



Science of Mind 102

Student Workbook

Science of Mind 102 Reading Assignment Schedule

| | | |
|---------------|---|----------------|
| Class 8 | <u>Science of Mind</u> , Chapter 11, “Mental and Spiritual Treatment” | Pgs. 163 - 176 |
| Class 9 | <u>Science of Mind</u> , Chapter 12, Summary of Part Two, “Spiritual Mind Healing” | Pgs. 177 - 180 |
| Class 10 | <u>Science of Mind</u> , Chapter 13, “Causes and Conditions” | Pgs. 183 - 189 |
| Class 11 | <u>Science of Mind</u> , Chapter 14, “Physical Perfection” | Pgs. 190 - 214 |
| Class 12 & 13 | <u>Science of Mind</u> , Chapter 15, “Physical Perfection Concluded” | Pgs. 215 - 265 |
| Class 14 | Read <u>Science of Mind</u> , Chapter 16, “The Principles of Successful Living” | Pgs. 266-278 |
| Class 15 | Read <u>Science of Mind</u> , Chapter 17, “Mental Equivalentents” | Pgs. 279-293 |
| Class 16 | Read <u>Science of Mind</u> , Chapter 18, “The Law of Attraction” | Pgs. 294 - 307 |

Assignment for Class 8

1. Read Science of Mind, Chapter 11, "Mental and Spiritual Treatment" Pgs. 163 - 176
2. Use the following Study Guide Questions in your reading.

Study Guide - Chapter 11, "Mental and Spiritual Treatment"

- | | Page, Paragraph |
|---|-------------------|
| 1. As a practitioner, do you need to compel the Force or Law to work? Why or why not? | 163, 1 & 2 |
| 2. Treatment should incorporate a conscious recognition of what? | 164, 2 |
| 3. Why do we turn entirely away from the condition in treatment? | 164, 3 |
| 4. What does treatment do? | 164, 4 |
| 5. What does it mean, "The practitioner treats the practitioner, for the patient, always?" | 165, 2-3&166, 1-2 |
| 6. What is a practitioner? | 167,3 & 168,2 |
| 7. What does perfect God, Perfect man, perfect being mean? | 168,5&169,1 |
| 8. What matters more, what you say, or what you believe? | 169, 3 |

9. What is the difference between the argumentative and the realization methods of treatment? 170, 4-5

10. When do you have a demonstration? 174, 2

11. What should we do if we do not arrive at the state of consciousness which can heal instantly in our treatment work? 175, 2

Assignment for Class 9

1. Read Science of Mind, Chapter 12, Summary of Part Two, "Spiritual Mind Healing"
Pgs. 163 - 167
2. Use the following Study Guide Questions in your reading.

Study Guide - Chapter 12, "Spiritual Mind Healing"

Page, Paragraph

1. What is the theory upon which spiritual mind healing rests? 177, 1
2. What is sickness? What is it not? 177. 3
3. What does Holmes say we should have faith in? 178, 4

What do you have faith in?

4. Does it matter whether or not the person you are treating for is present? 178,7&179,1
5. Do you put the power into your word?
Are you personally responsible for the healing? 179, 2
6. What does it mean if you are tired after giving a spiritual mind treatment? 179, 2
7. Can anyone heal? 179, 5

8. What do you first realize in giving a mental treatment? 180, 2

9. What happens to you when you form an absolute certainty of yourself and your relationship to the Universe? 180, 3 & 4

Assignment for Class 10

1. Read Science of Mind, Chapter 13, "Causes and Conditions" Pgs. 183 - 189
2. Use the following Study Guide Questions in your reading.

Study Guide - Chapter 13, "Causes and Conditions"

- | | Page, Paragraph |
|--|-----------------|
| 1. What is the philosophy of Spiritual Mind Healing based on? | 183, 1 |
| 2. Light has the power to overcome darkness just as thought built on _____ has the power to neutralize negative thought. | 183, 2 |
| 3. What is the purpose of treatment? | 183, 3&184, 1 |
| 4. Is Spirit Changing or Changeless Reality? Is Spirit bound by form? | 184, 2 |
| 5. What happens when we learn to see as God must, with a Perfect Vision? | 185, 2 |
| 6. What must we do in treatment? | 186, 1 |
| 7. What is it in back of the word that forms the word? | 186, 3 |
| 8. The possibility of life is where? | 187, 1 |

9. If there appears to be confusion in the condition,
then there must have been what? 187, 2
10. Know _____.
Train yourself to think _____;
be _____,
feel _____,
and place no limit _____.
11. What happens as a result of your treatment? 188, 2

Assignment for Class 11

1. Read Science of Mind, Chapter 14, "Physical Perfection" Pgs. 190 - 214
2. Use the following Study Guide Questions in your reading.

