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## **Discourse on Mount Athos, Prologue (Elder Joseph of Vatopaidi)**

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## **PROLOGUE**

Silence for the monks is a rule of life. It protects them from uncontrollable and unrestrained talk as well as from impugnation and slander, which result in the death of the soul. It delivers them from wrangle and strife and preserves in them internal peace which is necessary for inwardness. Silence is the fruit of quietude, an internal state which gives birth to spiritual discourse.

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