



## The Goal of Life

LAURENCE FREEMAN, OSB

Laurence Freeman, OSB is a Benedictine monk and Director of The World Community for Christian Meditation. He studied theology at the Universite de Montreal and at McGill University. He was a student of John Main with whom he helped establish the first Christian Meditation Centre in London, dedicated to the practice and teaching of Christian meditation. Freeman is the author of many books and articles including *Christian Meditation*; *The Selfless Self*; and *Jesus: The Teacher Within*.

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*The Goal of Life* | Father Laurence Freeman shares insights into understanding Jesus in order to better understand ourselves. He teaches that the goal of life is to know fully who we are, and that self-transcendence is the way to self-knowledge.

In this state, the centre of consciousness no longer resides in the ego. Individual identity is not lost but it is transcended. The practice of meditation harmonizes and integrates in the spirit all that we think and feel and say and do. Meditation, the simplifying practice of silence and stillness, inaugurates a whole new way of being. It is a way of life.

Freeman provides a guide into a Christian way of meditation, simple and capable of being practiced by all, that is found in the teachings of the first Christian monks. Readers of *The Goal of Life* will learn how this dramatic rediscovery of Christian meditation has deepened the way many can understand their Christian identity.

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