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# **The Elder Joseph the Hesychast (+1959) Struggles, Experiences, Teachings (6)**

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## 5. The Time of Bitter Struggles

## **Continued from (5)**

Such were the patterns of their outward movements, but the deeper meaning of all this was the pursuit of grace and the struggle which combatants have to take on to this end. With his moral background and his upbringing in accordance with the Christian principles of the time, the Elder had grown up in true chastity in the unaffectedly traditional environment of his native island. Up to the time when he left to seek the monastic life, he had made no concession to anything that could be called carnal. When he read in the Lives of the Saints about warfare and temptations of this kind, it seemed strange to him, how it was possible for these things to operate and to torment the spiritual warriors in the absence of anything to cause them.

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