

### **The sign of the cross and Orthodox prayer are capable of killing microbes and change the optical properties of water - a study.**

Moscow, March 17, **Interfax** - **Scientists have proved experimentally the miracle-working properties of the sign of the cross and prayer.**

'We have ascertained that the old custom to make a sign of the cross over food and drink before a meal has a profound mystical meaning. Standing behind it is the practical use: **the food is purified literally in an instant. This is a great miracle, which happens literally every day,**' physicist Angelina Malakhovskaya said as cited by the *Zhizn* newspaper on Friday.

Malakhovskaya has studied that power of the sign of the cross with the blessing of the Church for nearly ten years now. She has carried out a great number of experiments, which have been repeatedly verified before their results were made public.

She has discovered in particular the unique bactericidal properties of water after being blessed by an Orthodox prayer and a sign of the cross. The study also revealed a new, earlier unknown property of the Word of God **to transform the structure of water**, increasing considerably its optical density in the short ultra-violet spectral region, the newspaper writes.

**The scientists have verified the impact the Lord's Prayer and the Orthodox sign of the cross make on pathogenic bacteria.** Water samples from various reservoirs - wells, rivers, lakes - were taken for the research. All the samples had goldish staphylococcus, a colon bacillus. It turned out however, that if the Lord's Prayer is said and a sign of the cross is made over them, the number of harmful bacteria will decrease seven, ten, hundred and **even over thousand times.**

The experiments were made in such a way as to exclude a possible impact of mental suggestion. The prayer was said by both believer and non-believers, but the number of pathogenic bacteria in various environments with different sets of bacteria still decreased as compared to the reference templates.

**The scientists have also proved the beneficial impact that the prayer and the sign of the cross have on people.** All the participants in the tests had their blood pressure stabilized and blood indexes improved. Strikingly, the indexes changed towards the healing needed: hypotensive people had their blood pressure raised, while hypertensive people had it reduced.

It was also observed that **if the sign of the cross is made offhandedly**, with the three fingers put together unscrupulously or placed outside the necessary points - the middle of the forehead, the center of the solar plexus and the recesses in the right and left shoulders - **the positive result was much weaker or absent altogether.**

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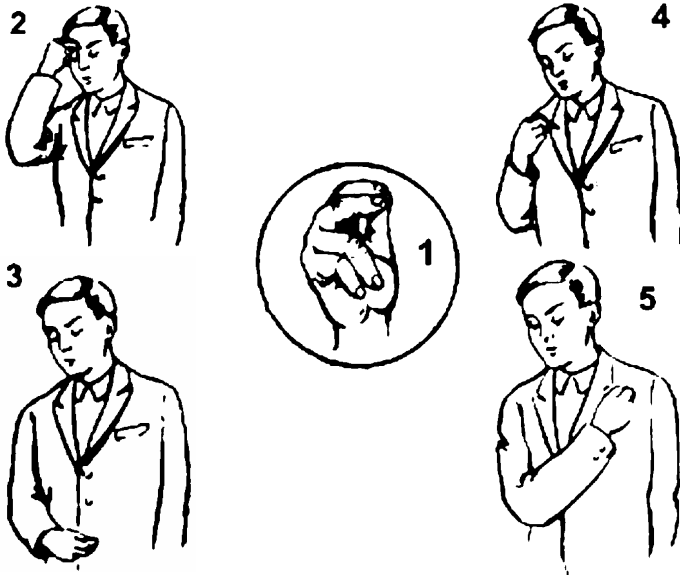
This helps us understand the **incorruptibility of Holy Water**, the leavening of dough by using flowers from the Elevation of the Cross or the Epitaphios, and the fact that Easter eggs remain fresh until the following next year when placed on the iconostasis, etc. **The church does not fear research.** On the contrary, research confirms Her claims as long as we don't stray from the true Orthodox Church...

### **The equal to Apostles Saint Cosmas the Aetolian (1714-1779) said:**

"Whoever makes the sign of the Cross is never harmed but is protected from every sort of deleterious thing and every demonic attack".

"People should have the Cross sign on them: Joining the three fingers of the right hand and placing them first on the forehead, then on the navel, then on the right breast, then on the left breast, bowing low and rising again".

"Learn, brethren, what the sign of the cross means" →



“When we put our hand to the head, it shows that God was in Heaven.

And when we put it on the navel it shows that He came down on earth and took flesh.

And when we put it on the right breast it shows He is just and immortal, and that He wants to place the righteous at His right side.

And when we put our hand on the left, it shows He wants to judge all nations, and whoever stands at His left He will place in hell”.

