

Тне Түріса

Second Stasis Psalm 145

Grave Mode

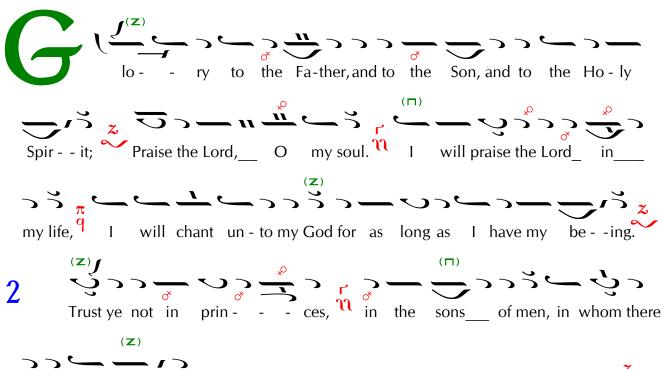
adapted from Athonite Melody

Ήχος βαρύς 🛫

Duration: 3:30

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No one in chanting with a ready and eager mind will be blamed if he be weakened by old age, or young, or have a rough voice, or is altogether ignorant of rhthym. What is here sought for is a sober soul, an alert mind, a contrite heart, sound reason, and a clear conscience. If having these you have entered into God's sacred choir, you may stand beside David himself. There is no need of zithers, nor of taut strings, nor of a plectrum, nor skill, nor any instruments. But if you will, you can make yourself into a zither, mortifying the limbs of the flesh, and forming full harmony between body and soul. For when the flesh does not lust against the spirit, but yields to its commands, and perseveres along the path that is noble and admirable, you thus produce a spiritual melody.

-St. John Chrysostom, Commentary on Psalm 41