

## The MONASTIC LAB

10 (co)creators; 2 weeks (6 - 20 July, 2026);

|          |          |   |
|----------|----------|---|
| Sunday   | 6 July:  | Arrival & Introduction/s                            |
| Monday   | 7 July - | Monastic Lab Immersion (includes weekend)           |
| Friday   | 18 July: |   |
| Saturday | 19 July: | Reunification, Reflection & Documentation processes |
| Sunday   | 20 July: | Closing & Departure                                 |

## The FRAME

### The POINT-of-GUIDANCE

- Each monk evokes a Point-of-Guidance and brings an icon of them into the space (this can be any figure from any source - spiritual or religious figures; an inspiring mythological, archetypal or fictional character; historical or contemporary artists or writers, etc.). It can remain the same the whole way through, or shift from one day to another.

### MORNING BLESSINGS (7:00 - 8:00am)

- 10 minutes in silence
- 10 minutes addressing each person's point-of-guidance (in writing)
- 10 minutes channeling a response from our point-of-guidance to us
- entries are read aloud, and then added to the Book

### EVENING COLLECTION (7:00 - 9:00pm)

For each person:

- 10 minutes to share what emerged through their creative process that day

- 10 minutes for all others to respond silently on paper (writing/drawing). Papers are passed to the person who shared. (responses can be from the individual or from the view/voice of the point of guidance.)
- responses are read by all individuals at the end, then added to the Book.

#### GROUPS:

- For the morning and evening practices, the 10 monks are split into two groups of 5. These groups are stable and will perhaps live very different processes from one another. Observing these differences during the day of reflection will reveal insights on the nature of the experience.
- All monks add all blessings and responses to the same Book. This book may be read by any monk at any time, regardless of group.

#### TIME & ACTIVITY:

- SILENCE : as a general rule and ongoing atmosphere
- the HOURLY BELL : a bell sounded on the hour, each hour between morning and evening practices. When the bell sounds, monks are invited to ask themselves: am I truly doing what I most desire to be doing right now? (this is asked in silence as an interior reflection; there are no expectations on the outcome of this questioning.)
- PROPOSITION PROTOCOL : the proposition bell may be sounded any time a monk has an invitation for a process or practice to offer the others. The monk will stand, ring, and describe the offering. Monks who wish to join raise their hands in confirmation. There is no pressure or expectation related to joining. To preserve concentration, there is no negotiation, deliberation, or compromise. Offerings may include : walks, shared cooking or meals, movement or centering practices, creative practices, sharing or witnessing circles, clearing conversations, intentional dialogues, relay interviews, etc. All offerings involving speech or sound must be moved outside or to another space. All offerings are made to all monks, regardless of their group. Private propositions may be communicated by Box.

- DEVOTION : all monks will engage in their own practices of creation in continuity with their guidance. That might mean dedicating the period of this lab or a specific project, or it might mean allowing all spontaneous impulses to be honored in total liberty of direction. As long as tools do not interfere with the silence or create distractions for the other monks - all forms and tools are welcome.

#### SPACE:

- the BOX: Each monk has an analog message box for their correspondences, to encourage inventive forms of interaction in the silence. Everyone is invited to deposit or retrieve messages/objects throughout the day. Each monk's icon for their point--of-guidance is placed above their box. Points-of-Guidance are also encouraged to come into communication with one another through these boxes.
- the ALTAR: Everyone has a wall-space to attach traces of their process so that it can accumulate over time. The altars of all monks may be visited at any time. Offerings or responses to an altar may be delivered into that monk's box, who will then decide if it is to be added to the altar.

#### Guidelines to cultivate and maintain the atmosphere of devotion:

- Monks are free to come and go as needed or wanted (to take care of personal needs on any level) but there is a commitment to being in shared space as often as possible. Monks are responsible for their own food and meals. Grocery/pharmacy or other provisioning/practical needs can be discussed after the evening collection.
- All monks will share vigilance for cleaning and care of collective spaces with the attitude to leave every space more beautiful than one has found it.
- Between morning and evening practice, monks will engage little to no interaction in socialized conventions or practical concerns (unless absolutely necessary). There are no restrictions on forms of contact within the context of proposed offerings (because they are engaged with conscious, active participation).

- Everyone who enters the Monastic Lab must be a *full YES* to the frame and engage it for the duration of the lab. All resistances are observed as illuminators of insights, but are not ultimately followed (except, of course, in any case of emergency). This stability-of-ground will invite a deeper dimension of experience.

#### REUNIFICATION day

- The two groups come back together on the 14th day and make a shared pilgrimage - visiting each monk's altar, and then receiving their reflections on the process. This collective procession will include 3 hours in the morning (all together for the monks of the first group), 3 hours in the afternoon (all together for the monks of the second group). We will include time for each group to share openly what they noticed as themes, patterns, dynamics, and synchronicities.
- In the evening, around a closing meal prepared together, we will discuss what we noticed, observed, understood and received from the whole of the lab.

#### estimated PRACTICALITIES

- fees: 300 - 600€ / per person (depending on accommodations)
  - camping on the grounds is possible for a significantly reduced fee
- VIDEO APPLICATION ONLY
  - Just tell us why could feel called to join, about your creative practices, and what your hopes are for this experience
  - sent to [info@la-source.org](mailto:info@la-source.org) by **February 10;**
  - notifications by February 18, 2026.
  - Video applications reviewed by organizers : Eli Gold, Babet te Winkel, and Kitty Munnichs