



Pater Karl Wallner

# SEVEN TIMES SEVEN THOUGHTS FOR SEARCHERS OF MEANING

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**Spiritual impulses for peaceful moments of inner contemplation.**

For almost thirty years, he has been a monk at Stift Heiligenkreuz. But if you think the strict monastery regimen of prayer and work has detached Father Karl Wallner from the world, think again! His many tasks are truly a full-time job. He is a university teacher and counsels teenagers, works as the successful PR head of the monastery and is a best-selling author. Father Karl knows how difficult it is to keep an inner balance and stay calm. With his new book he wants to help those in need of a daily moment of inner peace. His "seven times seven thoughts" inspire self-reflection; his spiritual impulses encourage us to pause. Father Karl invites us to reflect on moments of togetherness and discover the power of Christian rituals. A companion for any season for all those seeking a daily...

## PATER KARL WALLNER

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Father Karl Wallner, born 1963 in Vienna, has been a Cistercian monk at Stift Heiligenkreuz in Lower Austria's Wienerwald since 1982. He is a professor for Dogmatics and Sacramental Theology of the Hochschule Heiligenkreuz, which he is also the head of. He is a counselor for teenagers and students in Heiligenkreuz and the author of several best-selling books. His most recent publications include "Faszination Kloster" (2011), "Wie ist Gott?" (2010), "Licht einer stillen Welt" (2010), "Der Gesang der Mönche" (2009) and "Wer glaubt wird selig" (2009).