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The Way of Silence: Engaging the Sacred in Daily Life

David Steindl-Rast

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"The tranquility of order is a dynamic tranquility, the stillness of a flame burning in perfect calm, of a wheel spinning so fast that it seems to stand still. Silence in this sense is not only a quality of the environment, but primarily an attitude, an attitude of listening. … Let us give to one another that gift of silence, so that we can listen together and listen to one another. Only in this silence will we be able to hear that gentle breath of peace, that music to which the spheres dance, that universal harmony to which we, too, hope to dance."

Austrian-born Benedictine monk David Steindl-Rast is one of the most influential and beloved spiritual teachers of our time. For decades, Brother David has divided his time between periods of monastic life at the Mount Saviour Monastery in New York and extensive lecture tours on five continents. He has brought spiritual depth into the lives of countless people, whom he touches through his lectures, his workshops and his writings.

Brother David was one of the first Roman Catholics to participate in Buddhist-Christian dialogue, studying under Zen teachers and building bridges between religious traditions. His newest book, The Way of Silence, draws heavily on Buddhist teachings to cultivate the practice of “deep” listening: turning away from noise and distraction, paying attention, and embracing quiet.

The Way of Silence embraces paradox: absence versus presence in silence. Dynamic tranquility. The all-oneness of aloneness. Humbly, trusting in God, you’ll practice emptying your mind in order to receive wisdom, insight, and understanding. You’ll learn to listen deeply, with a trusting heart—and you’ll joyously discover a new, interior freedom that will make you feel more vibrant, and more fully alive.

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