



# Abbey of the Arts

*transformative living through contemplative and expressive arts*

**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.

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.



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.



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.



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.



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.



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.



I commit to a lifetime of ongoing **conversion** and transformation, recognizing that I am always on a journey with both gifts and limitations.



I commit to being a dancing monk, cultivating **creative joy** and letting my body and "heart overflow with the inexpressible delights of love." *(From the Prologue of the Rule of Benedict)*