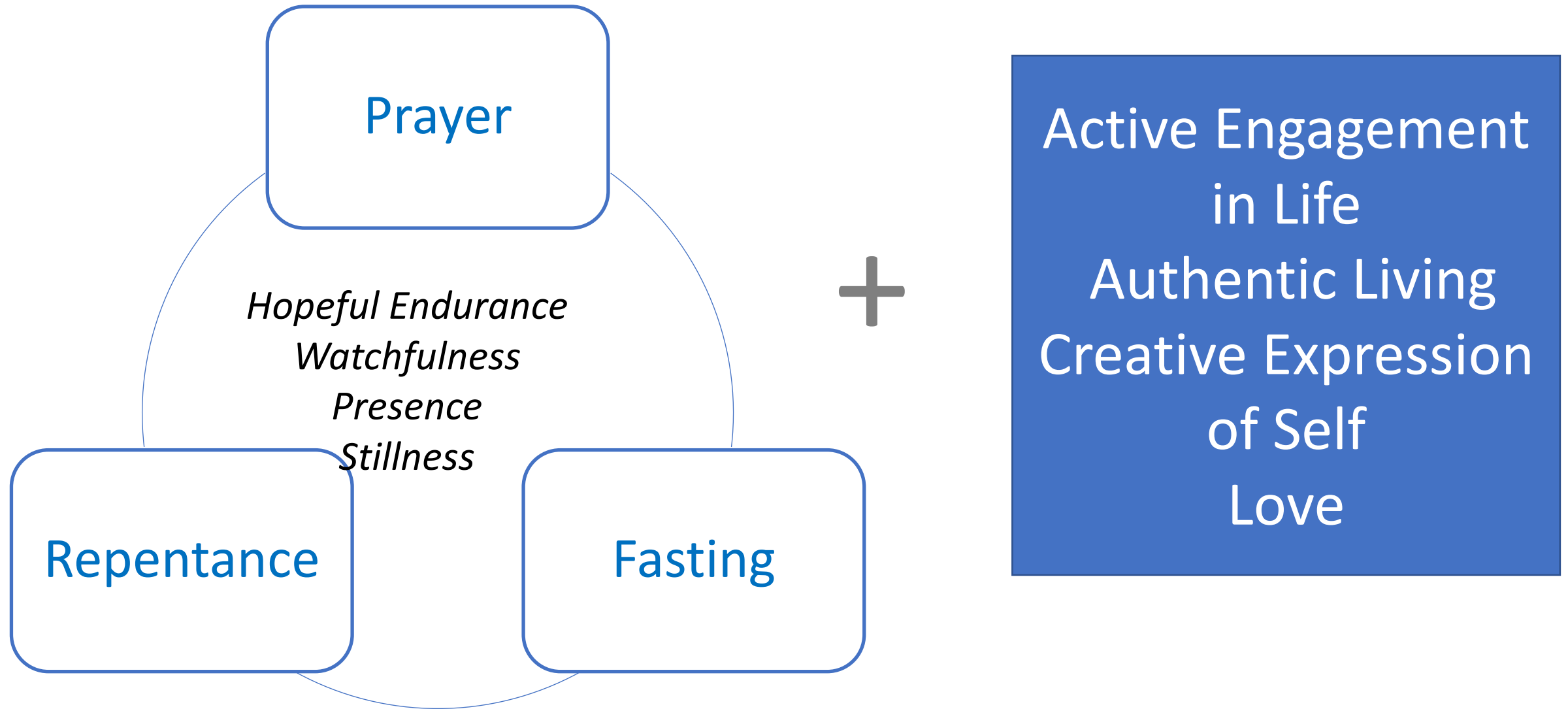
-St. Paul



“We are given but a short time to learn just one thing: *how to love.*”

-Fr. Pat

# Keep Thy Mind In Thy Heart: Repentance + Active Engagement in Life



# End Session 3

Questions?