

Title:

## **Nepsis - The contribution of watchfulness to wellbeing in the Christian tradition**

Author:

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### **Content:**

*Aim(s):* To explore the concept and practice of 'nepsis' and its contribution to wellbeing and spiritual care

*Summary of the content of the workshop/presentation:* The Philokalia provides an anthology of eastern Christian spiritual writings spanning the 4th to 15th Centuries. Amongst the spiritual practices described in the Philokalia is 'nepsis' – spiritual watchfulness – a practice which is seen as being an aid both to the life of prayer and also to mental wellbeing. This presentation describes the nature and purpose of this spiritual practice and draws attention to the relevance to contemporary health and spiritual care.

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