

GUIDE FOR SPIRITUAL LIVING

SCIENCE
OF MIND[®]
MAGAZINE

2024 MONTHLY THEMES: A GRAND RISING

January: A Grand Rising (Due 10/1/23)

Context: In 2020, a global pandemic swept into our lives, shaking us out of our comfort zones. Collectively, we grieved the world we once knew, questioning how this experience would shape the world to come. The social distance provided an opportunity to reflect, go within and develop new hobbies. With all of these lessons learned and wisdom gained, we now have the opportunity to collectively participate in a grand rising. We have the freedom to shake off the years that have come before and step into our greatness. Centers for Spiritual Living can no longer be the world's best-kept secret. It's time for us to emerge into this new world: driven by faith, leading with courage and moving with action. It is time for our grand rising.

February: Divine Discomfort (Due 10/1/23)

Context: Life is full of discomfort. Birth itself is a shift from warm, nurturing safety to cold, terrifying chaos, and it is our very first experience of Divine Discomfort. Life is complicated, magnificent and nuanced glory, and living it is bound to be uncomfortable. This Black History Month, we're exploring lessons learned from being uncomfortable and how putting down the need to be comfortable allows space for transformation. We consider the universal pain of exclusion and oppression, and open ourselves to the pull of our vision of a world that works for everyone. We end the month recognizing that being uncomfortable is the least of our concerns, because we have love work to do.

March: That's How We've Never Done It (Due 12/1/23)

Context: If we're to step into our Grand Rising, we must be willing to embrace a new way of experiencing and expressing ourselves. This month, we'll look at what newness feels like as it inspires our evolution. We're invited to seize this day, embracing its unlimited possibilities. We acknowledge our past (the good, bad and ugly) while disentangling ourselves from it. We release our need to "figure it out" and invite Inner Guidance to lead us into new territory. We stay grounded in the truth of who we are and our vision of who we are becoming, letting that inform every thought, word and action. We are reminded that life is a journey, not a destination. The work goes on, the practice deepens. We set the intention to stay conscious, live from love and continue to embrace infinite possibility.

April: Giant Gentleness (Due 12/1/23)

Context: In those flashes when we are conscious of our oneness, there is an openness and all-encompassing love. In all the other moments in our lives, we need and really deserve giant gentleness. This month, we remember that gentleness is actually a powerful thing. And giant gentleness opens us up to who we say we want to be. It lets all the moments of our lives be sacred and holy, even the sucky ones. Each week, we expand our awareness of gentleness. Starting with ourselves, we acknowledge the frequency of falling back into fear and all the ways it shows up, and how we can allow these moments to be for our highest and best. We'll move beyond judgment and embrace active compassion in our relationships with others. We breathe gentleness into our communities, our politics and our activities. Finally, we celebrate the moments of embodying the giant and continuing the journey.

May: From Good to Great to Grand (Due 2/1/24)

Context: This month, as we explore the topic of moving from good to great to grand, we will highlight the process of both self-actualization and collective actualization. By exploring our inner landscape we will take stock of where we are in our own process, what values we aspire to and how we can begin to live those values in new and powerful ways. As we begin to have clarity around who we are and the spaces we want to live from, we can begin to create spaces and opportunities for others to do the same. The impact of this process on our collective experience will support our continued vision of a world where everyone is empowered to express and live authentically.

June: Holy Boldness (Due 2/1/24)

Context: Boldness comes from within and is a space of empowerment, inspiration and passion. Holy boldness turbo-charges this space so we're poised and ready to launch into action in a surrendered way with deep knowing and assurance from within. This landscape opens the door wide to co-creating and manifesting infinite possibilities in God with greater courage, faith and trust. This month, we will explore what is within and underneath the notion of holy boldness so that we can consciously use, nurture and activate it as a spiritual tool to support our grand rising in the world.

July: Practice Makes Imperfect (Due 4/2/24)

Context: As we continue our journey through a grand rising, this month we bring our focus to our beliefs about perfection. Actually, we are bringing our attention to *imperfection*. We all know the phrase "practice makes perfect." But here is the thing: It doesn't! When the goal of practice is perfection, what we are really doing is suffocating our experience, cutting it off from that life giving essence. However, if the goal of practice is not perfection but to recognize the beauty and possibilities available to us in imperfection, that is when we begin to create an expansive experience of life.

August: Unstatus Quo (Due 4/2/24)

Context: We have come to expect a status quo in our spiritual community. We tend to know what to wear, who we will see, what the topics will be, when the music and treatment will happen ... everything! When we only operate in the status quo, we miss so much of the beauty and growth that happens when we move outside of our “normal” and step into the beyond. Here lives a rich community, variety of topics, ideas and things we often stuff down because it would be “inappropriate.” What we forget is that when we have these “taboo” topics in spiritual community, we isolate those for whom these topics are at the forefront of their lives. Sex, marginalization, trauma, abuse, disabilities, ableism, addiction, shame, chronic illness, mental health, consent, racism, poverty, food insecurity, queerness, grief, politics ... we are all impacted by one or more of these human experiences. We all deserve to have a grand rising, and so we must be willing to embrace the wholeness of humanity, including those things we would rather ignore, especially in spiritual community. Oneness equals wholeness, and therefore no topic is taboo!

September: Pieces Into Peace (Due 6/1/24)

Context: When it feels like everything is falling into pieces, how can you find more peace? When we are confused and asleep in the illusion of separation, there is no peace in our world. Spiritual wisdom and tools can help us awaken and rise to the truth that, as Dr. Ernest Holmes said, “Peace is always at the center of our own soul.” Oneness, peace and harmony prevail. Spiritual tools in our toolkit for life help us have a grand rising in our personal and collective experience of peace. In this month’s topic, we explore what peace is and how to cultivate inner peace, peace with others, peace in community and peace on Earth. We can put the “peaces” together in order to rise up and be the peace we see for the world.

October: Power to the People (Due 6/1/24)

Context: A grand rising with power begins within us. We do our inner work to create a relationship with our inner power that supports us. As we forgive and heal our inner relationship with power, we take the next step in rising by how we express our personal power. This step asks us to release our hidden agendas. We begin to express our power with integrity and authenticity. Power expressed in this manner supports and draws people together in support of shared causes and ideas. Coming together in our authentic power multiplies what we can do. The difference for good we can make as a group, community and more is expanded to express our power.

November: A Bun Dance (Due 8/2/24)

Context: Who doesn’t like a fresh, hot bun? Gluten, gluten-free, butter, dairy-free – however you want it. Or think about a recent potluck you’ve attended: people coming together to share

their abundance where all are welcome. This month, we'll be exploring how rising up in our abundance consciousness blesses our lives and the lives of those around us.

December: Sticking the Landing (Due 8/2/24)

Context: At the end of a gymnastics performance, after all the spins and twirls, the gymnast must land upright on their feet. At the end of this year, having explored "A Grand Rising," we land on our feet, grounded in timeless principles. We'll use both elements (air, fire, water, earth and light) and the flow of consciousness (thought, feeling, form, wisdom and Spirit) to wrap up this year and prepare for the next.