



# TOGETHER WE RISE

2.0



**Home Study Guide**  
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## Together We Rise 2.0

Every person on the face of the planet has suffered grief and loss, hurt and pain in their life. Every child has suffered disappointment, experienced rejection, and lived with failure.

Each one of us has wounds, traumas, and setbacks. These are experiences and real hurts, and to say otherwise is to disrespect and deny our embodied, soulful human life. But to think that is all there is to life is to believe, as the philosopher Thomas Hobbes wrote that the natural state of humanity is basically “solitary, poor, nasty, brutish, and short.” There is that within us which intuitively recognizes the beauty, joy, and abundance of life and wonders why we aren’t experiencing it. The conclusion? Either there is something wrong with us (translation: we don’t deserve it) or there is something wrong with life. (Translation: we are victims.)



Yet humanity has, over and over again, risen out of this mindset in profound moments of spiritual revelation and human connection. As we, at CSLDallas, continue our spiritual journey this year, we once again affirm that “TogetherWe Rise!” “We Rise” is our belief that we are not victims (individually or collectively) of life or outside forces. Life doesn’t only happen to us; we also happen to life! No matter the conditions or circumstances, we constantly seek to awaken to our spiritual nature and the spiritual truth of all of creation. As we wake up to the indwelling spiritual nature, we also wake up to our participation in the life we are experiencing.



Taking responsibility for our creative spiritual nature gives us the tools to consciously co-create a better life, for ourselves and for the world. This means we take responsibility for our lives by taking responsibility for how our past is shaping our future. By grieving the hurt, releasing the resentment, and rewriting the belief systems, we begin the process of creating a different future.

“We Rise” by taking charge of our thoughts, attitudes, words, and actions. We discover the strange paradox that spiritual discipline is the road to personal freedom.

And we realize that being “Together” with others of like mind, we are supported and sustained through the challenges of the journey.

## Together We Rise 2.0 *(continued)*



### Exercise #1

#### Explore the following quote:

*“There is this question, however, which naturally rises: Why all the suffering, sorrow, and pain; why has tragedy accompanied the journey of humanity? Again, our imagination may answer this question in a somewhat plausible manner. There is no other way through which true I individuality can evolve. We must be let alone to discover ourselves, else be compelled, arbitrarily, to follow one road, in which case we would be an automaton and not an individual.”*

*Ernest Holmes*

#### Now answer the questions:

- What woke you from being on autopilot?
- How have you moved beyond victimhood?
- What is the hardest thing for you to take responsibility for?
- How does being in spiritual community support your growth and awareness?

But the spiritual journey isn't a straight path or a linear progression. It's often 2 steps forward and 1 step back and our soul may cry out in the pain of exhaustion and despair - feeling as though peace and joy are not actually sustainable in the face of the human condition.

The dark night of the soul invites, perhaps, even demands surrender.

Surrender of our belief that we can do it alone, by ourselves. We begin to realize that “We Rise” on the wings of Truth and the presence of Love. Not our will, but the very will of Life as it flows through our hearts and veins are moving us forward, carrying us through the illusion of control into the peace of faith. Faith is the complete surrender of absolute knowing into the uncertainty of living from our spiritual truth. Once again, we are shored up by being “together”.

Together with others on the path, together with those that have gone before us and are showing the way, but most importantly, together with Spirit. We abandon our need for the form to be a certain way, and trust in the innate will of Life and Love that it is always for our highest good. If we just walk together with Spirit, we will rise into a new expression of life, more aligned with whom we believe ourselves to be.

This “Together” is coupled with a deep realization that we as humans are, in fact, all together as one family, because the one Life is living Itself through us.

“We Rise” now includes all of us rising together. We realize that individual rising is only possible when we want this same good for everyone. “Together, We Rise!” becomes the vision of what's possible.

## Together We Rise 2.0 *(continued)*



As we confront our fears and our wounds, over and over again, and surrender into trust and faith, over and over again, the alchemizing of identity begins. Our soul rises out of its identification with the human condition and remembers its spiritual identity as an individualized expression of the One Life, previous and necessary to the whole, a perfect and powerful being of Love. “We Rise” out of the illusion of separation and experience the transformation of Being.

As Spiritual Beings, we are released from the bondage and limitation of ignorance, fear, and pain. We sense our belonging – to life, to the world, to each other, to ourselves. Our “Together” expands and expands until it is truly an infinite embrace which is the Oneness of all Life.

Now “Together We Rise” is the reality of every breath, every thought, and every word, as we live as co-creators of a world that works for everyone and lives that truly work for each of us!

### Exercise #2

Explore what this quote means for your life and then discuss how this relates to working together to create a world that works for everyone.

*As we become aware of the fact that we are confronted by no limitations other than the ones we set for ourselves, this does not mean that we have the power to command the revolutions of the planets, or set the mountains in their places or create the oceans and the rivers. But we can control our actions and reactions in and to life. In our personal world of experience, we are certainly, given the privilege to be happy or unhappy, to be whole or incomplete.*

*Ernest Holmes*

### Exercise #3

Discuss:

- What collective wounds and fears must we confront?
- What must humanity surrender?
- How does your awareness of yourself as a spiritual being show up in your life?
- What makes it hard to see others also as spiritual beings?



# Welcome To CSLDallas!

Radically Inclusive | Spiritually Progressive | Transforming Lives

## WE BELIEVE IN A WORLD THAT WORKS FOR EVERYONE AND A LIFE THAT WORKS FOR ME!

CSLDallas, a Center for Spiritual Living, is a dynamic spiritual community dedicated to teaching and practicing a powerful spirituality that inspires us to live our dreams. We are a center where people are nourished, lifted, and filled with compassion, creativity, and joy.

Here you'll not only find acceptance, but unbridled love, and countless opportunities for spiritual growth.

- Be part of our spiritual community – connect with like-minded people all over the world – share your life and your journey! It's all about connection and belonging. Wherever you are, let's travel the journey together.
- Your KIDS AND TEENS will find acceptance, creativity, and spiritual growth on Sunday mornings. Get them involved and watch them grow.
- Make lasting relationships with people who are walking their spiritual journey right along with you. Join one of our small GROUPS – either a Circle of Life or a Spiritual Sangha or both. You do not have to travel this path alone.
- Your spiritual deepening and personal growth gets a kick-start when you attend our transformational EDUCATION program. Through increasingly powerful classes, your spiritual journey is supported by your classmates and your teachers.
- Looking for a spiritual COMMUNITY for you and your family to belong? Become a member, connect to and invest in a group of people dedicated to transformation and open-hearted living. Then you become a part of what makes CSLDallas such a great place to be.

