



Weekly Discussion Guide

November 2018 Sample



Theme for November 2018: *Untethered From Fear*

Happy November,
Moving into the Holiday season, we experience a time of joy, renewal and gratitude. Spending time with friends and family increase, and everyone appears to be more kind and loving.

Then there are others who may have quite a different experience. Their experience may be one of doubt, worry or fear. These thoughts can and do hinder us from living a life of joy and gratitude.

This week's discussion guide is based on the article, *Living Without Fear*, written by Dr. Ernest Holmes.

In this week's lesson, Dr. Holmes clearly states that being *Untethered from Fear* is ours to do. No one can do it for us. The way to do this is of course, through our thinking and being aware of the thoughts we keep. Keep before you the person you want to be, the things you want to do, and the life you want to have.

Dr. Holmes' article starts on page 68.

Peace and Blessings,
Eugene

Fear is a natural emotion we all have. In many cases it is a good thing. Healthy fear keeps us safe. However, when it is unhealthy, fear can keep us from experiencing the freedom we were created to be. Because we are powerful spiritual beings, we can master this thing called fear. Holmes writes, ***“No one imposes fear upon us; rather we create it for ourselves in our own thoughts and emotions.”*** He continues by saying, ***“What we need to realize is that we have just as much freedom to eliminate fear as we have in creating it.”*** In other words, it's all up to us.

It is our thoughts, feelings, and emotions that create our world. Therefore, it is important for us to be aware of what we think and feel. Holmes alludes to this when he writes, ***“That there is an obvious need to secure our freedom from our self-created and self-imposed fears is found in those sciences that deal with the mind and the body.”***

We are called to master our thoughts if we want to be free from fear. As Holmes says, ***“Unless properly handled, the entire process of thought can become unbalanced and misdirected. Similarly, fear seems to be able to affect the function and structure of almost every part of the body.”***

This is the power that you possess. You get to choose how you want to live. You get to say what you want to be, do and have. To this Holmes writes, ***“Two questions immediately arise: To what extent can we afford to let ourselves become subject to the destructive thoughts of fear that we have established for ourselves? What can we do to free ourselves from them and replace them with other thoughts and ideas which will contribute to our welfare?”***

1. What can you do to free yourself from the thoughts of fear to thoughts and ideas that will contribute to your welfare?

Freedom From Fear

There seems to be something within mankind that instinctually reaches for some power greater than ourselves for peace, grace, protection and assurance. Especially when confronted with fear.

As Holmes says, ***“This turning to a greater Power has been common to all men, at all times, and is an inherent aspect of all religious beliefs.”*** We turn to this Something through our thoughts. And as Holmes reminds, ***“But it is also accompanied by action commensurate with the nature of the thought.”*** This action is prayer. Affirmative Prayer is one of the most powerful tools we

have at our disposal. Because we have the power of choice, we get to use this great tool. Holmes points out though, ***“much that has passed as prayer has been ineffective in establishing the freedom sought.”***

2. Why do you think this is?

Holmes says that the use of Science of Mind is very simple. It also states that, ***“All too often we tend to complicate our thoughts and ideas rather than keeping them simple and usable.”*** To be free then is to come from a place of simple and expectant gratitude, trusting in the power of our Word, trusting in the action of the Law.

“We want to be happy and willing to learn more about ourselves, to discover more of that Life of which we are a part, and at the same time to ascertain the nature of the Law through which It makes Itself manifest.”

A Spiritual Universe

We must come to the knowing that we live in a spiritual universe, ***“a universe that is intelligent and creative, and it is a thing of law an order.”***

There is an ancient teaching where the first principle is: *The All is Mind. The Universe is Mental.* This means that not only are we surrounded by a spiritual universe, this universe, through law, responds to our thoughts, feelings and words. This is the basis of affirmative prayer.

In speaking of this spiritual universe, Holmes writes, ***“It is one stupendous Whole, with God as both cause and effect. Idea and manifestation and the Law by which one becomes the other, are all one in the inherent nature of God.”*** You are the individual expression of the One. You are also the cause in your world. This is why Holmes says, ***“To us as much is possible as we can conceive, according to Law.”***

3. Are you experiencing the freedom you desire?

Living without fear is a choice. Though it takes practice to change the old thoughts patterns, it is possible. Let's be clear that we approach this with clarity and trust. Holmes writes, ***“We waste much time in arguing over things that cannot be answered.”*** Instead, let us invest time in what we want to experience. Let's live in the truth that we are one in the One.

All Truth is Our Truth

“We live in a universe of Spirit and of Law. From the one we are to draw inspiration, from the other we are to utilize power.” This is a wonderful revelation. Spirit inspires us and the law is the power. Another way you may have heard this is that *Love leads the way and the Law makes it happen.*

Holmes states. ***“All Truth is our truth. No man robs us of our own soul, and our spirit is already one with the eternal Goodness.”***

4. How can you put this concept to work in your everyday life?

Dr. Ernest Holmes leaves us with this. ***“Let us live in the present, looking neither backward in horror, nor forward with apprehension, but looking into the present with joy — “abiding in faith.””***

May your week be filled grace, freedom and peace of mind.

Peace and Blessings,

Eugene

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Possible Featured Articles That May Be Used

- **Moving Through Fear, by Deborah Sanella**
- **Growing from Fear to Love, by Petra Weldes**
- **Exonerated: Carlton Pearson, by Donna Mosher**

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>

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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