

# ST JOHN'S STAIRWAY TO HEAVEN

St John Climacus (c 570-649) was a Greek ascetic whose treatise on monastic virtue - *Klimax tou paradēisou* (Ladder of Paradise) - enumerated 30 steps to Paradise:

## - PARADISE -

- 30 - Faith, Hope, Charity - 30
- 29 - Peace of God - 29
- 28 - Prayer without ceasing - 28
- 27 - Solitude - 27
- 26 - Inner light - 26
- 25 - Death of the Natural man - 25
- 24 - Single-mindedness, or only one affection, and that for God - 24
- 23 - Abandonment of false humility, and that for God - 23
- 22 - Pride utterly crushed out - 22
- 21 - Self-glorification cast out - 21
- 20 - Conquest of fear - 20
- 19 - Watchfulness; the Eternal Lamp burning - 19
- 18 - Psalmody - 18
- 17 - Death of the carnal mind - 17
- 16 - Poverty, or loss of the love of accumulating - 16
- 15 - Chastity - 15
- 14 - Temperance - 14
- 13 - Conquest of indolence of mind and body - 13
- 12 - Restraint of exaggeration and false representation - 12
- 11 - Silence - 11
- 10 - Shunning slander and idle talk - 10
- 9 - Forgiveness of injuries - 9
- 8 - Equanimity - 8
- 7 - Sorrow the seed of joy - 7
- 6 - Constant thought of death - 6
- 5 - Penitence - 5
- 4 - Obedience - 4
- 3 - Giving up father and mother - 3
- 2 - Giving up all earthly good and hope - 2
- 1 - Renouncement of the world - 1

## - THE WORLD -