
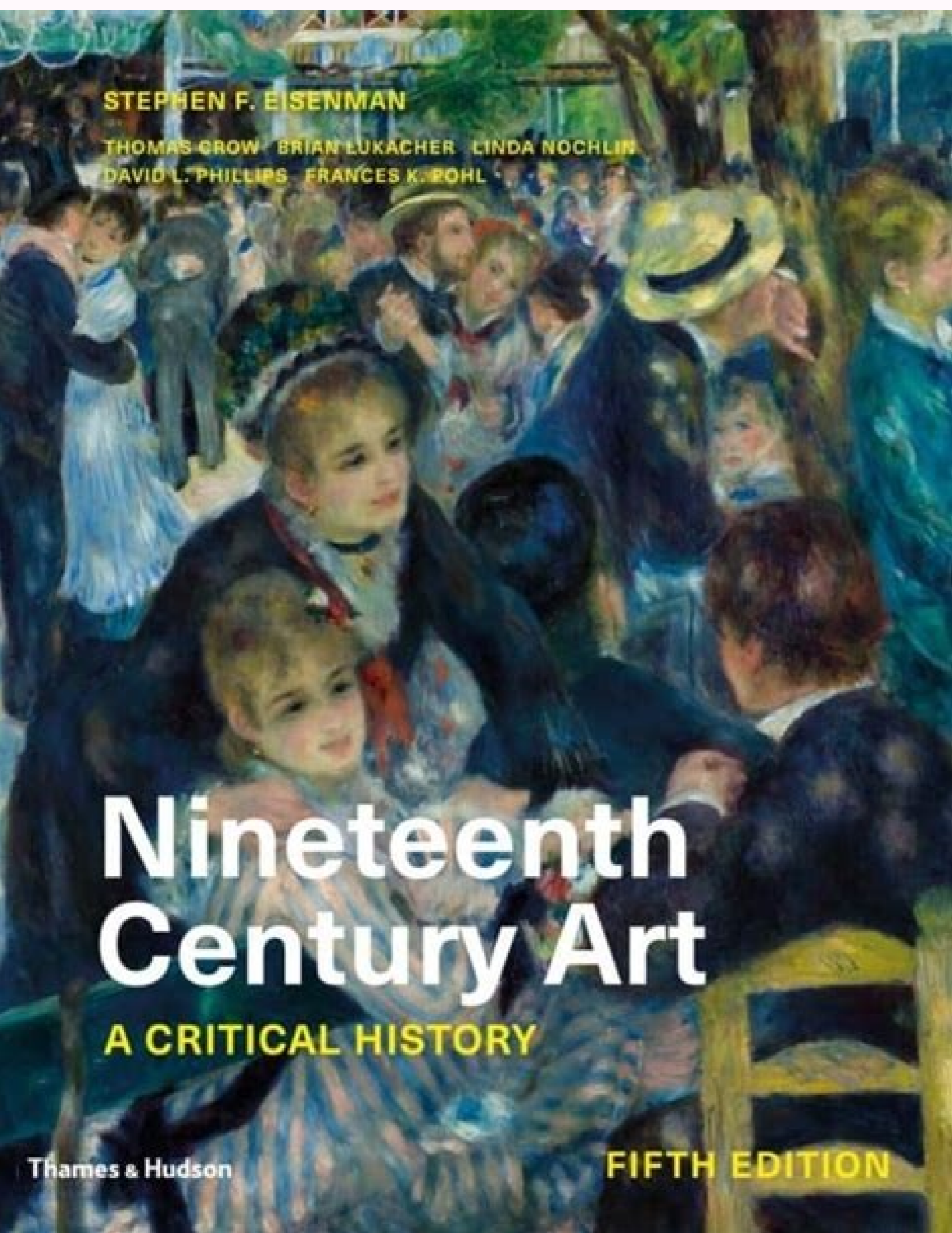
