



Weekly Discussion Guide

December 2017 Sample



December's Theme: *The High Watch of Oneness*

Greetings,

Another month has passed and here we are, in December. It always amazes me how fast life seems to be moving. With all the activities going on in today's world, it is important for us to stay grounded in knowing that we are all one. This month we will be discussing what it means to keep *The High Watch of Oneness*. Prayer is the perfect tool to use in keeping the high watch.

Therefore, it is appropriate that this week's discussion guide be based on the article written by Swati Singh, entitled, "*Why Do We Pray*". Ms. Singh's article starts on page 28.

Peace, Light and Abundant Blessings,
Eugene

Prayer is a powerful spiritual tool that works. It is a great way to return to center when something happens to throw us off center. It is also great to use when we are flying high. Simply put, prayer changes things. But how does it

change things? Is it the things that are being changed? Or, is it us that changes?

What Does Praying Do?

Ms. Singh starts off by writing, *“Psychologically, praying assures us that someone somewhere behind the cottony-candy curtain in the blue sky is listening to us and will ease our life.”* Interesting point of view. She goes on. *“We pour our hearts in front of the unknown who is a non-judgmental listener. We feel lighter, we feel better. We hold the faith.”*

1. What is your feeling about the above?

Ms. Singh asks the question. *“But is it just psychological? Customarily, people who pray do so at a place of worship or an altar at home. Thousands of people visit holy places with dedicated minds, gratefulness, faith and a strong intention of finding answers on their life paths.”* Ms. Singh suggests that there may be something deeper than just the psychological level. She writes. *“All such individual energies fuse together to generate a vast energy field.”*

Prayer aligns us with what is already present in our lives. It allows us to trust not only in what we call God, it also builds trust in ourselves. Prayer is a creative energy that opens us to see beyond the five senses.

The Science Behind Prayer

There is an art and a science behind prayer. Ms. Singh speaks of a study where prayer was used in the healing process of cardiac patients. She quotes a study done at Duke University Medical Center where a subgroup of cardiac patients who were prayed for, without them knowing, had the highest success rate within the entire group.

2. How has prayer worked in your life? Please share with your group.

In the teachings of Science of Mind, there is a scientific form of prayer referred to as Affirmative Prayer. There is no praying to an outside entity. There is no pleading, begging or beseeching. In using Affirmative Prayer, we state, or affirm that what we are seeking in prayer is already done. Because we are surrounded by a creative Intelligence that responds to us, we can trust that our prayers are always answered. No matter what.

What Should We Pray For?

What should we pray for is another great question. At first the answer may seem obvious. We can pray for money, health, relationships, or anything that comes to mind. However, we can go deeper. Singh writes. ***“The cosmos created and sent you here. It has set a plan for you that consists of various paths.”*** Often, those paths are not clear, and we may spend years trying to find our way. As Singh puts it. ***“There will be times when you don’t understand the plan.”*** It is during these times when we can pray for clarity. Or as Singh writes: ***“Ask for guidance, ask for strength and have faith in your abilities to conquer every situation.”***

To have faith in your abilities is important. You are a powerful creative expression of the Divine. All that you desire is already yours. Prayer assists in seeing how you may become open to receive the answer to your prayers.

3. List three things you want to experience in your life.

Take each one into prayer, affirming that you already have the thing you are praying for. Make this a daily practice. In addition, ask you circle members to join you. The more people joining you, the more powerful the energy.

Have We Been Praying Wrong?

Swati Singh says, ***“There is no incorrect way to pray.”*** She then goes on to say, ***“There is no law for prayer. In prayer, we set aside some time from our chaotic daily lives, practice mindfulness and become one with the universe.”***

Becoming one with the universe is important, because becoming one with the universe, you become one with what you are praying for. Referring to the three things you want to experience in life, in your prayer work, become one with that experience. Know that it is not separate from you. Feel that you are already experiencing the answered prayer now.

Singh goes on to write, ***“Prayerfulness is a state of being one with the each and every shred of the universe. When you reach that state, the ego sheds and the wisdom arises.”***

In closing, Swati Singh says, ***“And while the significance of prayers can be proven scientifically, the act of praying is still miraculous for those who love to see magic in every particle of this universe.”***

The last question then is,

4. Why do you pray?

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Possible Featured Articles That May be Used

- **Christ Is Born In Us Today, by Ernest Holmes**
- **A Compassionate Heart, A Courageous Soul, by Gary Jensen**
- **Standing Guard at The Temple Gate, by Dennis Merritt Jones**
- **Sing God's Eternal Song, by Celeste Frazier**
- **Grownup Navajo, by Rebecca Hiraoka**

Opportunities for further Circle Discussion

As you read the Daily Guides for this month, were there any in particular that resonated with your consciousness? If so, please share with your discussion group.

Remember there are also a number of articles reflected in the Columns section, as well as affirmations and reviews in the Departments section of the magazine. Choose one or more to review and discuss as a group if time permits.

Additional Resources of Interest

Online Edition of Science of Mind Magazine

The online edition of the magazine contains additional content not found in the printed edition. It is available at the following site:

www.scienceofmind.com

Science of Mind Free Electronic Newsletter

You may find additional articles and links to other resources that your Circle may want to explore. You can sign-up at the following site: <http://www.scienceofmind.com/e-mail/>

The Science of Mind Archives

This site contains a number of online books, audios, and archived editions of Science of Mind magazine that are accessible at the following link: <http://scienceofmindarchives.org/>

Social Media

Check us out on the following Social Media sites for forum discussion, current events, and inspirational postings that may be of interest:

- <https://www.facebook.com/centersforspirituelliving>
- <https://twitter.com/sciofmindmag>

Questions or Feedback

We welcome any questions concerning your Spiritual Living Circles, as well as feedback on how we can improve on the content of this material.

Please send us an e-mail to: circles@csl.org

We are very grateful for your continued participation in being a part of up leveling the consciousness of the planet where we envision a World That Works For Everyone

Peace

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