

## Making the Sign of the Cross

There is a general misunderstanding as to why the Orthodox sign of the cross is made from the right side to the left, i.e. towards the heart.

Many erroneously believe it has to do with mirroring the priest when he blesses the people. It has absolutely nothing to do with that, as most of the time, when we make the sign of the cross, no priest blessing us.

The correct understanding of the Orthodox sign of the cross is that we end towards the heart, thus emphasizing the seating of the Holy Cross and therewith our salvation in our heart.