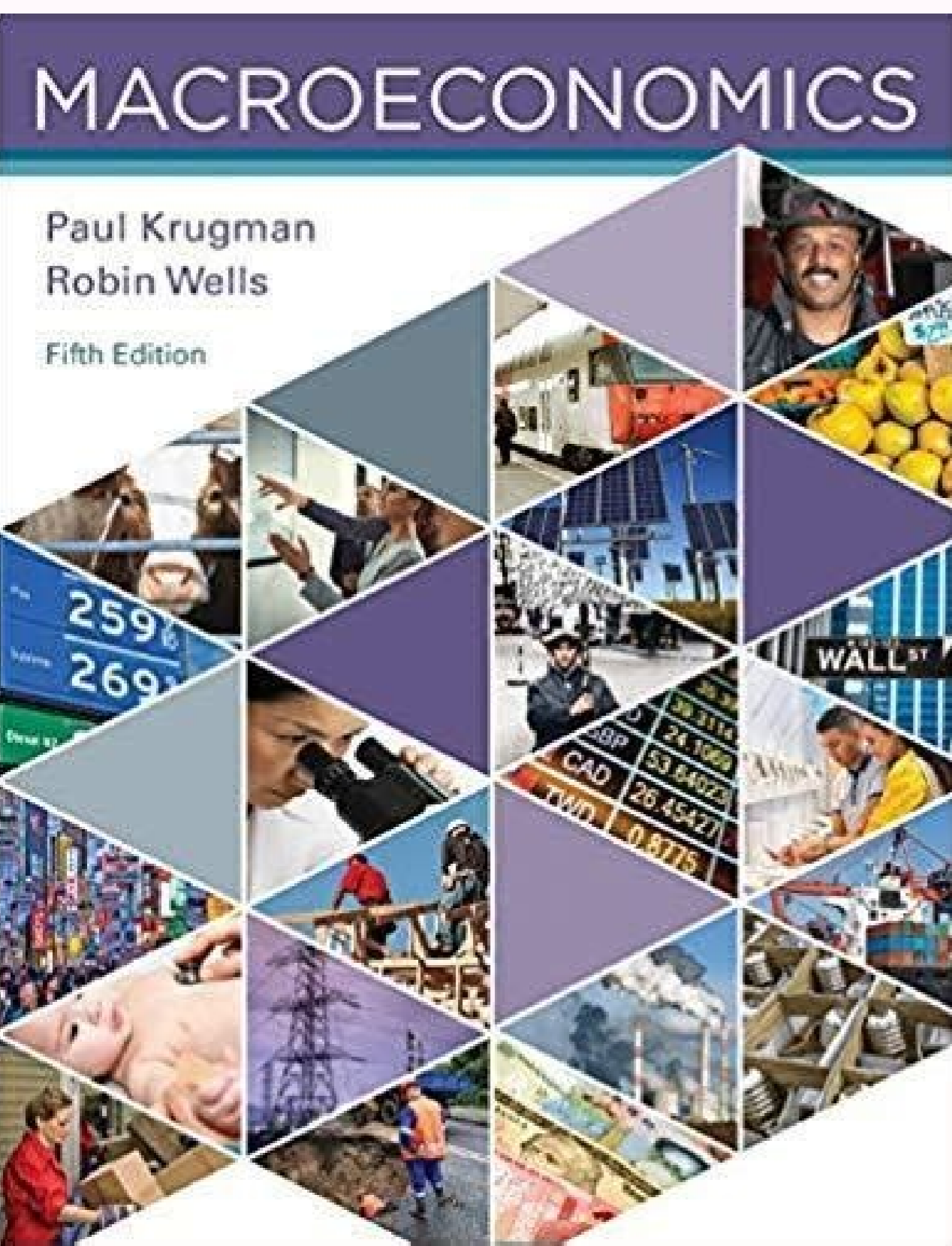


