



ACADEMIA ENGELBERG

7<sup>th</sup> Dialogue on Science – October 15 – 17, 2008  
in Engelberg, Switzerland

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### **Wherewith can one be satisfied?**

Our topic presumes a relationship between a variable supply of goods and conditions on the one hand and the experience of satisfaction on the other, and asks what adjustment in quantity and quality on the supply side will result in optimal satisfaction on the demand side. We can answer this question only if we know *for whom* the balance should work. Who is the “one” in the title who is to be satisfied?

Fortunately, the unmanageable number of possibilities – different for every human being – can be reduced to two: the ego can by definition never be satisfied; the Self is, also by definition, always satisfied –with a dynamic satisfaction that is the opposite of stagnation. Anyone who genuinely desires satisfaction encounters the age-old challenge to find one’s true Self.

The world’s enduring spiritual traditions have offered many methods for achieving this goal. One humble but effective method is grateful living. A closer look at gratefulness as spiritual practice will show how relevant it is to our overall topic of Growth and the related question: How much is enough?