



**Laurence Freeman** was born in England in 1951 where he was educated by the Benedictines and studied English Literature at New College, Oxford University. Before entering monastic life, he had experience with the United Nations in New York, and in the fields of banking and journalism. Now a Benedictine monk at the Monastery of Christ our Saviour (Turvey, England), a monastery of the Congregation of Monte Oliveto, Fr. Laurence is director of the World Community for Christian Meditation.

In the monastery, his spiritual teacher was John Main. He helped Fr. John to establish the first Christian Meditation Centre in London. At the invitation of the Archbishop of Montreal in 1977, he accompanied John Main to establish a Benedictine community of monks and laypeople dedicated to the practice and teaching of Christian meditation. Fr. Laurence studied theology at the University of Montreal and at McGill University. He made his solemn monastic profession in 1979 and was ordained to the priesthood in 1980.

After the death of John Main in 1982, Fr. Laurence continued the work of teaching meditation that had already begun to coalesce into a global community. In 1991, he returned to England to establish the International Center of the newly formed World Community for Christian Meditation, now present in more than a hundred countries—a 'monastery without walls' in which he travels and teaches widely.

In addition to his work in the Christian contemplative life, Laurence Freeman has conducted dialogues and global peace initiatives such as the historic *Way of Peace* with the Dalai Lama. He is active in interreligious dialogue. He teaches meditation to children and students as part of the recovery of the contemplative wisdom tradition of the Church. He is the director of the WCCM Benedictine Oblate Community. In 2010, he launched the *Meditatio* outreach program of the World Community to



**His Holiness, the Dalai Lama and Fr. Laurence Freeman, OSB**  
*Photo by Alex Colao*

mark the celebration of its twentieth anniversary. Since 2013 Fr. Laurence has been teaching an MBA course on meditation and leadership at the McDonough School of Business at Georgetown University in Washington DC. In the same year he began leading the course “Health & Meditation: Healing from the Centre” at the Royal College of Physicians in Ireland.

Laurence Freeman was awarded the Order of Canada in 2012 in recognition of his work in interfaith dialogue and the promotion of world peace.

He is the author of many books and articles including *Light Within*, *Selfless Self*, *Web of Silence*, *Common Ground*, *A Short Span of Days*, *Your Daily Practice*, *Jesus: The Teacher Within*, *First Sight: The Experience of Faith* and *Beauty's Field: Seeing the World*. He writes a quarterly spiritual letter for the World Community and publishes *Daily Wisdom*, a popular daily email of one of his photographs with a short text. He is also the editor of John Main's works.

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