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Research and practice

The legacy of monastic hospitality

1 The Rule of Benedict and rise of Western monastic hospitality

In the first of two articles about the founding father of hospitality, **Kevin O’Gorman** looks at St Benedict’s rule and its context of in the monastic orders. Contemporary hospitality operators will find themselves in a very familiar world.

HOSPITALITY HAS A LONG HISTORY, honourable tradition and rich heritage. Throughout human history hospitality has developed as a benchmark for civilisation. With the fall of the Roman Empire at the end of the fifth century ‘gastronomy took sanctuary in the monasteries until the 15th century.’¹ During this time the monks were writing about and providing hospitality that would easily be recognised today. In the high Middle Ages hospitality emerged as a commonly accepted criterion of judgement of esteem at all levels of society.²

The origins of Western monasticism

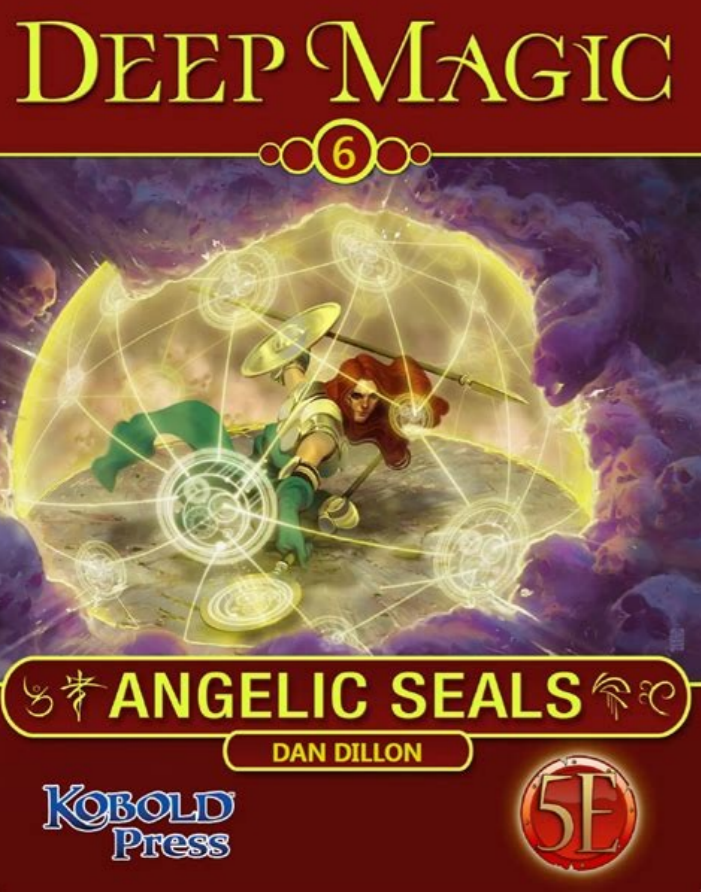
The teachings of the New Testament provide the basis for the Western monastic tradition. There are also parallels to be found in early Buddhist and Hindu writings, and it is known that there was considerable contact between India and Alexandria, which was at that time (c 200AD) the principal commercial and intellectual centre in the Mediterranean. Hindu merchants had formed a permanent and prosperous colony in Alexandria.³ Other forms of monasticism, such as the Syrian and strictly Oriental, were to have no direct influence on that of Europe.

The growth of Christian asceticism (self-denying way of life) coincided with the last of the great

Roman persecutions of Christians to take place in Egypt, when many Christians fled from the cities to avoid martyrdom. The followers of St Anthony were purely eremitical (Christian hermit-like), whilst those who followed the Rule of St Pachomius more nearly approached the coenobitical ideal of communal living within a monastery. Under the Antonian system the austerities (regime of self-discipline) of the monks were left entirely to their own discretion; under the Pachomian system, however, there was an obligatory rule of limited severity, and the monks were free to add to it what other ascetical practices they chose. In addition, the prevailing idea in both sets of followers was that they were spiritual athletes and as such they rivalled each other in austerity. In the fourth century AD, when St Basil organized Greek monasticism, he set himself against the eremitical life and insisted upon community life, with meals, work and prayer in common. With him the practice of austerity, unlike that of the Egyptians, was to be subject to

Throughout human history, hospitality has developed as a benchmark for civilisation

the control of the superior of the community. His idea of the monastic life was the result of an amalgam of the ideas existing in Egypt and the East, together with European culture and modes of thought.



