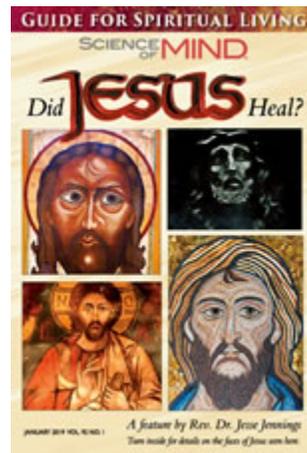




Weekly Discussion Guide

January 2019 Sample



Theme for January 2019: *Embody Spiritual Principles*

Welcome to 2019

What a great time to commit or re-commit ourselves to our spiritual practice. Maybe, through our commitment, we can more deeply embody the Spiritual Principles that have served us so very well. That's what this month is all about, embodying Spiritual Principles as a way of life.

This week, as usual, we start the month off with Dr. Ernest Holmes, the Founder of Religious Science. Dr. Holmes speaks to us about *What Religious Science Teaches Us*. Being the mystic that he was, Dr. Holmes too the nest of spiritual teaches from around the world and synthesized them into a practical philosophy that works. No matter what your religious upbringing may have been, this stuff works.

If you want to change your life for the better, embodying the principles of Science of Mind is sure to greatly assist you. As Holmes used to say, "*Change your Thinking, Change your Life.*"

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

Happy New Year. Happy New New
Eugene

“Religious Science is not a personal opinion, nor is it a special revelation. It is a result of the best thought of the ages. It borrows much of its light from others but, in so doing, robs no one, for Truth is universal.” Dr. Ernest Holmes.

Religious Science can be viewed as a teaching of diversity and inclusion, because it embraces all paths and has even used the teachings to assist all people in bettering their lives and the lives of others. Holmes writes. ***“Taking the best from all sources, Religious Science has access to the highest enlightenment of the ages. Religious Science reads every man’s bible and gleans the truths therein contained.”*** To do this, Holmes had to let go of any judgment in order to find, see and then practice the Truth that was revealed to him. He put it this way. ***“Without criticism, without judgment but by true discrimination, that which is true and provable may be discovered and put to practical use.”*** Again, diversity and inclusion, but at a deeper level.

Everyone searches for the Truth. There is something within us that urges us to look for that *Something*. Dr. Holmes writes, ***“What is the Truth? Where may it be found? And how used? These are the questions that an intelligent person asks.”*** Then he makes what may be considered a bold statement when he says, ***“He finds his answer in the study of Religious Science. Shorn of dogmatism, freed from superstition and always ready for greater illumination, Religious Science offers the student of life the best that the world has so far discovered.”***

1. What is Truth for you? Please discuss this with your circle.

When we get past the dogma and superstitions of religions, we find that they point to the same thing. There is One power and presence. Yes, that one may appear as the many. But these are different attributes of the One. Holmes writes. ***“There is One Reality at the heart of all religions whether the name be Hindu, Muslim, Christian or Jewish.”***

You may have heard some people say that they were spiritual, not religious. You may feel the same way. Religions, it has been said, can be a gateway to spirituality. Many of us have come to the spiritual path because our respective religions no longer served us or answered the deeper call of our soul. Religious Science is a way in which we can start to experience the answers to that calling.

The Purpose of Religious Science

We all want to live a life that is free of strife. We all want to live a life that is creative, prosperous and joy-filled. Religious Science can provide these things. Here is Holmes. ***“In its practice and teachings, Religious Science endeavors to include the whole life. It is not a dreamy, mystical cult but the exponent of a vigorous gospel, applicable to the everyday needs of our common life.”*** As with anything we want to embody, it takes practice, it takes doing the work. However, this work is so worth it. As Holmes stated above, *‘It is applicable to the everyday needs of our common life.’*

Dr. Holmes has a different view on the word religion in regard to Religious Science. He writes, ***“Religion, it (Religious Science) says, if it means anything, means right living and right thinking — and right thinking waits on no future but bestows rewards in this life: in better health, happier homes and all that makes for a well-balanced, normal life.”***

You will find scripture saying the same thing. Jesus said in speaking from the I Am, which you are; *‘I Am come that you may have life, and that they might have it more abundantly.’* John 10:10.

Statement of Belief

We read in the bible and it is alluded to in other scriptures from around the world that our belief is powerful. An example of this is, *‘It is done unto you as you believe.’* Following is, as Holmes states, a brief Statement of Belief of the Institute of Religious Science: ***The Universe is fundamentally good.***

We are surrounded by good. To experience this, we must first believe this to be true. It is from this belief that we will start to recognize the all good of the Universe. As we embody this Truth, we may, Holmes points out, ***“be certain that the Spirit of Life is for and not against us.”***

2. What is your feeling about this? Please talk it over with your circle.

This teaching, this way of life is remarkable, when we put it to use. Holmes elucidated for all of us that *‘There is a power in the Universe greater that we are, and we can use It.’* Religious Science provides the practical tools for us to live the life we came to live.

Let’s commit or re-commit to allowing that Universal Presence to flow through us so powerfully that we too can say as Jesus said; *‘when you see me, you see the Power and the Presence that sent me.’*

Peace and Abundant Blessings,
Eugene

January 2019 Theme: Embody Spiritual Principles

Possible Featured Articles That May Be Used

- **The Genius of Uncertainty, by Tama Kieves**
- **The Mind As Creator, by Jennifer Picinic**
- **Jesus Never Healed Anyone, by Jesse Jennings**

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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