

- 16 431.3 - 433.1
- 17 524.M 3
- 18 525.M 1
- 19 525.M 2
- 20 563.2 - 564.3
- 21 327.1 - 328.2
- 22 328.3 - 329.2
- 23 329.3 - 330.1
- 24 330.2 - 331.1
- 25 525.M 3
- 26 526.M 3
- 27 331.2 - 332.3
- 28 332.4 - 333.3
- 29 333.4 - 334.4
- 30 407.5 - 410.4

October

- 1 334.5 - 335.4
- 2 335.5 - 336.4
- 3 526.M 4
- 4 527.M 2 & 3
- 5 336.5 - 337.1
- 6 337.2 - 338.1
- 7 527.M 1
- 8 338.2 - 339.1
- 9 339.2 - 340.1
- 10 527.M 4
- 11 528.M 2 & 3
- 12 340.2 - 341.1
- 13 341.2 - 342.1
- 14 529.M 1
- 15 342.2 - 343.2
- 16 343.3 - 344.1
- 17 529.M 2 & 3
- 18 530.M 1
- 19 344.2 - 345.3
- 20 345.4 - 346.2
- 21 347.1 - 348.1
- 22 348.2 - 349.1
- 23 349.2 - 350.1
- 24 530.M 3 & 4
- 25 531.M 1 & 2
- 26 350.2 - 350.2
- 27 350.3 - 352.3
- 28 352.4 - 353.2
- 29 353.3 - 354.2

- 30 354.3 - 355.2
- 31 355.3 - 356.1

November

- 1 531M3&532M1
- 2 308.1 - 309.4
- 3 309.5 - 311.1
- 4 311.2 - 312.2
- 5 312.3 - 313.1
- 6 313.2 - 314.4
- 7 532M2&533M1
- 8 533.M 2 & 3
- 9 315.1 - 315.3
- 10 315.4 - 316.2
- 11 316.3 - 317.2
- 12 317.3 - 318.4
- 13 319.1 - 319.4
- 14 533M4&534M1
- 15 534.M 2 & 3
- 16 320.1 - 320.4
- 17 321.1 - 321.2
- 18 322.1 - 322.3
- 19 322.4 - 323.2
- 20 323.3 - 323.3
- 21 535.M 1 & 2
- 22 536.M 1 & 2
- 23 253.3 - 254.3
- 24 254.4 - 255.2
- 25 255.3 - 256.1
- 26 256.2 - 256.5
- 27 257.1 - 257.5
- 28 535.M 3
- 29 549.M 3
- 30 414.1 - 417.2

December

- 1 257.6 - 258.3
- 2 258.4 - 259.2
- 3 252.2 - 252.5
- 4 477.5 - 479.3
- 5 536M3&537M1
- 6 537.M 2 & 3
- 7 259.3 - 260.1
- 8 260.2 - 261.3
- 9 261.4 - 262.2
- 10 262.3 - 264.2

- 11 485.4 - 487.2
- 12 538.M 1 & 2
- 13 538.M 3 & 4
- 14 264.3 - 265.2
- 15 411.1 - 413.5
- 16 436.2 - 437.4
- 17 564.4 - 565.3
- 18 500.5 - 504.2
- 19 539.M 1 & 2
- 20 539M3&540M1
- 21 417.3 - 419.1
- 22 419.2 - 421.1
- 23 357.1 - 361.4
- 24 361.5 - 367.1
- 25 367.2 - 370.3
- 26 422.3 - 422.3
- 27 421.2 - 422.2
- 28 495.6 - 496.6
- 29 497.1 - 498.5
- 30 498.6 - 500.4
- 31 423.1 - 423.3

**How to Use
This Guide**

Each day's reading is numbered by page and paragraph. For example, the reading for April 22 is "166.4-168.2," therefore you would read page 166, beginning with the fourth paragraph to page 168 ending with the second paragraph. This is the common method of reference to selections in the Science of Mind Textbook. The assignments are numbered by the day of the month, allow-

ing you to begin on any day of the year. Meditations are indicated by the letter "M." When reading June 13th's assignment, which reads: "515.M 4," you will read the fourth meditation on page 515. Fold this guide and use as a bookmark in your Science of Mind Textbook.

**How to Use the
Meditations**

Scattered throughout the daily readings are the "Meditations for Self-Help and Healing." Ernest Holmes intended the meditations to be used as personal tools for a greater realization of life. Carefully read the meditation several times, phrase by phrase, endeavoring to realize the meaning of the words and trying to enter into the atmosphere of the thought.