8. When compared to some of the abilities the other Monastic Traditions promote, it lands this one at the bottom of the list. As they grow more powerful, they even learn how to revive those who have fallen, expending their Ki to bring someone back from the dead within 24 hours of their death. Early on, they gain the ability to summon spectral arms to protect and work for them carrying out unarmed strikes. One of the things that puts them in the third position on this list is they gain access to mysterious stealth maneuvers through their Ki. These monks gain access to useful spells like Darkness, Silence and Pass Without a Trace. They can draw the life from their enemies when they make successful attacks against them to gain temporary hit points equal to their Wisdom Modifier plus their Monk level. One of the interesting things about these Monks is that when they come in contact with someone they cannot heal or save, they swiftly take their suffering away by ending their life in the ultimate act of mercy. 9. Many of the Monastic Traditions share similarities, but no two are the same. Some focus all of their energy around one particular element, while others dedicate their time to mastering all four and weaving them together into powerful elemental strikes and spells. Though they share some similarities with Druids, their abilities are still unique. Way of the Drunken Master is a Flavorful and Unique Option The Way of the Drunken Master has remarkable potential for powerful deception and fluid movement that looks like little more than stumbling but results in precise strikes, counters and parries. They are masters of the martial arts, quick to move and strike, push and recoil to avoid harm, and know exactly how to use their Ki to heal their bodies of damage sustained during combat. They gain mastery over death as they advance, learning how to bounce back from unconsciousness using a Ki point when they reach zero hit points. In the mastery of their own Ki, they learn how to manipulate the Ki of those around them, which gives them access to powerful advantages when they use Flurry of Blows in combat. Originally, this tradition was built around the mastery of sword arts, but it has evolved to include perfecting a wide variety of weapons. Still, it offers many interesting features, even for players who don't have access to the Critical Role sourcebooks. KEEP READING: Why the Best D&D Monsters for New DMs Are Not Always the Strongest Thor 4 Fan Edit Reimagines Christian Bale as a Comics-Accurate Gorr Video Games Dungeons & Dragons Jennifer Melzer (527 Articles Published) More From Jennifer Melzer Way of the Cobalt Soul Monks Are Studios Created by Critical Role Dungeon Master Matthew Mercer, the Way of the Cobalt Soul isn't an official Monastic Tradition. The Monastic Traditions in Dungeons & Dragons offer plenty of variety for players looking to don the robes of Monks. The Way of the Four Elements Provides Powerful Magic The Monks of the Way of the Four Elements draw power from the elemental energy in the world around them. Way of the Long Death Monks Are Terrifying and Powerful The Way of the Long Death Monks spend their days learning to understand the meaning of death and how it works so they can use it against their enemies. These Monks use their Ki to grant hit points to those in need of them, but they can also direct their Ki into necrotic damage designed to eat away at enemies threatening their allies. Stumbling through the world pretending to be something they are not, Drunken Masters are dangerous - whether they've been drinking or not. Way of the Sun Soul Monks Can Strike From a Distance The Way of the Sun Soul teaches its Monks that, through the power of meditation, they can access the soul's brilliant life energy. They can do this once per long rest, which definitely makes them valuable allies to the adventurers they travel with. With practice and time, they learn how to open the channels of their soul energy and direct that energy into powerful strikes - even from a distance. The Way of the Ascendant Dragon Draws Power From an Epic Source Introduced in Fizban's Treasury of Dragons, the Way of the Ascendant Dragon draws from the wisdom and power of the most majestic beasts in existence. 11. 10. The techniques they employ are specifically designed to further their pursuit of knowledge and information. Way of the Astral Self Monks Make the Most of Their Ki The Way of the Astral Self is an interesting tradition to train in because these Monks believe their physical bodies are little more than an illusion, and the Ki inside them is representative of their true nature. At level six, they master the art of the Topsy Sway, which lets them bounce back quickly and redirect an enemy's attack to another enemy of their choice. These Monks' mastery over death becomes a terrifying and unsettling realization with the Hour of Reaping feature at sixth level. 1. Way of the Kensei Is Too Similar to a Fighter Monks who follow the Way of the Kensei rely on their weapons to get their point across. While they do share many elements with the Rogues of D&D, the fact that they belong to a secret, ninja-like order makes them an interesting choice. These Monks can also use their unarmed strikes to deal damage based on the breath weapons of dragons, like lightning, cold, acid, fire or poison. They can even draw upon aspects of the dragon that allow them to fly when they use their Step of the Wind, which makes them powerful enough to claim second on the list. Creatures within 30 feet must make a Wisdom saving throw when this feature is used, and those who fail become frightened by the Monk, who has been touched by the very shadow of death itself. Some are more traditional in their practices, while others focus on more mysterious endeavors that manipulate shadows or the very nature of death itself. In some cases, they are trained to protect the weak, while others train their astral selves to serve the mighty. These Monks can actually summon their astral bodies to work on their behalf. As if that wasn't enough, they also gain access to a breath weapon all their own, making them dangerous foes to oppose. Their astral arms grow more powerful as these Monks level up, eventually granting them a third attack if they use their astral arms to strike. With the right amount of Ki, they could very well take out a single enemy with the Touch of the Long Death. Way of Shadow Provides Ki-Fueled Stealth Monks who follow the Way of Shadows are as close as D&D gets to ninjas. 