



# Laurence Freeman Biography



The World Community for Christian Meditation

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*Laurence Freeman* is a Benedictine monk of the Congregation of Monte Oliveto and Director of The World Community for Christian Meditation. He was born in England where he was educated by the Benedictines and studied English Literature at Oxford University. Before entering monastic life he had experience with the United Nations, banking and journalism. In the monastery his spiritual teacher was John Main with whom he studied and whom he helped in the establishment of the first Christian Meditation Centre in London. In 1977 he went with John Main at the invitation of the Archbishop of Montreal to establish a Benedictine community of monks and laypeople dedicated to the practice and teaching of Christian Meditation. Fr Laurence studied theology at the Université de Montréal and at McGill University, made his solemn monastic profession in 1979 and was ordained to the priesthood in 1980. After John Main's death in 1982 he continued the work of teaching meditation that had now begun to develop a global community. In 1991 Fr Laurence returned to England to establish the International Centre of the newly formed World Community for Christian Meditation that is now present in about a hundred countries. Laurence Freeman is the author of many books and articles including *Light Within*, *Selfless Self*, *Web of Silence*, *Common Ground*, *Short Span of Days*, *Your Daily Practice* and *Jesus: The Teacher Within*. He is also the editor of John Main's works and a member of the Board of Medio Media, the publishing arm of the World Community. He has conducted dialogues and peace initiatives such as the historic Way of Peace with the Dalai Lama and is active in inter-religious dialogue with other faiths as well as in encouraging the teaching of Christian meditation to children and students and in the re-appropriation of the contemplative wisdom tradition in the Church and society at large.

