



Home Study Guide

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The pandemic has certainly disrupted us, for good and for ill. Devices and technology continue to disrupt our homes and the way we do business, for good and for ill. The internet, social media, and AI have disrupted us for good and for ill. The polarization of our politics and the divisiveness in our government have disrupted us. The turmoil over the civil rights of African Americans, immigrants, women, and transgender people have disrupted our ignorance, while the spiraling issues of climate change have disrupted our complacency.

How shall we deal with all this disruption – with angst, anger, apathy, or from our deepest spiritual principles and practices? At CSLDallas, 2022 is all about making the disruptions sacred, while also inviting sacred disruptions to take us on unexpected powerful healing and growing journeys. It's also about realizing that "the way it's always been" *isn't*, and can't be the way we are going to move forward in creating a world that works for everyone while building lives that work for each of us. So, how do we reimagine our lives, individually and collectively? How do we reimagine in such a way that challenges the norms while answering the call of our soul for authenticity, courageous action, and loving, respectful connection?

## Sacred Disruption, Reimagine Everything! Cont'd

This January we begin a year-long exploration in the hope that it will support all of us to embrace change and uncertainty with powerful and positive intentions and actions. We begin by allowing, perhaps even inviting disruption to be sacred. The first step is to seek the good that has emerged amid any disruption. This does not deny or avoid the pain nor the challenge. But it does help us to focus on the fact that Spirit is always present and there is always a way to learn, grow, and move through it. Deciding to make a particular disruption sacred means that we bring it to the high altar of our awareness and invite it to reveal its gift, sacred and profound. Listening rather than analyzing, feeling rather than forcing, and sensing rather than projecting are all sacred skills our soul develops as we engage in this process.

The next step is to *invite* sacred disruption. This means to court the new, make friends with the unknown, and declare change. Ambiguity and uncertainty become our guides as we decide to invite the wildest parts of our soul and our deepest intuition to lead. Let us dance with our shadow as we deliberately try new ways of being and doing that are more congruent and aligned with our values, spirituality, and ideals (no matter how uncomfortable they may feel). This is way beyond improving ourselves; it's sacred and profound acts of authenticity and responsibility.

Sacred disruption becomes a creative act when the destruction has made way for something truly new. This newness begins with reimagining life, not from the normal way it's been, but from soulful, connected, profoundly directive decisions to make a difference. Reimagining everything new begins with values that we espouse but aren't actualizing, and the hopes we are afraid to believe are possible to achieve. What if they are? What if these are the impulses and desires of your truest essence? Reimagine, not utopia, but day-by-day, moment-by-moment; mindfully decide to make a life that heals, restores balance, reveals creativity and is utterly in alignment with the highest vibrations of Reality.

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### Exercise 1 – Making Disruption Sacred

What are the most disrupting things you've experienced over the past 12 months?

What good has come from them or how can you make them sacred?

Share in the group or with a partner.

### Exercise 2 – Creating Sacred Disruption

Where are you stuck or what routines do you want to disrupt?

How can you make this a sacred act?

Share in the group.



## Sacred Disruption, Reimagine Everything! Cont'd

Can we imagine *everything* new? Even if we don't know how it might come about and even if we know it won't happen in our lifetime, the creative faculty of imagination is what breaks the bondage of old patterns and habitual collective consciousness. Imagination is the ability to see and sense something in the mind's eye that is not actually present.

Every one of us has this ability. Usually it feeds our anxiety, doubt, and fear as we imagine catastrophic outcomes or our inadequacy for creating change. Just remember, like any of our faculties, we are in control of what we focus on! Our imagination is just as good at imagining outrageously amazing outcomes and our courageous contributions to change. Let's begin today, imagine a world that works for everyone, even when we have no idea how it will come about. Imagine our planet healthy, people prospering, divides discussed civilly and progress in service to humanity and nature rather than power and money. In fact, read the Global Vision and make it *real* in your imagination. It's precisely what we do in every spiritual mind treatment.

Now we can engage, confidently and powerfully, in personal and collective disruption which is sacred and soulful because we know that what we are imagining is the outcome we are creating together. Let's walk the journey together, one step at a time, one day at a time, one year at a time, one lifetime at a time. And inevitably, what we have reimagined *must* become reality as humanity awakens to its spiritual magnificence. And it shall be a Happy New Year, a Happy New Life!

### Exercise #3 – Pick a partner to share with...

#### Imagine Everything New

How would you imagine your life new, now that you have disrupted the places you are stuck or in a routine?

Describe it in detail to a partner. Only the final result – not how you get there! Or, if you can even get there. What parts are hard for you to imagine?

Ask your partner how they might imagine it for you?

### Exercise #4 – Future Casting...

#### Imagine Everything New

Now imagine humanity is awakened and life is operating at a whole new great level. What does it look and feel like to you, without trying to describe a utopia of sameness?

Describe to your partner what part of your life do you need to be willing to disrupt for this? Imagine how your life is different in a world that works for everyone. Imagine how your life work still works for you.