



Weekly Discussion Guide

December 2018 Sample



Theme for December 2018: *Forgive and Fulfill*

Hey there everyone,
What a wonderful opportunity we have as we move into the High Holy Days, the Holidays, when we spend time with family and friends, sharing love and laughter. The opportunity that is before us is what this month's theme is about.

This month we focus on the power to *Forgive and Fulfill*. Forgiveness is a powerful practice which allows us to become free so that we may fulfill our purpose for being here on the planet at this time. Simply put, forgiveness frees us from all types of limitations, mentally, spiritually and physically.

Dr. Ernest Holmes, with his article, *Our Need for Forgiveness*, takes us through the steps of how and why it is important for us to forgive. But not just the forgiveness of others, which, of course, is important, but the act of self-forgiveness. Let us all make the commitment to be free through the loving act of forgiveness.

You will find Dr. Holmes' article on page 70.

Peace, Love and Abundant Blessings,
Eugene

Dr. Holmes begins this powerful writing by saying. ***“We are all human beings, and we all have made mistakes. We all carry an unconscious burden of guilt, and we all need a sense of being forgiven.”*** We all have made mistakes, it is part of being human. A person who hasn’t made a mistake in their lives is a person who is not living their life. Some of us were brought up to believe that mistakes are something we should be ashamed of or feel bad about. However, mistakes are just that, a mis-take. We get to do it again. Thomas Alva Edison, who was a prolific inventor, had this to say when asked how he felt about repeatedly failing to design a working lightbulb. *‘I have not failed. I just found 10,000 ways that won’t work.’*

In this case, we get the feeling that Edison didn’t feel like there was anything to forgive. He just went on to the next thing. There was no guilt involved, no remorse, he accepted and learned from the mistake and moved on.

Making mistakes can cause resentment, and resentment can lead down a path of despair. Holmes reminds us that ***“We know that a continual state of resentment can produce many types of physical disease. This does not mean just diseases of the imagination. It means diseases that the imagination creates in the body through psychosomatic reactions between the mind and body.”*** This is something we really want to be aware of because the health of our bodies and the body of our affairs is at stake here. If for no other than our health, we must cultivate the practice of forgiveness. Granted, forgiveness is not always easy, and we owe it to ourselves to find out why that is.

Holmes writes, ***“Much of our inability to forgive others comes from a deep-seated inferiority complex.”*** This is a huge statement for him to make.

1. What is your feeling about that statement? How do you feel about that?”

Holmes says that we may be projecting this onto others because ***“Often our antagonistic attitude toward others rises from a need within our own minds to be relieved of our unconscious sense of self-condemnation...”***

Forgiveness is a huge act of self-love. Holmes, as he often did, uses the teaches of Jesus the Christ, quoting, ***“Forgive, and ye shall be forgiven.”*** Holmes was clear to state that Jesus was teaching us to bargain with the Infinite. Instead, as Holmes says, Jesus was removing the emotional blocks from those who came to him for healing. The lack of forgiveness, which goes hand-in-hand with judgment cause tension in the physical and mental body. For healing to take place this tension must be removed. Forgiveness does this.

Understanding Spiritual Psychosomatics

We all want to know that we are one with the Infinite. After all this is the second step of Spiritual Mind Treatment or Affirmative Prayer. ‘I am one with God. I am one with all of Life.’ Holmes then says, ***“No one can feel one with God who hates anyone or anything.”*** This is something for us to be clear on. The question then is,

2. Is there anyone or anything in your life that is calling for forgiveness?
Journal on this one.

In the Lord’s Prayer we read, *‘Forgive us our debts as we forgive our debtors.* The important word here is as. Simply put, it means forgive us in the way that we forgive others. We are forgiven as we forgive, or in the same way as we forgive. There’s something deeper here we want to look at. As we are praying to be forgiven, we are not asking some power outside of us to forgive us, we are addressing the God within us. The Spirit within that lives, moves and has Its being as us. This is what Holmes says about it. ***“And now we are putting the proposition in the only place where it can be handled, within ourselves.”*** Holmes goes on to say, ***“For when there is nothing in us that would condemn others, then there will be no condemnation left, either toward the self or others. It is then and only then that we unblock the stream of life which so freely flows to all and through all, when we permit it.”*** It is the unblocking of the stream that allows us to be fulfilled.