Study Guide - Chapter 14, "Physical Perfection"

- | | Page, Paragraph |
|--|-----------------|
| 1. How is it that the answer to the prayer is in the prayer when it is prayed? | 190, 2 |
| 2. What needs to happen to have a permanent cure? | 190, 3 |
| 3. Is it all right for someone to use other methods than spiritual mind treatment to heal? | 192, 2 |
| 4. Why do we not use will power to force things to happen in treatment? | 192, 3-5 |
| 5. How can we use the will effectively? | 193, 3-4 |
| 6. What is wrong if our mental work tires us? | 193, 4 |
| 7. What is the relationship between the will, the intellect, emotion and imagination? | 194, 4 |
| 8. What is the order of the process of manifestation? | 195, 3 |

Page, Paragraph

9. What is important about the idea that while we can deface or make appear discordant the idea of ourselves, we cannot destroy our Divine Image? 196, 1-2
10. How is the Divine Nature re-enacted in man? 196, 5
11. How is healing accomplished? 197, 3
12. Are we limited by Principle? What does limit us? 197, 5
13. When a practitioner treats someone, what do they and what do they not do? 198, 3
14. What is disease? 200,4-5, 201,1
15. How do you separate the belief from the believer? 200, 2&4
16. What is the first thing to do in treating for someone? 202, 5
17. What is your responsibility in treatment? 203, 1
18. What should you do if you get to a point where you are not clear in treatment 204, 1

Page, Paragraph

19. What makes a treatment complete? 205, 2
20. Should you be feeling particular sensations in treatment? 207, 3
21. Is healing creating a perfect idea or a perfect body? 212, 4
22. What is the difference between a process in healing and a process of healing? 212, 4

Assignment for Classes 12 and 13

1. Read Science of Mind, Chapter 15, "Physical Perfection Concluded" Pgs. 215 - 265
2. Use the following Study Guide Questions in your reading.

Study Guide - Classes 12 & 13, "Physical Perfection Concluded"

Page, Paragraph

1. What is the difference between doing only one treatment for something and doing multiple treatments?

220, 4

When would you treat once and when would treat more than once?

220, 4

2. What is at the root of all habits?
Does that change how you view habits or addiction?

222, 4

3. Match the condition requiring treatment with the thoughts and beliefs that caused it.

| <u>Condition</u> | <u>Beliefs and Thoughts</u> |
|----------------------------|--|
| Headache | Limitation, Burden, Fear of lack, trouble, disease, loss |
| Fatigue | Stubbornness and Unbelief |
| Insanity | Unexpressed Longings |
| Lung Trouble | Conflict, Discouragement, Disappointment |
| Vision | Destructive emotions, desires or ideas |
| Constipation | Mental conflict or Confusion |
| Tumors, Cancer, Gallstones | Anxiety, Strain, Indecision, Worry, Concern |
| Heart Trouble | Fear from the past, Uncertainty about the future |
| Poison | Lack or Fear of failure |
| Paralysis | Confused, worried, anxious, tense thoughts |
| Asthma or Hay Fever | Mental confusion, unfulfilled desire and conflict |
| Nerve Trouble | Inability to let go of the affairs of the day |
| Blood Trouble | Delusion |
| Cold or Influenza | Negative thoughts, envy, hatred, malice |
| Obesity | Consuming passion, Unexpressed emotion |
| Kidney, Bladder or Liver | Restriction, Emotional, Stubborn, Resistant |
| Stomach and Bowel | Strain, Struggle, Indecision, Anxiety, Depression |
| Insomnia | Worry, Anxiety, Fear, Criticism |
| Food | Inner Agitation, Outward irritation |
| Rheumatism | Not seeing, Not looking out through the eyes |
| Peace of Mind | Condemning, Fear of harm |
| Supply | Sudden shock, loss, fear, belief in growing old |

Assignment for Class 12 and 13 Continued

Now match the condition with what Holmes advises we focus the treatment on.

