

## Means of therapy (Elder Efraim Vatopaidinos)

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Church is a spiritual locus for us to find communion with God, and this is very, very important. This is why, if we want to be calm, if we want to be peaceful, if we want to find our inner harmony, we have to communicate properly with God. And how do we do that? By observing the commandments. The commandments are the way in which we're cured. If we keep the commandments, we receive the uncreated divine energy, as Saint Gregory Palamas says.