Learning the Lesson of Forgiveness

“Life intends and wants to give us every good thing, but when the circuit is stopped at any point it is retarded at every point.” Lack of forgiveness keeps us from experiencing our good. It blocks the flow of divine life in many parts of our lives. Where it is blocked in one place, it is blocked in all places. Life becomes stagnant. Therefore, forgiveness is important. It opens us up to live the life we were created to live. Holmes put it this way. ***“Our minds are***

mental pools through which flow the thoughts of good, which are thoughts of love and generosity, good will and peace, poise and power.”

You are here to live a life of abundance, joy and love. Lack of forgiveness keeps that from happening. ***“Wherever there is stagnation in our mental lives we shall discover that the reason is because we have not permitted this flow.”*** Once again, the responsibility is ours. It is an inside job. A job that no one else can do for us.

Here is Dr. Holmes. ***“The great lesson we learn from this is that it is impossible for us to feel the relief and the release from self-condemnation while we bear condemnation toward others.”***

3. Is there anything that you are willing to forgive yourself for?

Freeing ourselves of Our Burdens

We were born to be free. Free to express ourselves in a most unique and beautiful way. Free from fear, doubt and thoughts of lack and limitation. ***“How we yearn for a sense of release from fear and doubt and uncertainty.”***

4. Are you willing to be free?

Life is here to live as you. You are here to live life abundantly. ***“Beyond this body and deeper than this mind there is a perennial wellspring of Life that can flow through us to eternal giving-ness and to everlasting forgivingness.”*** Holmes put that so beautifully.

We all want the same things. Love, joy, grace, abundance, and freedom. ***“From the day we are first ushered into this world, until that last moment when the soul takes its silent flight into the unseen, our life is drawn from an invisible source. It is intended that we should be happy.”*** This is the truth of your being. The good news is, if we have found ourselves lacking in the forgiveness area, especially when it comes to forgiving ourselves, we can start now, today.

Beginning Again

Holmes gives us a clue on how to do this. ***“The only sensible thing to do is retrace our steps and start all over again.”*** It is also important that we are not

hard on ourselves as we go through our list of people and things to forgive. Holmes continues by saying *“We should not do this with any sense of morbidity or fear but rather with the feeling of an explorer who knows that there is an undiscovered country and who is willing to take time to find it.”*

Holmes points out a powerful and beautiful Truth. *“There is a humanity that we have not yet met. It is the Divinity hidden within each one of us. There is a God who exists everywhere. We shall never see this God until we look through the eyes of our own Divinity.”*

Forgiveness is a key to freedom. It is a path to our fulfilling Spirit’s life as us. To this end, Dr. Holmes leaves us with this simple proposition.

God is all there is. God is love. Love is the motivating power of the whole universe. God is in everything; God is in everyone. Realizing that love is the great motivating power of life and knowing that God must be at the center of everything, today I am meeting this God in everyone and seeing the manifestation of His life in everything. If there is any condemnation or animosity in me, I gladly loose it. I loose it and let it go as I turn to that silent Presence within me which gives all and withholds nothing. I enter into the harmony of eternal peace, into the joy of knowing that I am now in the Kingdom of God, from which no person is excluded. My yesterdays are gone forever, my tomorrows stretch forth into an endless future of pure delight. And from out the invisible there comes to me these words: Today Thou art with me in paradise.

Peace and Blessings,
Eugene

December 2018 Theme: Forgive and Fulfill

Possible Featured Articles That May Be Used

- The Gift That Keeps on Giving, by Anthony J. Diaz
 - Forgiveness Promises Fulfillment, by Margaret Stortz
 - The Magic Box, by Jon Lentz
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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

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/centersforspiritualiving>
- <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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