

### **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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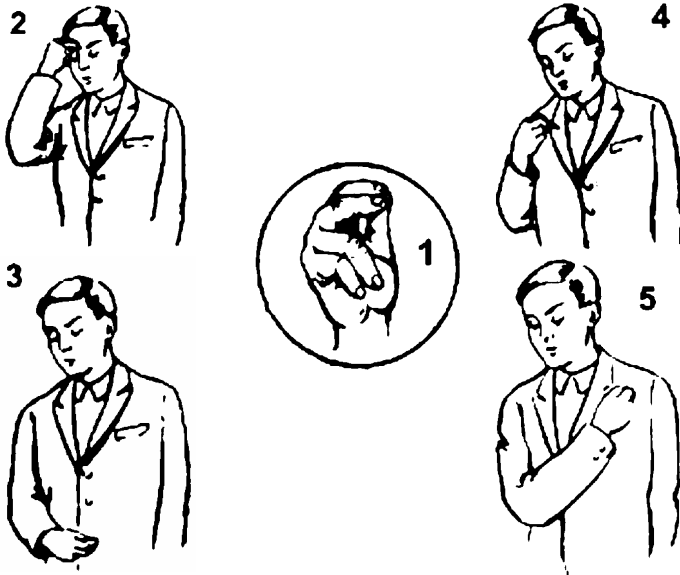
This helps us understand the **incorruptibility of Holy Water**, the leavening of dough by using flowers from the Elevation of the Cross or the Epitaphios, and the fact that Easter eggs remain fresh until the following next year when placed on the iconostasis, etc. **The church does not fear research.** 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)