Born as Julius Lepárt on February 4, 1916, he attended the Cistercian School of Budapest. He entered the Cistercian Order on August 29, 1934. He was ordained a priest on June 24, 1941. In 1942 he obtained a doctorate in history at the University of Budapest. For the next four years he taught history at the Cistercian School in Eger. After the war in the summer of 1945, he proposed to Abbot Wendelin the plan of going to America to initiate the foundation of a school and of a monastery by the Abbey of Zirc. For this purpose he recruited several of his friends, including Fr. Anselm who had been his classmate and a companion in the novitiate. He emigrated to the United States in 1947.

Until 1953 Fr. Louis lived in the monastery of Spring Bank in Wisconsin. After the visitation of 1953 he moved to Buffalo where he taught history at the university. In 1955 he moved to Dallas and taught at the University of Dallas for the rest of his active life. His distinguished career as a professor was well reflected in his numerous publications on Cistercian history. Both his comprehensive volumes, The White Monks (1955) followed by Cistercians: Ideal and Reality (1979), were translated into German, French, Italian, Spanish, Dutch, Hungarian and Japanese. For eleven years (1965-1976) he was the Prior of Our Lady of Dallas.

On October 19, 1981, he suffered a stroke that partially paralyzed and debilitated him. Though he lost his ability both to speak and to write, he remained conscious and lucid. At the end of his life even the amputation of one of his legs became necessary. He lived for thirteen years in a nursing home in Dallas, as an example of patient and prayerful suffering. He died on July 1, 1994.