


# 30 Steps of the Ladder of Divine Ascent

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1. On renunciation of the world
2. On detachment
3. On exile or pilgrimage
4. On blessed and ever-memorable obedience
5. On painstaking and true repentance that constitutes the life of the Holy Convicts
6. On remembrance of death
7. On joy-making mourning
8. On freedom from anger and on meekness
9. On remembrance of wrongs
10. On slander or calumny
11. On talkativeness and silence
12. On lying
13. On despondency (sadness, hopelessness, depression)
14. On that clamorous mistress, the stomach
15. On incorruptible purity and chastity, to which the corruptible attain by toil and sweat

16. On love of money, or avarice
17. On non-possessiveness (that hastens one Heavenwards)
18. On insensibility, that is, deadening of the soul and the death of the mind before the death of the body
19. On sleep, prayer, and psalmody with the brotherhood
20. On bodily vigil and how to use it to attain spiritual vigil, how to practice it
21. On unmanly and puerile cowardice (immature fearfulness, fear, weakness)
22. On the many forms of vainglory
23. On mad pride and on unclean blasphemous thoughts; concerning unmentionable blasphemous thoughts
24. On meekness, simplicity, and guilelessness which come not from nature but from conscious effort, and about guile

25. On the destroyer of the passions, most sublime humility, which is rooted in spiritual perception
26. On discernment of thoughts, passions and virtues
27. On holy stillness of body and soul
28. On holy and blessed prayer, the mother of virtues, and on the attitude of mind and body in prayer
29. Concerning Heaven on earth, or Godlike dispassion and perfection, and the resurrection of the soul before the general resurrection
30. Concerning the linking together of the supreme trinity among the virtues

