



Abbey of the Arts

Transformative Living Through Contemplative & 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.



- 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."
(From the Prologue of the Rule of Benedict)

