

Recharge your batteries and find new vitality



Dr. Anselm Grün
The Art of Being True to Yourself

[Die Kunst, bei sich zu bleiben]
What we can learn from wise monks

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Pater Anselm Grün, born in 1945, is a Benedictine monk at the Münster-schwarzach Abbey, of which he was the cellarer, or business manager, for 36 years. His activities as a course instructor and spiritual consultant mean he has to spend a lot of time on the road. The bestselling author's myriad publications and lectures are read and heard by millions of people. His books have been translated into 35 languages, 20 million copies have been sold.

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At the end of the third century the first men went out into the desert to live alone. They are called the "Desert Fathers", and they were searching for an authentic Christian life. The desert was seen as a place where the demons were that the men set out to vanquish, and where, in the solitude of the vast expanse, they aimed to face their own truth. The wisdom they passed down through 1,600 years of history is remarkably relevant for today, for the path they took led them to a profound examination of their own selves.

The findings and wise thoughts of these monks are an invitation for us to explore solitude and the enjoyment of silence and peace as a source of vitality for our own lives.