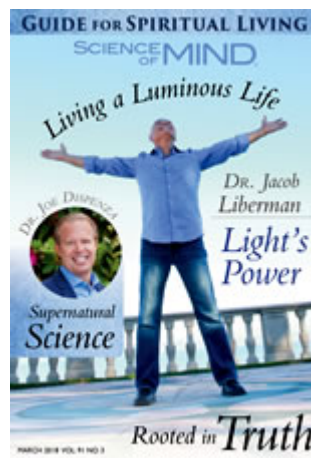




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Weekly Discussion Guide

March 2018 Sample



Theme for March: *Rooted in Truth*

Greetings and Salutations,

Another month flies by. I trust that life continues to flow in magnificent and glorious ways for you. This month we will be discussing being *Rooted in Truth*. Being rooted in truth means that we experience life beyond what the physical senses tell us.

It's a fact that we sometimes experience problems in life. There may be times when we may not know how to find a solution to the problems. This week, Dr. Ernest Holmes provides words of wisdom on how to solve our problems. He reminds us that we are not to look outside of ourselves for the answers, but to go within to tap into the Mind of God, which is our mind. Dr. Holmes' article *How to Solve Your Problems* starts on page 70. Make sure to read Dr. Holmes' meditation at the end of the article.

May your life continue to be the expression of beauty, grace, ease, abundance and unconditional love, as you walk *Rooted in Love*.

Peace and Abundant Blessings,
Eugene

Dr. Holmes begins this article with a great question. *Did you ever stop to think that the human mind is the only thing you know of that can comprehend the meaning of life?*

That's something to consider. Our pets don't know how to comprehend the meaning of life. In fact, every other thing in life except the divine human being doesn't know how to comprehend the meaning of life. This truth tells us that we are connected with something greater than we may have thought about before now. Dr. Holmes writes: ***"This means that somewhere back in your mind there is a place where you merge with and are one with the Mind of God."*** Feel into that. You merge with and are one with the Mind of God. We are never separated from the divine power and presence of what we call God.

We are here to reclaim our oneness, our power, our lives in God. When we reclaim who we are, life will take on a different feeling and meaning. Here is what Dr. Holmes says: ***To find this place – to discover this power and to understand, it – would be the greatest thing that could happen to you or to anyone else."***

1. Do you believe or know that you are one with the Mind of God?
 - 1a. How do you know?
 - 1b. If you don't believe or know you are one with the Mind of God, what keeps from believing it? Please discuss with your sacred circle.

Turn to the Force of Truth

For us to live a life of fulfillment it is important that we know that we are one with the Source of life. We are surrounded by an infinite intelligence that could do for us what we desire. For this to happen we must turn to it, be one with it. Dr. Holmes writes: ***"It is fundamental to our belief that the Mind of God is the only mind there is, and because This Thing Called Life has entered into us, we are all using the Mind of God whether we know it or not."*** It is important for us to know this because this mind of God will create for us whatever we think into it. It is the law of It's being. It is the law of our being. Every word spoken, with conviction, every thought with feeling will create after it's kind. The truth is that being created in and out of the likeness of the Creator means we create, whether we know it or not.

Whenever we find ourselves in a confused state, we are to look within ourselves first instead of looking outside of ourselves for the solutions. Holmes says this. ***It is the most natural thing in the world to turn to the Mind of God for guidance.***” Here’s the question, if it the most natural thing to do, why don’t more of us do it more often. Just something to ponder. Turning to this Mind should be second thought. When we turn to this Mind, it turns to us. Here’s Holmes. ***“And it is equally natural for divine guidance to come to the one who expects it.”*** Sometimes we may find it hard to believe that the Mind of God, this huge Mind that created all there is will respond to us. Holmes put it this way. ***“But you may ask, how can I expect an infinite Mind to be interested in my little affairs?”*** The truth is, it must be interested because it is one with you and me, as you and me.

Natural Laws in Action

To answer that question, Holmes writes: ***“When you breathe air into your physical lungs, you are breathing the same air that the cat or dog breathes. This air is common to all men, all animals and all plant life.”*** The same creative intelligence that breathes in all of life is the Mind of God, that is your Mind. This Mind, which is the Source of the breath, is everywhere present, it is universal.

This has been the truth for the beginning of your existence. You are the beloved of God. You are filled with the same intelligence that is the Source of all of life. This is who and what you are. Dr. Holmes writes: ***“The idea that you are one with the mind of God is not an extravagant idea at all. It is a simple statement of a self-evident fact.”***

2. What is your feeling about the above statement? Please discuss with your

circle.

Once we can believe and know that the mind of God is our mind, whatever we need to know is within us always.

The Answers Already Exist

“The answer to every problem already exists in the Mind of God, and you are in the Mind of God, and the Mind of God is flowing through you this minute.” Take a moment to take that in.

What Holmes is saying is that because the answer to the problem already exists in the Mind of God, and you are in the Mind of God, the answer already exists within you.

However, this can only be demonstrated in your life as you accept it as being the truth of your life. This is why Holmes says: ***“This you must accept, and accept it with gratitude and enthusiasm. Accept it as you would accept the best news you ever heard. And having accepted it, use it”*** Stand in the truth knowing that within every problem is the solution. Root yourself in the truth that God’s Mind is your mind now, and there is nothing that keeps your good from coming to you. This does not need to be hard, as Holmes writes: ***“Your difficulty is not in trying to discover the place Divine guidance comes from so much as it is in the simple acceptance that it comes in your own mind, that it is right here, the Kingdom is at hand.”***

Your life is the life of the Divine. You were created to live life in the most abundant way. Holmes writes; ***“The thing to be certain of is that your mind affirms the answer rather than denies it. You are to affirm that the answer to every problem in your life already exists in the Mind of God; that the Mind of God is right where you are and is within you now.”***

3. What good are you ready to affirm now? What answers to the problem are coming forth in your life now? Please share with your circle.

Important, Yet Simple

Life is meant to be simple. We were not created to struggle. Keeping it simple is the key. Or as Holmes says; ***“Please keep it as simple as this. For simplicity is the keynote -- just a simple, childlike acceptance that God always knows what to do. God never makes mistakes. Affirm then that God in you not only knows what to do, He causes you actually to do what is best.”***

Life is good. Affirm your highest and best, And, know that as you stay ***Rotted in Truth***, that you are guided and directed to experience your greatest yet to be.

Peace and Abundant Blessings,
Eugene

March 2018 Theme: Rooted in Truth

Possible Featured Articles That May be Used

- **Becoming Supernatural: The Work of Dr. Joe Dispenza, by Judy Morley**
- **Living a Luminous Life: Dr. Jacob Liberman, by Linda M. Potter**
- **Can We Really Know the Truth?, by Margaret Stortz**
- **Finding the Spiritual Gifts: Growing Through Adversity, by Linda Dierks**

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/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

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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