



Spiritual Living Circles Discussion Guide

February 2015 Week 1



This Month's Theme: Deepening Our Faith

Welcome to this week's discussion guide for your Spiritual Living Circle. This material is designed to support your review and discussion of the material contained in the *February 2015* issue of *Science of Mind* magazine.

Each week this month, we will be highlighting one or more articles from the magazine and providing you with discussion questions for that article.

This week we look at **Arab Spring: Seeing the Sacred Amidst the Shadows** by Savannah Riker

Discussion Questions for this Week's Article:

Excerpt:

"There is a time when we leave all that we know behind--the death of the old, a pattern, a way of life, a way of being, our roles and identities -- to expand so that the known, gifts, blessings, newness, opportunities, and the depth of knowing oneself is revealed to us."

Consider the most significant transitions you have experienced in your life.

1. What was the specific event or life transition?
2. Taking yourself back to that time, what did you perceive you were "losing" in that transition?
3. What did you gain?
4. How is your life different?
5. What learning might you take from this for other situations in your life?

Excerpt:

We must trust in the creativity of the darkness, the holy unknown places for they bear rich fruit when we've released our attachments to the way things must be.

Consider areas in your life in which you hold on to expectations of how things should be or how someone should behave. Bring to mind a specific example that is particularly challenging for you:

1. What impact does holding on to an expectation have on you/your life?
2. What might change if you were to let go of expectations for things you have little or no direct control over?
3. What stops you from letting go of having an attachment to a specific outcome?

Excerpt:

How do you feel unity when everything feels separate, when you feel different from others, when you know you look differently and nothing feels as one?

Imagine you are walking down an empty dark street in a different culture/country late at night. Two men are coming toward you, speaking loudly to each other in a language you don't understand.

1. What thoughts are you likely to have?
2. Are these thoughts of unity and oneness? If not, what might be the origin of the thoughts of "separateness"?
3. What do you think gets in your way of experiencing a sense of unity with all people?
4. How in your daily life might you create more experiences of "oneness"?

Other Possibilities for Circle Discussion

If you have been reading the daily guides for this week, were there any in particular that spoke to you? If so, how?

Throughout the magazine are a number of columns and departments. Choose one or more to review and discuss as a group.

Articles We Will Be Reviewing in February include

The Art of Activism: Reimagining Ourselves by Jan Phillips

Parenting Our Parents by Jane Wolf Waterman

Walking the Camino: A Journey to Self-Discover by Holli Sharp

Experience the Measure of Faith by Ernest Holmes

For Further Exploration

Check out the Science of Mind Archives at <http://scienceofmindarchives.org/> There you will find a number of resources (e-books, audios, online archives of Science of Mind magazine and more) that can take you beyond the pages of the magazine

Don't forget to sign up for the Science of Mind free electronic newsletter! There are articles and links to additional resources that your circle may want to explore. Sign up at <http://www.scienceofmind.com/e-mail/>.

Also, remember that the online edition of the magazine contains additional content not found in the printed edition (such as additional media reviews and more "your space" content). The online edition is available at www.scienceofmind.com.

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Questions or Feedback?

If you have any questions about your Spiritual Living Circles or feedback on this material, please send us an e-mail at circles@CSL.org.

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