Evagrius of Pontus
Evagrius of Pontus (or Ponticus)
d. 399 Desert Monastic

- Protege of the Cappadocians
- Retreated to desert after attending Council of Constantinople
- Held Origenic theological tenets of *apokatastasis* and pre-existing soul
- Instructed John Cassian
- Taught that “eight deadly passions” endanger the soul: gluttony, lust, avarice, sadness, anger, *acedia*, vainglory, and pride
- Condemned for Origenism by 6th, 7th, 8th Ecumenical Councils

Spiritual reading, vigils, and prayer bring the straying intellect to stability. Hunger, exertion, and withdrawal from the world wither burning lust.

*From On Watchfulness*

Blessed is the monk who regards every human being as God, after God. . . . A monk is one who is both separated from all and yet united with all.  

*On Prayer*

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