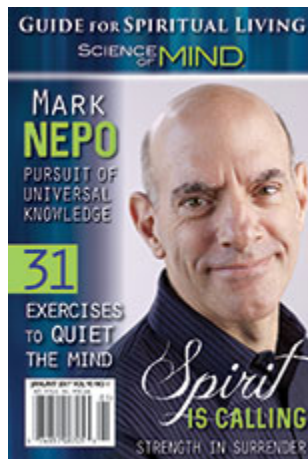




## Weekly Discussion Guide

July 2018 Sample



**Theme for July:** *Free To be Whole*

Greeting All,

June was a month when we tapped deeper into listening to the still sacred voice so that we intentionally begin *Living from Divine Wisdom*.

As we continue *Living from Divine Wisdom*, we find that we were always *Free To be Whole*.

Freedom has always been our birthright. Additionally, we were created from wholeness to express wholeness.

This week's discussion guide is based on the article by Dr. Ernest Holmes. Dr. Holmes' explanation of Freedom is enlightening and still very relevant for today.

His article, *The Spiritual Meaning of Freedom* can be found on page 70.

Peace, Love, and Boundless Blessings,  
Eugene

Freedom is something we all seek in our lives. This desire has been around forever. As Dr. Holmes put it. ***“Ever since the dawn of civilization, ever since the first humans began to grasp the significant fact that they were individual beings in a universe that seemed to be more or less hostile to them, the entire search of the human mind, its whole endeavor, has been to ... get free from Evil, from bondage and the shackles of lack, want, fear, superstition, uncertainty, pain, disease, poverty and fear of the hereafter”***

Yes, freedom is something that is innately part of who we are. We all want to be free to express as we choose. To be whole is to be free. Over the years, mankind has looked for ways to experience freedom. Here's Dr. Holmes. ***“And because of this, human systems exist — organized philosophies spring up, sciences develop, educational systems are conducted, collective security is sought after and religions are formulated to allay the fear of humankind relative to the soul.”***

Here's the thing though. We must use divine wisdom to make sure that we are not replacing one form of bondage for another. As Dr. Holmes put it, ***“The great demand in the world today is for a sense of security, freedom and liberty. But we must be certain that we do not swap one image of bondage for another.”***

1. How does freedom show up in your life?

#### *Freedom Bound By Supreme Unity*

***“True freedom — true liberty — has something cosmic behind it.”***

We are one with Life. There is never any separation with anything on this planet. Everything works together for the good of all. At least that's how it was set up. It is our understanding of unity that allows us to experience freedom at a more profound level. Dr. Holmes puts it so beautifully when he writes, ***“If our nature is one, if God is one — and we know that God must be one, for the universe cannot be divided against itself — then we are all tied into an indivisible unity.”*** He continues with this. ***“We shall have to get back to this unity to find the meaning of freedom”***

2. What is the meaning of freedom to you? Please discuss.

Freedom is a spiritual attribute of God. Therefore, it is our birthright. We were created to be free. The only way the Divine can freely express through us is for us to acknowledge our unity with that Life.

Dr. Holmes says. ***“Nothing in any part of this cosmic whole could be considered freedom that would destroy the liberty of some other part of it. That would be self-destruction, would it not?”*** True freedom is birthed out of true unity.

Dr. Holmes points out that, ***“We are bound into a supreme unity, we are tied into an immutable law of irrevocable cause and effect — that is unity moving into action. Cause and effect is something that happens as a result of the use of unity.”***

3. What is your feeling about the above quote? Please discuss.

What would it feel like if you knew you were free to be anything you wanted to be? To do anything you wanted to do? To have anything you wanted to have? What would it feel like to be free of all worry, doubt and fear?

One way to experience this freedom is to go back to steps one and two of Affirmative Prayer. God is all there is. I am one with God. Substitute the word Life for God and it reads, Life is all there is. I am one with Life. It is this oneness, this unity that shines the light on our freedom. This is living from divine wisdom.

### *A Kingdom United*

Dr. Holmes asks and then answers his question when he writes. ***“What is divine wisdom? I am no prophet, but I would suggest that divine wisdom must be as simple and profound as this: Jesus said, “The kingdom of God cannot be divided against itself.” I think that is all there is to divine wisdom.”*** Divine wisdom is recognizing there is no separation, no division.

Dr. Holmes leaves us with this profound thought. ***“If we want freedom, we must understand that freedom can never come by the imposition of a will of the minority over the majority. It is born finally — and only in such degree as some system is devised whereby individuals are allowed complete freedom so long as they do not, in their freedom, impose bondage on someone else.”***

Please share with your circle what life would look like to you when we all recognize ***“The Spiritual Meaning of Freedom.”***

Enjoy your week. You are free to make it a great one.

Peace and Abundant Blessings,  
Eugene

### **July 2018 Theme: Free to Be Whole**

#### **Possible Featured Articles That May Be Used**

- **The Spiritual Meaning of Freedom, by Ernest Holmes**
  - **Intuitive Leadership: Lessons from Gettysburg, by Judy Morley**
  - **Holistic Freedom: The Five Steps to Living in Wholeness, by Terry Drew Karanen**
  - **What Can an Enchilada Teach You About Being Whole, by Dennis Merritt Jones**
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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/centersforspirituelliving>
- <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

- **Centers for Spiritual Living** 573 Park Point Drive Golden, Colorado, 80401
- Phone: 720-496-1370 | Fax: 303-526-0913 | Email: [receptionist@csl.org](mailto:receptionist@csl.org)

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