

# THE RING OF



# HUMANITY

A 12-step community for spiritual seekers offering teachings and techniques to transcend suffering.

**AGREEMENTS & STEPS**

Driven by a lifelong love affair with suffering and the earnest desire to understand and transcend it, we have pulled together the most potent pieces, based on our direct experience, as well as creating a synthesis from a variety of doctrines, teachings, and modalities, so that we could share with *you* what has worked for *us*.

## AGREEMENTS

1. **OUR MINDSET:** We approach this work with the mindset that we are playing a game. The earth is a school and we are here to learn. This allows us to find detachment, which creates a more expansive space for healing and evolution.
2. **DIVINE WILL, DHARMA & KARMA:** Each of us has a destiny and purpose (dharma) and everything life brings us (karma) is an opportunity to learn and evolve towards our inevitable destiny.
3. **FREE WILL:** Our free will allows us to choose how we will respond to life. We can choose to learn and evolve or to resist and suffer. The best use of free will is to surrender to and align with Divine will.
4. **THE GAME:** Our time on this planet is a journey of evolution and our suffering is the impetus for this evolution. If we want to transcend suffering, each of us must all pass through the 6 mythical elements of what it means to be a human being... We start by acknowledging that we come into this world wounded, fallen from our pure, divine nature, cut off from oneness and love. Our journey to remembering requires that we do battle with our shadows, overcome the limitations of our minds, surrender our need to control life, and find our true selves before we can awaken to our original nature.
5. **BECAUSE WE ARE WOUNDED** our human behavior can manifest as selfishness and greed. We must take on an attitude of compassion and forgiveness for ourselves and others because we're ignorant and innocent, driven by forces beyond our control that inadvertently cut us off from giving and receiving love.
6. **AS WE DO BATTLE WITH OUR SHADOWS**, we remember that struggle is a catalyst for evolution and an opportunity to free ourselves from this struggle... We seek to release blame, projection, and the inner conviction that we are victims of our struggles because this belief drives our suffering. Every challenge that life throws our way is an opportunity to advance in the game of life and ultimately, to transcend the game.
7. **OVERCOMING THE LIMITATIONS OF OUR MINDS** requires first understanding the mechanics of the mind... The mind sees the world through a particular lens that's made up of past experiences. This worldview or lens is unique to each person, which is why each of us can interpret the same experience of reality in different ways. In order to overcome the limitations of our mind, we must acknowledge that we've unknowingly become victims of ideas and beliefs that were created by the distorted lens we've been looking through.
8. **SURRENDERING OUR NEED TO CONTROL LIFE** must be preceded by understanding that we can't control life but our Ego will tell us that *we can and we should*. The only thing we CAN control is our inner reaction to life. If we become lost in the fear and anxiety that drive our need to control, we must first become aware of Ego's trappings and then practice detachment until we are surrendered.
9. **WE CAN ONLY FIND OUR TRUE SELVES** once we can identify, accept and become willing to release patterns of addiction to victimhood, drama, and struggle. We must let go of old ideas about life and understand that we have chosen to enter this earth school to transcend the Ego and move into the seat of pure consciousness.
10. **AWAKENING** involves understanding that our original nature already exists and is obscured by the veil of the Human Condition. We are gentle with ourselves as we become the observer of our humanness and all that we've repressed. Awakening is a process of purification whereby we identify and remove anything blocking us from seeing, feeling, believing and being our original nature.

## **STEPS**

1. We admit that our suffering is caused, not by life itself, but by our reaction to life which is driven by our own internal disturbances of the mind and heart.
2. We come to believe that a process of inner purification could remove the blockages disturbing us and restore us to our original nature.
3. We make a decision to stop trying to control life and address the disturbances in our own internal landscape.
4. We take an honest inventory of ourselves to identify the unconscious patterns of victimization that drive our suffering.
5. We take radical accountability by sharing these findings with another human being.
6. We continuously engage in a process of purification to liberate ourselves from these distortions of the heart and mind.
7. We gradually move from a reactive, controlling state to a purified, surrendered state from which we can properly use our free will.
8. When we notice a disturbance in our energy, we anchor ourselves into the present moment and continue to engage in the process of purification.
9. If we become lost in our thoughts and emotions, we seek only to be present with the moment and to trust life's intelligence, surrendering to what is without trying to fix, control, or escape how we're feeling.
10. We make this spiritual practice the most important thing in our life.
11. We don't actively seek "enlightenment", but continue to purify and surrender, knowing that the divine energy within will naturally propel our ascension.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to those who still suffer, and to practice these principles in all our affairs.