



# The Monastic Way: Ancient Wisdom for Contemporary Living

*Hannah Ward*

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From its beginnings in the deserts of Egypt and surrounding countries in the third century, monastic life has drawn men and women away from society to seek God in simplicity and purity of heart. Given our often frenetic lives today, that sort of peace and solitude is deeply, mysteriously appealing.

As this book of daily readings shows, however, monastic life is hardly an escape from the world. Indeed, monastic spirituality addresses the cares and concerns of human life from a unique perspective shaped by centuries of deepening spiritual wisdom.

Culled from the writings of monks and nuns from a wide variety of Christian spiritual traditions, both Eastern and Western, these wise, down-to-earth, and sometimes humorous extracts -- one for every day of the year -- show that monastic spirituality is intensely practical and speaks to every area of our lives.

# The readings for each month focus on a specific theme -- Living with Others, Balancing Life, Talking Money, Learning to Listen, etc. -- and each theme is introduced with a quotation from one of the great monastic Rules. Writings by men and women across the centuries -- from fifth-century Desert Mothers and Fathers to Basil Hume, Joan Chittister, Thomas Merton, and hundreds of others -- provide everyday guidance. Here we can learn how to live with our own and others' idiosyncrasies -- how to cultivate a healthy attitude toward money and possessions -- how to find the right life/work balance -- how to make choices for the future -- how to love generously

The book includes a biographical index of all the writers within. At once practical and sublime, The Monastic Way will inspire anybody seeking to live wisely and well in today's world.

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