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## Thoughts and deception

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*Archimandrite Sophrony Sakharov*

Those who want to pray with a cleansed mind (nous) must not concern themselves with the latest news from the newspapers, or read books that are irrelevant to our spiritual life - especially those books that arouse the passions - and they must not strive to learn out of curiosity whatever pertains to the lives of others. All these things bring foreign thoughts to mind, and when a person attempts to elucidate them, they confound his mind even more.

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