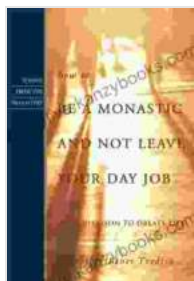


How To Be Monastic And Not Leave Your Day Job



How to be a Monastic and Not Leave Your Day Job: An Invitation to Oblate Life (Voices from the Monastery)

by Barney Hoskyns

★★★★☆ 4.4 out of 5

Language : English
File size : 313 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 148 pages
Lending : Enabled



In the hustle and bustle of modern life, it can be difficult to find time for spiritual growth. We're constantly bombarded with distractions and demands, leaving us feeling stressed, overwhelmed, and disconnected from our inner selves.

But what if there was a way to cultivate a monastic mindset and experience spiritual growth while still navigating the demands of your career? That's exactly what this book will show you how to do.

What is Monasticism?

Monasticism is a way of life that emphasizes simplicity, community, and spiritual growth. Monks and nuns live in monasteries or convents, where

they spend their days in prayer, meditation, and work.

While monasticism may seem like an unattainable ideal for someone with a day job, the principles of monasticism can be applied to any lifestyle. By embracing the monastic virtues of simplicity, community, and spiritual growth, you can create a more fulfilling and meaningful life.

The Benefits of Monasticism

There are many benefits to practicing monasticism, including:

- Reduced stress and anxiety
- Improved focus and concentration
- Increased self-awareness
- Deeper connection to your spiritual self
- Greater compassion and understanding

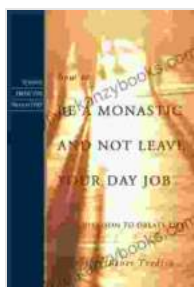
How to Be Monastic And Not Leave Your Day Job

If you're interested in experiencing the benefits of monasticism without leaving your day job, this book will show you how. You'll learn how to:

- Create a simple and sustainable lifestyle
- Build a supportive community
- Incorporate mindfulness and meditation into your daily routine
- Cultivate a sense of purpose and meaning in your work
- Balance your spiritual growth with the demands of your career

This book is a practical guide to spiritual growth for busy people. Whether you're a seasoned professional or just starting out in your career, this book will help you to find peace, purpose, and fulfillment in your work and life.

Are you ready to embark on a monastic journey without leaving your day job? Free Download your copy of this book today and start experiencing the benefits of monasticism.



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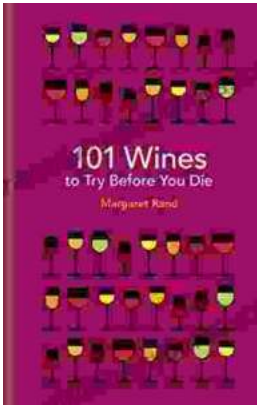
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