



# ARISE HIGH SCHOOL DISCIPLINES of the CREW

**Discipline, from the Latin, *disciplina*, meaning instruction, is how we train our power within towards living up to something. As crew, we recognize the power between us, and that we all are necessary. As crew, we move in harmony, in synchronicity. Our Disciplines of the Crew center our powers *within* in order to harness our powers *between*. Through this collective power, we move forward together with grace and integrity. These are our Disciplines of the Crew:**

**Like the seasons, time cannot be contained, yet everyone's experience is contained within it.**

Know the difference between your time, everyone's time, & our time together. It's important to be present, on time, & focusing your mind on where your feet are.

**Act like water, flowing through and around obstacles, and still always moving.**

The strength of water is in its acceptance of the right now (Patience) while steadily moving forward (Impatience). Accept the brutal facts right now, yet have the unwavering commitment to move through it with integrity, equity, and solutions-orientation.

**The river does not try to be the mountains.**

Speak your truth. Act your truth. Be direct, honest, & open to critique, while being aware of who you are, who you're becoming, your impact to others, and how you live your words with love.

**Listen to the wind to know which direction to move.**

Listen with the intent to understand. Let action flow from understanding. Don't get caught up in your own response and missing an opportunity to learn from an interaction.

**Lay the path carefully and lovingly stone by stone.**

Things don't happen with ease overnight. Be aware of your process of becoming. Be an active part of the school's process of becoming. Know where the 2 intersect, when you need help, and be ready to help others.

**Keep the power of the river growing with the streams that flow into it.**

Keep the larger mission & purpose in mind. Our collective work is bigger than any one of us, but each of us is still needed. Know each other. Build with each other. That will be our strength.