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## **Saint Joseph the Hesychast and the teaching of mental prayer which flowed from his letters**

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*Saint Joseph the Hesychast*

*homily by Abbot Ephraim of Vatopaidi Monastery*

The blessed elder Joseph the Hesychast is one of the most important figures of contemporary Athonite monasticism. This monk is sanctified. His life is truly that of a contemporary saint and his disciples have today inhabited nearly half of the Holy

Mountain and are responsible for so many other women's monasteries both within and outside of the Greek land. [\(περισσότερα...\)](#)