Condition

Treatment

Headache

Open channel for good to flow in and through me

Fatigue

Love and Joy

Insanity

Spirit is the only cause, medium & effect in our lives

Lung Trouble

Poise and Peace

Vision

Love

Constipation

Peace, Poise, Power and Harmony

Tumors, Cancer, Gallstones

God as Spirit, Spirit is Substance, Substance is supply

Heart Trouble

One Mind, the Mind of God. Thought is perfect

Poison

Intelligence within us guides us into a proper diet

Paralysis

Perfect love

Asthma or Hay Fever

Peace

Nerve Trouble

Trust in God

Blood Trouble

One Perfect Seeing

Cold or Influenza

Blood is pure and perfect

Obesity

Appetite and assimilation of food are in Divine order.

Kidney, Bladder or Liver

Peace, love and joy. The passages of mind are open.

Stomach and Bowel

Affirmative outlook of trust in the perfection of life.

Insomnia

Infinite Strength

Food

Presence of Life and action; Right action, Freedom

Rheumatism

Pure thought circulates, Spiritual flow of life

Peace of Mind

The blood stream has whatever it needs right now

Supply

Perfect body, being, bronchial tubes and lungs

Assignment for Class 14

1. Read Science of Mind, Chapter 16, "The Principles of Successful Living" Pgs. 266-278
2. Use the following Study Guide Questions in your reading.

Study Guide - Chapter 14, "The Principles of Successful Living"

- | | Page, Paragraph |
|--|-----------------|
| 1. Is Science of Mind a "get-rich-quick" scheme? Does it promise something for nothing? What does Science of Mind promise? | 266, 1&267,2 |
| 2. If you spend all your time contemplating limitation, will you demonstrate freedom? | 267, 2 |
| 3. What must we do if we wish to draw a greater good into our life? | 267, 5&268, 1 |
| 4. What does it mean to pay in mental and spiritual coin? How have you paid for what you have received in your life? | 268, 2 |
| 5. What does Holmes say the will of God is? What do you think the will of God is? | 268, 4 - 269, 1 |
| 6. Holmes says we work by beginning right where we are. How do we do this | 271, 4 |
| 7. What do we do if we don't know which or what to choose? | 273, 1-3 |

8. What is the difference between treatment making things happen and treatment providing, within ourselves, an avenue through which they may happen? 247, 2
9. What does it mean if the result of a treatment is contingent upon any known fact? 274, 4
10. What people have had the greatest power over the Law? 276, 2
11. What does treatment do? 277, 3
12. What do the last two sentences in the chapter mean to you? 278, 4

Assignment for Class 15
Study Guide - Chapter 17, "Mental Equivalents"

| | Page, Paragraph |
|--|-----------------|
| 1. How do we erase thought from consciousness and what must we maintain? | 279, 1 |
| 2. Does prayer do something to God? What does it do? | 280, 1 |
| 3. What was the whole teaching of Jesus based on? | 280, 2 |
| 4. What is the law of mental equivalents? | 280, 2 |
| 5. When our prayer is answered, is it something God does or something we do? | 281, 1 |
| 6. What do we need in order to make a demonstration? | 281, 4 |
| 7. What is going on with us if we see something in someone else? | 281, 4 |
| 8. Where do we begin in order to proceed? | 282, 3 |
| 9. Is it OK to desert the Truth when things look worst? | 282, 4 |

10. What is faith? 283, 3 & 4
11. How do you look at your life? (Your own answer) 288, 2
12. Should you ever allow anything to cause you to doubt your ability to demonstrate? 289, 3
13. Do you have only one opportunity?
What does that say about your life? 290, 3&291, 1
14. Why does the practitioner treat himself? 291, 3
15. What does "There is One Life, the Life of God and that is my life now" mean to you? 292, 4

Assignment for Class 16
Study Guide - Chapter 18, "The Law of Attraction"

| | Page, Paragraph |
|---|-----------------|
| 1. What is our mental or thought atmosphere? | 294, 2 |
| 2. How may we become attracted to something greater than our previous experience? | 294, 2 |
| 3. How is it that we are just where we belong? | 295, 2 |
| 4. What do successful people think about? What do you think about? | 296, 2 |
| 5. What do we do if to attract friends? | 297, 2-4 |
| 6. What happens when we see the good in people? | 298, 3 |
| 7. What is the difference between being specific and outlining? | 301, 1&304, 4 |
| 8. What are some of the ways you give failure entrance into your mind? | 301, 2 |
| 9. What do you focus on to create success? | 302, 2 |

10. Are there failures in the Universe? 302, 4

11. What is the tendency of our thought?
How do we change it? 306, 3&4 & 304, 5

12. What does the last paragraph in this chapter mean to you? 307, 3