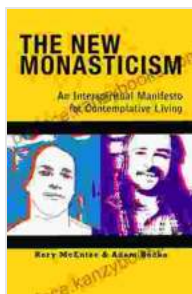


# Embark on a Contemplative Journey: Discover New Monasticism, an Interspiritual Manifesto

In a rapidly evolving world where societal demands and technological distractions relentlessly vie for our attention, the search for inner peace and spiritual fulfillment grows increasingly urgent. Enter "New Monasticism: An Interspiritual Manifesto for Contemplative Living," a groundbreaking book that invites us to rediscover the transformative power of monastic principles within the context of our modern lives.

## Exploring New Monasticism

Authored by renowned spiritual teacher Robert Inchausti, "New Monasticism" presents a comprehensive framework for embracing contemplative living in a non-traditional setting. Inchausti draws inspiration from various spiritual traditions, including Christianity, Buddhism, and Taoism, to craft an interspiritual manifesto that transcends dogma and embraces a universal path toward higher consciousness.



## New Monasticism: An Interspiritual Manifesto for Contemplative Living by Rory McEntee

★★★★☆ 4.5 out of 5

Language : English  
File size : 3844 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 256 pages



Central to the concept of New Monasticism is the idea of creating a "liminal space," a sanctuary within our daily lives where we can cultivate stillness and introspection. This liminal space can take many forms, from a dedicated meditation room to a regular time set aside for contemplative reflection. By establishing such a space, we create an environment conducive to cultivating spiritual intentionality and a sense of profound connection.

## **Pillars of Contemplative Living**

"New Monasticism" outlines six essential pillars of contemplative living that guide us in embodying this transformative approach:

1. **Mindfulness:** Cultivating a present-moment awareness through practices such as meditation and mindful observation.
2. **Simplicity:** Shedding excess and distractions to create space for contemplative exploration.
3. **Community:** Connecting with like-minded individuals to support and inspire one another's contemplative journeys.
4. **Service:** Embracing a life of service to others, fostering compassion and empathy.
5. **Study:** Dedicating time to exploring spiritual texts, attending workshops, and engaging in reflective practices.
6. **Solitude:** Seeking periods of silence and seclusion to deepen our connection with the inner self and the divine.

## **Benefits of Contemplative Living**

In "New Monasticism," Inchausti emphasizes the profound benefits that contemplative living can bring to our lives, including:

\* **Reduced Stress and Anxiety:** Mindfulness and meditative practices help calm the mind and reduce emotional fluctuations. \* **Enhanced Focus and Concentration:** Cultivating presence and stillness improves cognitive function and increases attention span. \* **Greater Self-Awareness:** Contemplative practices facilitate introspection and self-reflection, leading to a deeper understanding of our thoughts, emotions, and motivations. \* **Increased Happiness and Fulfillment:** Embracing a contemplative lifestyle fosters a sense of purpose, contentment, and inner peace. \* **Spiritual Growth and Transformation:** Contemplative living creates a fertile ground for spiritual awakening and the cultivation of a meaningful connection with the divine.

## **Embracing New Monasticism in Our 21st Century Lives**

While the concept of monasticism may traditionally evoke images of isolated individuals within secluded monasteries, "New Monasticism" redefines this ancient practice for modern times. Inchausti encourages us to integrate contemplative principles into our busy schedules without isolating ourselves from society.

One key aspect of New Monasticism is the idea of "engaged contemplation." This involves actively participating in the world while maintaining a contemplative mindset. By bringing our contemplative practices into our daily interactions and activities, we transform our ordinary experiences into opportunities for spiritual growth and connection.

## **Contemplative Practices for Everyday Life**

"New Monasticism" offers a wealth of practical contemplative practices that can be easily integrated into our daily lives, such as:

\* **Morning and Evening Contemplation:** Setting aside time at the beginning and end of each day for reflection and gratitude. \* **Mindful Walking:** Paying attention to the present moment while walking, noticing sensations, sights, and sounds. \* **Sacred Listening:** Practicing active listening in conversations, seeking to understand the underlying intentions and emotions. \* **Service with Presence:** Engaging in acts of service with a contemplative attitude, bringing mindfulness and intentionality to these interactions.

## **Call to Action**

In "New Monasticism," Inchausti invites us to embrace the transformative potential of contemplative living and become "new monastics" in our own unique ways. This is not a call to retreat from the world but rather an invitation to find the sacred within the ordinary.

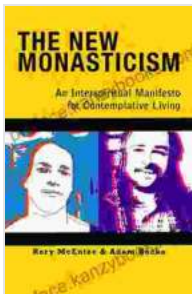
By cultivating a contemplative mindset, we create a sanctuary within our hearts, wherever we may be. We become beacons of peace and inspiration for those around us, inspiring them to embark on their own journeys of self-discovery and spiritual connection.

Join the growing movement of "new monastics" worldwide and discover the transformative power of contemplative living. Embark on this sacred path and experience the profound fulfillment and inner peace that awaits you within.

## **Image Alt Attributes**

\* Main Banner: Contemplative individuals engaging in meditation and contemplative practices. \* Image 1: A person practicing mindfulness in nature, surrounded by greenery. \* Image 2: People gathered in a

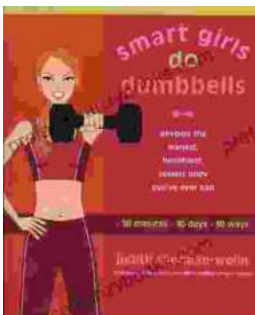
community setting, sharing and connecting through contemplative practices. \* Image 3: A solitary figure meditating in a secluded setting, surrounded by nature. \* Image 4: A group of people engaged in mindful walking, paying attention to the present moment. \* Image 5: A person offering service with a contemplative attitude, bringing compassion and intentionality.



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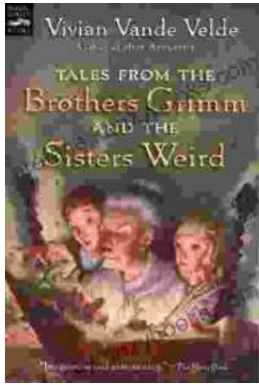
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