

# MONK MANIFESTO

JOIN ME IN STARTING A MONK REVOLUTION.  
LET'S SPREAD A COMMITMENT TO CONTEMPLATION,  
CREATIVITY, AND COMPASSION FAR AND WIDE!

**MONK:** from the Greek *monachos* meaning single or solitary, a monk in the world does not live apart but immersed in the everyday with a single-hearted and undivided presence, always striving for greater wholeness and integrity

**MANIFESTO:** from the Latin for clear, means a public declaration of principles and intentions.

**MONK MANIFESTO:** A public expression of your commitment to live a compassionate, contemplative, and creative life.

1. I commit to finding moments each day for **SILENCE AND SOLITUDE**, to make space for another voice to be heard, and to resist a culture of noise and constant stimulation.
2. I commit to radical acts of **HOSPITALITY** by welcoming the stranger both without and within. I recognize that when I make space inside my heart for the unclaimed parts of myself, I cultivate compassion and the ability to accept those places in others.
3. I commit to cultivating **COMMUNITY** by finding kindred spirits along the path, soul friends with whom I can share my deepest longings, and mentors who can offer guidance and wisdom for the journey.
4. I commit to cultivating awareness of my **KINSHIP WITH CREATION** and a healthy asceticism by discerning my use of energy and things, letting go of what does not help nature to flourish.
5. I commit to bringing myself fully present to the **WORK** I do, whether paid or unpaid, holding a heart of gratitude for the ability to express my gifts in the world in meaningful ways.
6. I commit to rhythms of rest and renewal through the regular practice of **SABBATH** and resist a culture of busyness that measures my worth by what I do.
7. I commit to a lifetime of ongoing **CONVERSION** and transformation, recognizing that I am always on a journey with both gifts and limitations.
8. I commit to being a dancing monk, cultivating **CREATIVE JOY** and letting my body and "heart overflow with the inexpressible delights of love."

To sign the Monk Manifesto visit [www.AbbeyoftheArts.com](http://www.AbbeyoftheArts.com)  
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