



## Weekly Discussion Guide

### August 2018 Sample



#### **Theme for August 2018:** *A World That Works for Everyone*

Good day everyone,

Here we are in a new month, walking the path together. As we continue our journey in our spiritual transformation, we cannot help but to include others. When you think about, or feel into it, we have an innate urge to be with others, to assist others.

That's what this month's theme is all about. Striving to bring about *A World That Works for Everyone*. To get us started, Dr. Holmes speaks to us about *Love, Givingness and Pace*. Dr. Holmes reminds us of the power of Love. In his article, Dr. Holmes tells us that 'Love will find solutions to every problem.'

With all that seems to be going on in the world, it is important for us to determine who we are to be, and what is ours to do. In this way we all get to contribution in creating *A World That Works for Everyone*. Dr. Holmes' article starts on page 80.

Peace and Abundant Blessings,  
Eugene

## Love

One of the first things we must recognize is that life is better with love. Love is really all there is. From a spiritual point of view, it's love that is the source of life. In the New Testament of the Bible we read that God is Love. Keeping this in mind, it could be said that in the beginning Love created the Heavens and the Earth.

Dr. Holmes begins this article by stating ***“In its broadest sense, love is the impartation of the self, the givingness of everything we are or hope to be or have — giving it in joy and without reservation in complete abandonment.”*** Love is the impartation of the self. Could this mean that love gives of itself by giving through us? When we give from a place of love, we experience a sense of joy, contentment, peace. Admittedly, this is not always easy. Dr. Holmes says. ***“Unfortunately, in our present stage of evolution, it seems that we can only do this with a few people”***

1. Is this statement true for you?

Dr. Holmes writes that ***“Without love we cannot live.”*** Love is the source of life. Unfortunately, some of us may have had experiences that cause us to shield ourselves from love. Most of us have felt heartbreak of some kind, sometime in our lives. ***“Whenever there is a deep sense of being rejected or not loved, there comes with it an outer aggressive attitude, a combativeness. For when love does not flow out, aggression seems to take its place.”***

There is a way to change this though. We love more. Holmes says, ***“We should, then take such love as we have in our hearts today and freely give it to everyone we meet.”***

Why would we do this? Holmes says, ***“Love begets tolerance and begets understanding, which is being able to put oneself in the other person's place and see he acts as he acts, why he does what he does.”*** Doing this opens the door for compassion. He goes on to say; ***“Thus love can create a better world in which to live.”***

2. Are you willing to love enough to put yourself in some other person's place? Please discuss your answer.

## Givingness

Dr. Holmes was very clear about the power of Affirmative Prayer Treatment, stating that there is a power in the Universe that is greater than we are, and we can use it. He was also very clear about the fact that we can only receive from the Divine what we take. He writes. ***“Life undoubtedly belongs to the ones who take.”*** At first, this may seem a bit selfish until Holmes says ***“But how can we take unless we first give? It is impossible.”*** This is law.

***“So true givingness is the transmitting of the self to everything we do, it does not matter what it is — the outpouring of our self into every undertaking with an enthusiastic zest, love, kindness and friendliness.”*** In giving it our all, we open ourselves to receive. Therefore, it is important to be aware of what we are giving. Holmes says, ***“It is a fundamental law of mental polarity, cause and effect, that that which goes out comes back the way it went out, plus the intensification of that which it has contacted en route.”*** He then gives an example saying that ***“if we dislike someone he will feel it, no matter what we say.”***

3. Have you experienced anything like this? Please discuss.

To receive more from life, we must give more to life. Giving of your gifts and talents and the best way for you to receive or to take what the universe has brought to us from saying what we want. Dr. Holmes put it this way. ***“If we want to get the most from life we can only do it as we have first given the most of ourselves, then the response comes back to us multiplied.”***

This is great news. Essentially, we receive what we give. And as we give more we receive more. And, we need not worry about taking too much. That too, is impossible. Give with all your heart.

***“God is the original giver. Life gives by imparting Itself to the object of Its desire.”***

Because you are the beloved of the Beloved, all that Life has to offer is yours for the taking. And being the beloved what you give touches lives all around you. As Holmes writes, ***“We should allow the gifts of Life to flow out to everything we touch, everyone we meet, every situation we contact. Then wherever we go, every situation is blessed, every person is helped, every discord is harmonized, without our even being conscious of it.”***

## Peace

Peace is something everyone on the planet wants. As a matter of fact, everyone wants to give love and be loved. Holmes says, ***“Reality abides in eternal peace, in everlasting calm.”*** When we set our intention on experiencing peace, on being peace, the troubles that come up in life does not have the same power over us. This is the power of the peace that passes understanding. Peace is based in Love. There’s no greater power than Love. As Holmes reminds us, ***“But if we could let go of our confusion long enough to receive the peace, as the light shines in the darkness and dissipates it, so the peace would dissipate the confusion and it would not be there.”***

All of this takes practice, consistent practice. It takes a willingness to let go of playing small. It takes awareness to know that we are always surrounded by the all good of God. ***“Since God is the reality of each of us, there is a part of us that has no problems. Our individual being does not contradict the equilibrium of the universe.”***

4. What is your feeling about the above quote from Holmes. Please discuss.

Dr. Ernest Holmes leaves us with this. ***“We should seek an awareness of the infinitude and stillness of the everlasting Peace, the motion of the ceaseless Energy that flows through everything in majestic calm. We must believe that there is within us a pattern of living beyond all confusion, beyond all fear, and that it is here and now because the Universe in which we live is here and now. We must seek to feel it.”***

Have a blessed and prosperous week.

Peace and Abundant Blessings,  
Eugene

**August 2018 Theme: A World That Works for Everyone**

**Possible Featured Articles That May Be Used**

- **Honoring Diversity and Inclusion, by Petra Weldes**

- **Unlocking the Secrets of Wisdom Healing Qigong, by Trisha Gance**
  - **A World That Works for Everyone Starts with You, by John Waterhouse**
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### **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](http://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](mailto: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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