3. The backstory potential for this Monk alone is intriguing. To make one's body the ultimate weapon and sanctuary is no feat to be scoffed at, but the Way of the Open Hand falls lower on the list because there are definitely other Traditions that are far less traditional. Reliant upon stealth, subterfuge and shadow, they work as spies and assassins, carrying out their secret missions behind a carefully structured façade designed to hide their true purpose. Using Ki, they can cast many powerful elemental spells, granting them control over earth, air, fire and water so they can defend, protect or wreak havoc when necessary. The bond they share with their weapons of choice is so intimate that those weapons become like an extension of their own body. A Monk on this path starts out learning to master the art of two weapons, and as they progress, they'll study and master new weapons at certain levels. Way of Mercy Monks Are Great Allies Much like Clerics and healers, Monks of the Way of Mercy learn how to manipulate others' life force to create healing energy. At level 17, Way of the Long Death Monks gain the power to funnel necrotic energy into their foes by expending up to 10 Ki points to bolster the amount of necrotic damage they can do. The fact that players without access to D&D Beyond or the sourcebooks would have to do some serious Internet digging to gather what they need to practice this tradition puts it in the lower half of the rankings. This factors heavily into their fighting style, allowing them to strike at enemy pressure points to Extract Aspects that give the Monk and their party information to help them take the enemy out more efficiently. They spend years in study and training, granting them vast amounts of knowledge. 6. 7. As they advance in level, they can teleport between shadows using Shadow Step and use those same shadows to cloak themselves to become invisible. Reminiscent of characters from early kung fu movies, these Monks often play the role of the foolish drunkard, barely seen by the world around them because people rarely notice the drunkards of the world beyond scoffing at them. Believed by some to have been actually formed by Bahamut in the guise of a Monk, the tradition empowers the player with an overwhelming presence designed to either intimidate or persuade others into following where they lead. 2. They can cast burning orbs of soul energy with their Ki and create shields of soul energy that strike back at enemies who attack them with powerful radiant damage. 4. With the ability to fight from a distance and get up close and personal with enemies, Monks of the Sun Soul Tradition have a unique advantage other Monks don't generally possess, making them an interesting choice, but there are still more exciting options available. 5. There is something amazing about every one of the traditions, but some are far more awe-inspiring than the others. Drunkard's Luck grants them the ability to cancel disadvantage rolls. At level 17, Intoxicated Frenzy grants them the opportunity to make up to three more attacks against different creatures after using Flurry of Blows. They hold mastery over up to five separate weapons upon reaching level 17, making them a dangerous force to be reckoned with in almost any battle situation. By studying intoxicated movements, Drunken Masters use their Flurry of Blows to move deceptively fast, then gain the power to disengage from combat after. Many consider them to be wandering physicians and healers who are often the only ones who bring solace and comfort to the poor. These Monks spend years perfecting the art of meditation, becoming one with body, mind and soul in such a way that as they advance, their meditations grant them healing, protection and resolve. Regardless of the discipline a Monk follows, each of them are masterfully trained in the art of controlling the flow of Ki energy in their bodies, directing that energy into their carefully honed physical and magical attacks. Way of the Open Hand Is Fine, but Basic The Way of the Open Hand teaches Monks to use their bodies and their Ki as both weapons and armor, in a sense. Their pursuit of knowledge drives Monks of the Cobalt Soul, those who follow this tradition spend the years of their lives seeking knowledge and guarding a massive repository of tomes, history and information. As they advance and learn to hone their Ki, they learn how to summon larger portions of their astral body that can aid them like protective armor, make their words clearer (and sometimes harmful) and even grant them darkvision if they don't already have it. The higher the spell level they wish to cast, the more Ki points they are required to spend, so while they have the potential to do incredibly powerful magic, it comes at a price that could inherently drain them of their Ki quickly if they aren't careful. Mastery of weapons is a pretty neat feature, but a lot of fighters also have this ability.

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