“And when someone prepares to go anywhere, first they should make the sign of the cross saying **“Lord Jesus Christ have mercy on me”**. Whether you are going to the market or the field or the vineyard or eating bread or fruit or drinking wine or water or when going to bed, venerate God, **make the sign of the Cross on your body** and then lie down to sleep if, you want to wake up healthy and happy in the morning. Therefore brethren understand and know this”.

(Saint Cosmas Aetolian, by Augustinos Kantiotis, metropolitan of Florina, Athens - Greece, 1999)

#### From the New Testament:

- ❖ **The Savior calls the trials of the lives of the faithful “a Cross”:** “And he who does not take his Cross and follow after Me is not worthy of Me” (Matthew 10:38).
- ❖ **Whoever does not follow the Savior in this way, obeying His will and taking their Cross, is headed to perdition:** “For many walk, of whom I told you often, and now tell you even weeping, [that they are] the enemies of the cross of Christ: whose end is perdition, whose god is the belly, and [whose] glory is in their shame, who mind earthly things”. (Philippians 3:18-19).
- ❖ **The grace of the Cross should be proclaimed even though it scandalizes the unfaithful who may persecute us, as they persecuted the Apostle Paul:** “But I, brethren, if I still preach circumcision, why am I still persecuted? then hath the stumbling-block of the cross been done away”. (Galatians 5:11)

#### Saint John Chrysostom:

“Adam was condemned by **eating of the tree** (of good and evil), and the new Adam, Christ our God, has strengthened us through the (life giving) **tree of the Cross**. And the word of the prophet has been fulfilled, saying: You gave to those in fear of You, a **Sign to escape from the bow aimed against them. The Sign is the Cross on the forehead and the hand of the faithful**, the bow is error, the archer is the devil, the arrows are obscene thoughts, and the wounds are sins. Come, believers, let enjoy the pilgrimage of the immaculate and Holy Cross”.

(Homily on the veneration of the **Holy Tree**, the Cross of our Savior)

## Electromagnetic activity of water gets several times higher on Epiphany Day - scientists

**Moscow, February 5, Interfax.**

All water, including that in the water supply system, changed its physical properties on the Epiphany Day and the day before it, the Sysin's Research Institute of Human Ecology and Environmental Hygiene of the Russian Academy of Medical Sciences physicists found some days ago.

The institute's scientists daily researched properties and quality of regular water from the pipe measuring quantity of ion radicals in it. From 17 January<sup>1</sup> the ion radical level started rising, and the water started smoothening. The water's pH level was rising too making it less acidic, the Moskovsky Komsomolets daily said on Monday.

As they had expected, the activity maximum was reached in the evening 18 January.<sup>2</sup> The high amount of ion radicals made the water's electroconductivity equivalent to that of an artificial catalyst (electron saturated water).

The electromagnetic activity started coming down in the morning 19 January<sup>3</sup> and reached its normal level by 20 January.<sup>4</sup>

The reason for that rapid raise of water electromagnetic activity on Epiphany Day was a great ion radical accumulation in the Earth lithosphere, which is "a real reservoir of electrons transferring most of them to water<sup>5</sup>," Dr. Anatoly Stekhin, an experiment researcher, said.

The researchers also measured the Epiphany Day water's level of structuring, freezing for that purpose some water from the pipe, some from the Moskva-River, and some from a church well.

"Even water supply system tap water, which is usually far from ideal, looked harmonic in the microscope when we iced it," Stekhin said.

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### Notes by monk Leontios of Holy Mountain:

<sup>1</sup> Theophany feast's eve. Explanation according to the old church calendar which is used in Russia. Also with the New Calendar jurisdictions, it has been observed that Holy Water remains forever unchanged and clear. Thus Tarso (1910-1989) the "fool for Christ" from Keratea in Athens, Greece, is justified. She whenever was asked which calendar is better, would say: "Why? Is it a problem to glorify our Lord twice?" (I. Kornaraki, Tarso "The fool for Christ", 203 pg. 13, 54).

<sup>2</sup> The blessing of the water of the fore-feast has just been done with one less prayer than the blessing done on the day of Theophany.

<sup>3</sup> At the end of the Divine Liturgy and the Great Blessing of the water, and after all the rituals were completed.

<sup>4</sup> The day after Theophany.

<sup>5</sup> The fact that the phenomenon was associated with greater changes (for example with the increase of the lithosphere's electrical change) shows that indeed prayer can affect all the environment even at a great distance, to bring a perfect result by the grace of God. If people realized the value of prayer and prepared themselves to pray with a pure heart then the problem of environmental pollution would not remained unresolved. We as humans, acting just scientifically, are not in a position to replace the effectiveness of prayer with the practice of scientific experimentation. Moreover, we cannot act mechanically on the spiritual realm where the greatest miracles take place. This is why we ask for the benefit of **soul and body** in the Service of the Great Blessing of the water: ***"In blessing of this water, in order to become a gift of sanctification, a remission of sins, for the healing of soul and body and for every expedient purpose, let us pray to the Lord."***

## **“An extraordinary transcendence of Chernobyl tragedy”**

On the anniversary of our deceased **spiritual Father Sabba** (or Savva), his spiritual daughter M.T. came to Petsoni from Ovrouts. Here is what she narrated to us.

