

What is Integration?

Integration is a daily act and life long process that is intentional about personally selecting various spiritual practices to be included in an integrative Rule of Life in order to experience transformation and help transform others and the places that make up our everyday world. Doing so, helps urban monks and others integrate their actions and reactions with the actions and reactions of the people and places that make up their everyday world. Such persons include family members, friends, co-workers, acquaintances, and strangers. Consequently, such people and activities, such as comforting a friend or encountering a homeless person, become sources of spiritual development that shape our relationships with God and others.