

## **Time of fasting is a time of grace**

In today's modern time the aspect of health has special significance.

Because of living in the Western affluent society man is very interested in his personal well-being, new medical discoveries and products. Topics of Wellness, Spa- and Base fasting in a monastic ambience are meeting the taste of many aspiring to human health and happiness.

Lent, a time of fasting in Christian tradition, belongs to preparation for 'Easter', the celebration of the resurrection of Jesus Christ from the dead.

This time is used by many people for physical and spiritual purification on an annual basis.

The necessity of renunciation can also arise when a person is forced to that by his ill health and disease.

Having arrived at this stage of life - when joy and strength dwindle down - man tends to remember the values that he has long forgotten.

Suddenly religion, spirituality and community are becoming interesting alternatives.

By expecting fulfillment and satisfaction of his self-centered desires in the material world, man falls into bondage.

Unselfish, serving and loving wishes that are aligned with God will lead to wholeness.

Ascetics, monks, hermits and people who want to follow this path, desire nothing more than reduction of worldly distractions and longings

Their strength and joy is Gods loving heart with which they want to combine.

The voluntary renunciation of worldly bonds is an ideal form of fasting. Lent is a time of grace, because it offers a time for prayer, meditation and contemplation on God.

By that man develops, through his daily practice of fasting, a reduction of worldly desires and an intense focus to the divine. Joy and inner satisfaction are the fruits of such a life.

A man who has replaced his worldly desires by faith in God's great love and power, creates for himself and his fellow men a happy and contented life.

Willibald