

Anselm Grün

The Art of Joy



**HERDER**

passage in his diaries.

The joy of living, Anselm Grün agrees, is something adults need to learn again and practise: to live completely in this moment, live with all senses, enjoy the moment. In order to learn this art, we must have nothing, want nothing, we must not fixate any goals. 'Only the one who forgets himself may taste pure existence and experience the pleasure in it.'

Greediness makes us lust. Joy makes us merry. Why do we find

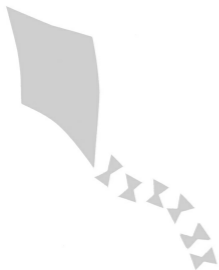
clowns so funny? We are not laughing at their expense because they're so clumsy. It is their pleasure in expressing something life itself represents, without purpose; the way they see contradictions and let them be; the way they portray these contradictions by playing with them – and the way they resolve them to cathartic and approving laughter.

According to Dimitri, a good clown is like a child which is playing simply because it has to.

If we could become like children – if we were to manage that – life would be funnier. For us and for other people.

# Positive Energy

## *What Lends Us Wings*



### Who Enjoys Life?

'Who is the one who will have life, and desires to see good days? And if, hearing Him, you answer, "I am the one", God says to you, "If you

will have true and everlasting life,  
keep your tongue from evil and  
your lips that they speak no guile.  
Turn away from evil and do good;  
seek after peace and pursue it.”

This sentence can be found at the  
very beginning of the Rule of St.  
Benedict (Prologue 15-17). For 25  
years, I was in charge of the youth  
work at Münsterschwarzach Abbey  
in Germany, and our motto for  
working with the young people was  
this quote of St. Benedict's from the  
Prologue to his Rule, in which he