

A single look on twelve facets...

**The formation** at each age will shape the heart, the mind and all of life.

**Prayer** will help keep united to the Lord, enlarging the heart to embrace all humanity.

**The word of God** and **lectio divina**, nourishment of the contemplative life and principle of communion, have to be carefully listened to, put into practice, shared as a transforming experience.

**The Eucharist**, mystery of faith and the sacrament of penance, joyful experience of forgiveness.

**Fraternal life** in community, a graced reflection of God who is a Trinity of Love.

**The autonomy of monasteries** favouring the stability of life where dialogue, attentive listening, communion are preserved.

**Federations** as structures of communion.

**The cloister**, a separation more intimately uniting to Christ, Heart of the world, and under diverse degrees according to the socio-cultural evolution.

**Work** : its seeking the Absolute and its commitment to the daily chores.

**The monastic silence** filled by a presence in a gaze of faith.

**The communications media** used with discernment. Asceticism disposing to the purification of the heart.