



Rise Above It

Ray Silverman, Star Silverman

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Rise Above It: Spiritual Development through the Ten Commandments, by Ray and Star Silverman, is a spiritual guidebook for daily living in the twenty-first century. This book is a result of fifteen years of experience leading spiritual growth courses on the Ten Commandments in a wide variety of settings. Filled with candid and inspiring journal entries from seminar participants in university settings, parent groups, churches, prisons, and remote African villages, this book invites you to enter a life of ever increasing love, wisdom and service. Each chapter shows how one of the Ten Commandments occurs in each of the world's major religions, and how it can be applied to each of our lives. As one reads the book and applies the suggestions for spiritual development to one's life, it becomes increasingly clear that the Ten Commandments contain the essence of world spirituality, and that everyone who lives according to them is saved. As Helen Keller has said, "We are not born again suddenly, as some people seem to think. It is a change that comes over us as we hope and aspire and persevere in the way of the Divine Commandments." Jesus put it even more succinctly: "If you want to enter into life, keep the commandments" (Matthew 19:17).

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