About **ten days before the tragedy in Chernobyl**, our spiritual Father, Starets Sabba, appeared in her sleep and said to her:

“Mary, soon **everything will be poisoned**. You will make the sign of the cross over everything by saying:

**‘In the name of father, the Son and the Holy Spirit, amen’**. You will make the sign of the cross over them and then you will say:

**“Our Lord, Jesus Christ, Son of God, bless our food”** and you will cross it, repeating: **“Mother of God, bless our food and so do all the Saints”**. Once again, you will make the sign of the cross over the food, saying:

**‘With the wishes of our Father Sabba, our Lord Jesus Christ, Son of God, bless it’**, and you will make the sign of the cross over it”.

I narrated everything to my twin sister, who works in a restaurant. One day, after Father Sabba’s prophecy had been proved right, meat was brought to them in the kitchen of the restaurant. After thorough examination, it was found unsuitable to eat. Then, she remembered my narration of Father Sabba and his words. She took the meat back to her home and did exactly what the wise man had advised her to do. Next, she took it back to the restaurant and gave it for examination, without mentioning anything. Once the examination had been over, they asked her in amazement:

**“Where did you get such good quality meat?”**

Today, we live in Ovrouts, near Chernobyl, and **we still follow Father Sabba’s advice**, not only me but also my sister as well as all our spiritual sisters; **and with God’s mercy, we are alive and healthy!**

The above is an excerpt from the book: **“The Comforter Starets Savvas”** («Στάρετς Σάββας ο παρηγορητής») editions Athos, Athens 2009. Translated from the Russian: Archpriest John Fotopoulos.

**Note** (by [Leontios Monahos of Athos](#)):

The **Power of the Cross and Prayer demonstrate the only able to help people effectively, preventing the evil at the same time**, and it is clearly underlined in the case of the spiritual children of Elder Sabba. **Prayer and Cross are now operating very openly protecting the world of God even in the material field**. There seems not to be a big difference what prayer you will say, because the Lord's Prayer followed by **“Through the prayers of the Holy Fathers, Lord Jesus Christ, our God, have mercy on us”**, includes the words of St. Sabba. One can just plead specific saints and his spiritual father in order to give a special blessing (and the food to be even better than the physical health status)!

It is certain that **only the truly faithful Christians will overcome the trials**, that have begun, without tormenting themselves how this will be done. The others no matter how well-intentioned observers they are, away from the blessings of the Church, will suffer or even die. Trials of material type, such as the Chernobyl’s consequences, are physical, but the next plague of Revelation, this of demonic locusts, will be a painful psychic experience: “They will ask for death to relieve them, but that will flee away” (Rev. 9, 6).

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### The only church open in Chernobyl zone shows the minimum radiation level

Kiev, April 20, Interfax - During 25 years from the date of Chernobyl accident the radiation level in the area of St. Elijah Church, the only church operating in the exclusion zone, was well below the level across the zone, Chernobyl disaster liquidators state.

"Even in the hardest days of nineteen eighty six the area around St. Elijah Church was clean (from radiation - IF), not to mention that the church itself was also clean," president of the Ukrainian Chernobyl Union Yury Andreyev said in a Kiev-Moscow video conference on Wednesday.

Now the territory adjacent to the church has the background level of 6 microroentgen per hour compared with 18 in Kiev.

Andreyev also said many disaster liquidators had been atheists. "We came to believe later after observing such developments which could be explained only by God's will," he says.

In particular, according to him, a few seconds after the explosion in the fourth unit of the Chernobyl PP the cloud containing uranium particles started moving in the direction of Pripyat, a city located about 1,800 meters from the plant. There was a pine-tree on its way (it is featured on a well-known icon Chernobyl's Savior.)

"The cloud stopped short of this pine, divided into two parts by some unknown reason and continued moving to the left and right sides of the city instead of covering its residential areas. The radiation level in contamination areas was four or five roentgen per hour, and the city showed only half a milliroentgen," Andreyev said.

<http://www.interfax-religion.com/?act=news&div=8394>



The pine tree on the left.

The icon (right) was painted in the early 21st century in remembrance of the [Chernobyl nuclear disaster](#) in 1986. It depicts Jesus Christ the Saviour in Heaven, surrounded by a mandorla, with His hand raised in a blessing. Flanking Christ is the **Mother of God** to His right, supplicating her Son, and the **Archangel Michael** to His left.

