



Laurence Freeman OSB

Laurence Freeman was born in London, was educated by the Benedictines and then took a Masters Degree in English Literature at New College, Oxford.

His spiritual guide was [Dom John Main](#) whom Fr Laurence had known for many years even before entering the monastic life. He studied with Fr John in his novitiate and then assisted him with the establishment of the first Christian Meditation Centre in London in 1975 which was the origin of The World Community for Christian Meditation.

Fr Laurence accompanied Fr John to Canada where they had been invited to establish a small Benedictine community teaching and practising meditation. From here John Main and Laurence Freeman saw the steady recovery of this spiritual tradition around the world. Fr Laurence was ordained priest in 1980.

After John Main's death in 1982, Fr Laurence succeeded him and since then has been travelling widely to continue the work John Main initiated. In 1991 The World Community for Christian Meditation was named and Fr Laurence became its spiritual teacher.

Fr Laurence is a monk of the [Monastery of Christ the King](#), Cockfosters, London in the [Olivetian Benedictine Congregation](#). From the International Centre of the Christian Meditation Community in London he now serves a worldwide network of 27 meditation centres and more than a thousand weekly meditation groups in 50 countries. He travels regularly in North and South America, Europe, Australia and Asia. He is involved in the contemplative inter-religious dialogue and led The Way of Peace dialogue with the Dalai Lama.

Laurence Freeman is the editor of John Main's works. He is also the author of "Light Within", "The Selfless Self", "A Short Span of Days", "Christian Meditation: Your Daily Practice," "Web of Silence," and "Jesus: The Teacher Within." He has produced many sets of tapes and authored many articles.