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## Seek advice (Elder Epifanios Theodoropoulos)

[Ξένες γλώσσες / In English](#)

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should be aware of our limitations. A lot of people suffer from this. They see some ascetic who's undertaken a very onerous and harsh struggle. 'I'll do that, as well'. But is such an ascetic struggle really within your capabilities? Or is the devil attacking you 'from the right'. Talk to your spiritual guide about whether you should attempt such a great struggle. You may be being deceived.