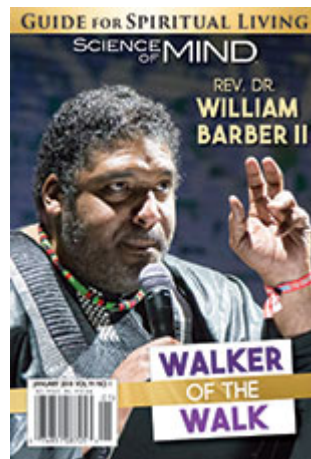




Weekly Discussion Guide

January 2018 Sample



January's Theme: *Renew the Foundation*

Happy New You,

Every year we celebrate a New Year. However, every day we get to celebrate a new us. Each day we get to look in the mirror or at a friend or family member and joyfully exclaim "*Happy New You.*"

To assist us in remembering who we are, this week's discussion guide is based on a beautifully written article by Molly Kate Brown. Ms. Brown reminds us that to know God is to know ourselves. She advises us that practicing being in the silence makes it possible to know who we truly are. Her article *Know Thyself to Know God*, starts on page 90.

May your week be filled with grace and abundant joy.
Peace and Blessings,
Eugene

In Religious Science there is a form of prayer called Spiritual Mind Treatment, or Affirmative Prayer. This form of prayer does not demand that we go to an outside source in the sky where we beseech this outside presence to give us what we think we are missing. Instead, affirmative prayer teaches us that the Source of life is at the center of our being. It affirms that we are one with the manifest universe. Therefore, manifest with the good that is already present.

The first part of Molly Kate Brown's article speaks directly to the first step in affirmative prayer, **Recognition**. To recognize that the Earth rotates around the sun as fast as some say it does. To recognize that *"This magnificence occurs while we are tethered to Earth by the perfect amount of gravity, breathing what is the perfect life-sustaining amount of oxygen in the atmosphere,"* is recognizing that there is a Something back of it all.

Recognizing is another way of remembering who we are and that we belong to the Universe. Somewhere along the line, we just forgot. Brown puts it this way. *We've forgotten what we are. We've lost contact with the reality that we are divine beings synonymous with creation."*

"This momentous forgetting is the only fall from grace that ever occurred."

Perhaps you have heard it put this way. The only original sin is the thought that we were separate from God. We forgot that we are one with the Divine.

The Training Ground for Awareness

Remembering who we are, or as Brown put it earlier, *what* we are, usually cannot be done with the intellect alone. Brown says, *"Understanding that we are divinity manifested into being – that we are powerful creators – does not occur at the level of the thinking mind. It occurs experientially with our entire being in the field of this present moment, by returning awareness to the body, the breath."*

Yes, we are spiritual beings. And, the physical body is what we get to use to become aware of our divinity. It is the instrument the Spirit uses to live on this physical plane. As Brown put it, *"This body – this miraculous temple– is the vessel where this alchemical experience occurs."*

1. How aware are you of this spirit-body connection? Please discuss with your circle members.

The body-temple is indeed miraculous. ***“It is the training ground for present-moment awareness.”*** This can be an exciting adventure, because there are other bodies, so to speak, incased within the physical body. In addition to the physical body, we have the mental body, the spiritual body, and the ever-important emotional body. We truly are spectacular beings. Brown says, ***“It is the place where our physical sensations – our discomforts, contracted resistance, sadness, anger, grief, judgment, fear, hatred, trauma, misperceptions, misunderstandings, projections and self- and other limiting beliefs – reveal themselves into our wisdom, our knowing, our trust, our understanding.”***

2. Give some examples of how can your bodies be used to increase your awareness?

Becoming aware of our physical body, as well as the other bodies will assist in knowing that we are one with the creator of life. This is the second step of affirmative prayer, **Unification**. Beautifully, Brown writes, ***“It is within the framework of the body that we catch glimpses of our exquisite true nature and, with that, the potential that exists for humanity.”***

Recognizing that we are all one, living on this one planet, we get to see, if we choose to, that all of life is living together as one to bring about the truth that all is divine. When we come to this realization, ***“We cease resisting what is unfolding, but not in a complacent manner. As we are liberated, our true power guides us toward that which benefits the greater good.”***

As Brown put it, ***“Peace within, and therefore peace on Earth, occur to the degree that we become conscious of the present.”*** Again, this occurs by returning awareness to the body. One of the best ways to do this is spending time in the silence.

Spend Time in Silence

Cultivating a consistent practice of being in the silence goes along way in us getting to know ourselves. Brown writes, ***“To make contact with the present moment, which is synonymous with our divinity, we must spend time in silence.”*** We live in high tech, low touch times. Meaning, we are surrounded by a myriad of distractions that can take the form of fitting in the palms of our hands. And that’s just one of the many ways we are distracted. To know ourselves, it is imperative that we love ourselves enough to take time to connect with the Source within. ***“Silence is helpful because the sheer rapid velocity of the thinking mind is such that subtle habit patterns by which we’re negatively impacted are often obscured under layers of mental noise.”***

3. What does your practicing the silence look like? Please share with your

circle.

Two minutes, 20 minutes, an hour – the more the better, and more consistently, the better.” It doesn’t take much time for this practice. Like Ms. Brown indicated, two minutes a day is sufficient. The important thing is that the practice is consistent. This practice helps to bring us to the present moment. ***“I know others whose motto is, ‘short times, many times...’*** The main thing is that we make it consistent. As Brown says, ***Consistency and persistency are of utmost importance.”*** Then she adds something powerful. ***“Ultimately, your life is the practice.”***

Cultivate Awareness

This is what life is all about, remembering who and what we are. Becoming aware of this puts us on the path of self-discovery. Or **Self**-discovery. ***“With this cultivation one’s reality, both within and without, becomes subtle, more refined, less fixed. It also becomes a sharp blade with single focus that can slice easily through illusion, through ‘self-and-other limiting beliefs, concepts and notions.’***

We are created in the spiritual image and likeness of the Love Intelligence that governs the universe. Realizing this is of great importance. And, it is an inside job. Brown writes, *“A journey that begins within has the potential to lead to the farthest reaches of eternity.”*

As we become more aware of ourselves, we become more aware of God within. *“We awaken to the truth of what we’ve always been.”* This practice is *Renewing the Foundation*. It is up to all of us to be the peace, love and grace we want to see and experience. Molly Kate Brown leaves us with this. *“Let us take responsibility for what is, not fear what is. Let us look in the mirror, dig deeper and truly listen. Let us develop ears to hear the silent music.”*

Peace, Love and Abundant Blessings, Eugene

January 2018 Theme: Renew the Foundation

Possible Featured Articles That May be Used

- - **New Lives for Old, by Ernest Holmes**
 - **Walker of the Walk, by Julie Mierau**
 - **Keep Your Mind Fixed, by Holli Sharp**
 - **The Seeds of Greatness, by Jeffon Seely**

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/centersforspiritualliving>
- <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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