



Weekly Discussion Guide

September 2018 Sample



Theme for September 2018: *The Power of Mind*

Good day everyone,

As you probably know, Home Office is in the middle launching a new data base. This is the reason for this discussion guide being late.

We all have heard the phrase, *It's all in your mind*. This is so very true. It truly is all in our mind. In the Hermetic teaching of the Kybalion, there is a principle that states, *The All is Mind; The Universe Is Mental*.

This week, Dr. Ernest Holmes, the founder of Science of Mind and Spirit reminds us that we create from what we think. His article, "*Ideas Control Your Destiny; What pictures are your beliefs painting?*", clearly states that we experience what we think. Remember, it is Dr. Holmes who coined the phrase, "*Change your thinking, Change your Life.*" This is *The Power of Mind*.

Victor Hugo is quoted as saying, "Nothing is more powerful than an idea whose time has come." Dr. Holmes teaches that an idea is a mental state, and that we are all channels for the Infinite Mind. Dr. Holmes' article starts on page 68.

Peace, Love and Abundant Blessings,
Eugene

Dr. Holmes was fond of saying “*There is s Power in the universe for good greater than we are, and we can use it.*” This Power, this Presence has been called by many names. Sometimes called God, Allah, Krishna, Buddha, Shango, Kanaloa, Fūjin Mwari, and Osawa. So many names for the One.

What is important is that you call it forth, using whatever name that resonates with you. When we get caught up in the name, we diminish the power within us to create the world we want to experience.

You are a channel through which divine ideas flow. As Holmes states, “***Ideas really control the world.***” Have you ever thought where ideas come from? It has been said ideas come from the mind. But according to Holmes “***But do they really come out of our mind, or is the individual mind through which something greater works?***”

1. What is your feeling about that?

One Mind Creates All

We are all created from the same Source, with the ability *and* responsibility to choose what we want to create. Since ideas control our destiny, it behooves us to be aware of what we are thinking, since thoughts are things.

Dr. Holmes tells us “***We should start by accepting that the same Mind that creates everything is also creating through us, and that we may use it.***”

When we stop to think about it, we see that we are magnificent beings. We get to make up life just the way we want, by being the inlet and the outlet of the Divine. As Dr. Holmes writes, “***We would have to develop an imagination that conceives of the universe as being alive and awake and aware. We would have to accept this in the intellect and feel it in the heart.***”

Can you imagine the life you want to experience? Can you imagine yourself free, abundant and at peace? Imagine how the world would be if everyone imagined themselves and everyone else free, abundant and at peace.

Imagination is one of the greatest tools we have. As Holmes states, “***The imagination plays an important role if we wish to live creatively.***” But he goes on to add, “***And we should couple imagination with faith.***”

It has been written that *faith without works is dead*. We are to have faith in God, in our fellow man and in ourselves. We imagine what we want our lives to look

like and then have faith, trusting that the Mind that creates all things in conspiring to bring your desires to fruition.

There are many formulas for manifesting our dreams. Here is a simple one. We set our Intention on what we want to experience. Then we place our Attention on our Intention. The result is Manifestation.

Intention + Attention = Manifestation. Or the great I AM

When we add feeling to the attention we place on the intention of our desires, we can trust that the Divine Mind will bring this manifestation about.

2. What is wanting to be expressed through you and as

you?

Please discuss with your circle.

Dr. Holmes explains that ***“Nature never lacks anything, that This Thing Called Life is already filled with limitless possibilities.”***

You are imbued with the same creative power and intelligence that creates all of life. No matter the appearance, there isn't anything that you cannot create for yourself. As long as it is for your highest good and the highest good of all involved.

Your mind is connected with the Mind of God. You belong to the universe and the universe belongs to you. Remember there is never any separation.

Instill Faith – in Ourselves and Others

Because there isn't any separation, we have the privilege of serving others. This service can take many different forms. You have the honor of inspiring the people around you. Even if it's just by example. Dr. Holmes says, ***“You have got arouse his imagination to a point where he will be willing to experiment with himself.”*** Some of us will be able to do just that. And some of us will need to do that for ourselves. And that's okay. In fact, it is imperative that we do so. Otherwise, how can we do that for others.

Though Holmes is speaking about doing this for someone else, here is something we can do for ourselves. ***“Just imagine yourself to be what you would like to be. Try to have the same kind of faith in the guidance of Divine Intelligence that you have in the law of electricity.”***

This will take commitment and practice. However, it is doable. We must arouse the will to act on it. There are mental and spiritual powers that we get to use.

We, with our faith in the Divine and ourselves, can experience our vision being fulfilled even now.

3. On a scale of 1 to 5. How much faith do you have in your Self?

It is true that ideas control your destiny. Because of this gift of choice, we get to choose how we want to do life. We get to choose how we respond and react to different experiences. We get to choose the ideas we want to bring forth. That make you pretty special.

For the most part, we are the only species on the plane that get to make our lives up. Birds are great at being birds, and they instinctively do what birds do. This hold true for almost everything else on the planet.

However, when it comes to humankind, it is our nature to create our lives the way we think.

What if we take the attitude that the Mind of God that contains all ideas isn't some faraway dream but a present reality? We are surrounded by a Power that can do anything.

Love is the Power.

Please make sure to do Dr. Holmes' Meditation with your Spiritual Living Circle.

It is added here for your convenience.

Dr. Holmes' Meditation

Let us take as the thought for our meditation and prayer today: *"The Lord is my shepherd ...He restoreth my soul"*

Feeling that we are one with the Divine Presence, we now seek to enter into conscious communion with it, for this is affirmative prayer and this is spiritual meditation.

It is through spiritual meditation that we reach out, or in, to that Divine Presence which fills all space and also finds its dwelling place in the sanctuary of our heart. Let us, then, shut everything out of the mind for a few moments as we listen confidently and quietly.

"The Lord is my shepherd.... He restoreth my soul." Believing that God is everywhere, and knowing that the Divine Life can restore my soul, I now affirm and deeply accept Divine guidance.

I believe that I am sustained by an infinite Power, guided by an infinite Intelligence and guarded by an infinite Love. I feel this Presence in, around and

through me, and through all people. I am now saying to my own mind, “*You are being directed. There is a Power greater than you are upon which you may rely. You are relying on this Power and are letting this Intelligence govern and guide. You are fully aware of Divine Love and protection.*”

And my mind is accepting this as the great truth in my life. Therefore, I lay aside every doubt and fear and enter gladly into the newness of life. I do believe that the Lord is my shepherd. I do believe the He restoreth my soul.

Peace and Abundant Blessings,
Eugene

September 2018 Theme: The Power of Mind

Possible Featured Articles That May Be Used

- **In Your Hands, by Holli Sharp**
- **Access the Power of Your Mind, by Timber Hawkeye**
- **Mind Over All, by Margaret Stortz**
- **Your Miracle Mind, by Kathy Juline**

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/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

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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