



## Joseph of Panephrisis-Become All Flame

Abba Lot went to see Abba Joseph and said to him, `Abba, as far as I can I say my little office, I fast a little, I pray and meditate, I live in peace and as far as I can, I purify my thoughts. What else can I do?" Then the old man stood up and stretched his hands towards heaven. His fingers became like ten lamps of fire and he said to him, "If you will, you can become all flame!"

Joseph of Panephrisis

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