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## **Blessed Elder Joseph of Vatopedi comments on the life and personality of Elder Arsenios the Spileotis and Hesychast.**

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One could apply to Elder Arsenios what the Scriptures said “here is a true Israelite, in whom there is nothing false”. He was by nature direct, simple, harmless, meek,

obedient and an extraordinary, hard working spiritual fighter, without a single material possession. One could say that he was simply a “Yes” or a “No” man.

He never held grudge with anyone, whatever one would do to him, he would never get angry and he would never hurt anyone. [\*\*\*read more...\*\*\*](#) [\*\*\*\(περισσότερα...\)\*\*\*](#)