

## Monasztikus bölcsesség – visszatérés a középponthoz

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### **Abstract**

This is the Hungarian translation of Erik Varden's essay titled "Monastic Wisdom – a return to the centre" published in *The Tablet* (03. February, 2022). Father Varden reflects on the essential meaning and deep significance of the notion of Christian *metanoia* from the perspective of monastic life, insisting on the importance of never losing the vertical dimension from sight. An adjusted version of this text was printed as a chapter in his book *Entering the Twofold Mystery: On Christian Conversion* (London: Bloomsbury, 2022).

**Keywords:** *monastic life, metanoia, Church, liturgy, tradition.*