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January	13 □ 104.3 - 105.3	28 □ 384.2 - 385.1	9 □ 452.2 - 454.1	22 □ 279.1 - 279.2	3 □ 240.3 - 242.3
1 □ 439.2 - 439.3	14 □ 547.M 1	29 □ 385.2 - 389.1	10 □ 545.M 2 & 3	23 □ 280.1 - 281.2	4 □ 242.4 - 244.1
2 □ 507.1-4 & M 1	15 □ 106.1 - 108.1	30 □ 491.1 - 493.1	11 □ 195.5 - 197.4	24 □ 281.3 - 283.1	5 □ 244.2 - 247.2
3 □ 236.3 - 238.2	16 □ 108.2 - 110.3	31 □ 393.4 - 395.2	12 □ 197.5 - 198.1	25 □ 228.2 - 229.4	6 □ 247.3 - 249.1
4 □ 025.1 - 026.5	17 □ 103.4 - 114.1		13 □ 198.2 - 200.2	26 □ 516.M 2 & 3	7 □ 483.1 - 483.5
5 □ 026.6 - 028.3	18 □ 114.2 - 117.3	April	14 □ 200.3 - 201.4	27 □ 468.1 - 469.3	8 □ 520.M 2 & 3
6 □ 028.4 - 029.2	19 □ 118.1 - 121.2	1 □ 149.1 - 150.1	15 □ 511.M 3 & 4	28 □ 549.M 2	9 □ 553.2 - 558.4
7 □ 029.3 - 034.3	20 □ 121.3 - 124.2	2 □ 150.2 - 152.1	16 □ 454.2 - 456.2	29 □ 553.1 - 554.1	10 □ 249.2 - 250.5
8 □ 063.1 - 066.1	21 □ 524.M 2	3 □ 541.M 3 & 4	17 □ 546.M 1 & 2	30 □ 400.1 - 402.1	11 □ 250.6 - 251.2
9 □ 066.2 - 068.2	22 □ 124.3 - 127.3	4 □ 441.2 - 442.4	18 □ 201.5 - 203.3		12 □ 251.3 - 252.1
10 □ 068.3 - 070.2	23 □ 127.4 - 128.4	5 □ 508.M 1 & 2	19 □ 203.4 - 204.4	July	13 □ 253.1 - 253.2
11 □ 035.1 - 037.1	24 □ 129.1 - 131.1	6 □ 152.2 - 153.1	20 □ 204.5 - 207.2	1 □ 283.2 - 284.4	14 □ 484.1 - 485.3
12 □ 037.2 - 039.6	25 □ 131.2 - 132.7	7 □ 153.2 - 154.1	21 □ 207.3 - 208.1	2 □ 284.5 - 285.4	15 □ 520.M 4 & 521.M 1
13 □ 071.1 - 073.2	26 □ 132.8 - 134.1	8 □ 155.1 - 156.2	22 □ 512.M 1 & 2	3 □ 475.2 - 477.4	16 □ 558.5 - 559.3
14 □ 073.3 - 075.3	27 □ 513.M 1	9 □ 156.3 - 157.3	23 □ 456.3 - 458.2	4 □ 517.M 1	17 □ 427.1 - 427.4
15 □ 075.4 - 077.4	28 □ 433.2 - 435.1	10 □ 154.3 - 157.3	24 □ 546.M 3	5 □ 554.2 - 555.2	18 □ 427.5 - 429.3
16 □ 077.5 - 080.3	29 □ 391.5 - 393.3	11 □ 445.1 - 446.5	25 □ 208.2 - 210.3	6 □ 286.1 - 287.4	19 □ 517.M 2
17 □ 040.1 - 043.2		12 □ 508.M 2 & 3	26 □ 210.4 - 211.2	7 □ 287.5 - 288.1	20 □ 518.M 1
18 □ 043.3 - 046.3	March	13 □ 157.4 - 158.5	27 □ 211.3 - 212.2	8 □ 288.2 - 290.1	21 □ 487.3 - 488.1
19 □ 046.4 - 048.3	1 □ 137.1 - 138.1	14 □ 159.1 - 160.1	28 □ 212.3 - 214.1	9 □ 290.2 - 291.2	22 □ 521.M 2
20 □ 048.4 - 050.2	2 □ 138.2 - 139.3	15 □ 160.2 - 161.4	29 □ 458.3 - 461.1	10 □ 470.1 - 471.4	23 □ 559.4 - 560.2
21 □ 183.1 - 184.3	3 □ 139.4 - 140.2	16 □ 161.5 - 162.5	30 □ 397.5 - 399.5	11 □ 517.M 3	24 □ 238.3 - 240.2
22 □ 184.4 - 185.2	4 □ 140.3 - 141.2	17 □ 543.M 1 & 2	31 □ 514.M 3 & 515.M 1	12 □ 555.3 - 556.1	25 □ 521.M 3
23 □ 185.3 - 187.3	5 □ 141.3 - 142.3	18 □ 447.1 - 449.3		13 □ 291.3 - 293.4	26 □ 522.M 1
24 □ 188.1 - 189.3	6 □ 540.M 2 & 3	19 □ 509.M 1 & 2	June	14 □ 294.1 - 296.1	27 □ 522.M 2
25 □ 051.1 - 053.4	7 □ 435.2 - 436.1	20 □ 163.1 - 164.2	1 □ 177.1 - 180.4	15 □ 296.2 - 297.1	28 □ 489.5 - 490.7
26 □ 053.5 - 055.4	8 □ 541.M 1 & 2	21 □ 164.3 - 166.3	2 □ 215.1 - 216.4	16 □ 297.2 - 299.3	29 □ 518.M 3
27 □ 055.5 - 058.1	9 □ 142.4 - 144.2	22 □ 166.4 - 168.2	3 □ 216.5 - 219.1	17 □ 523.M 1	30 □ 560.3 - 561.2
28 □ 058.2 - 060.4	10 □ 144.3 - 146.1	23 □ 168.3 - 170.2	4 □ 219.2 - 221.1	18 □ 518.M 2	31 □ 404.5 - 407.4
29 □ 081.1 - 083.5	11 □ 146.2 - 148.4	24 □ 543.M 3 & 544.M 1	5 □ 515.M 2 & 3	19 □ 556.2 - 556.5	
30 □ 084.1 - 086.1	12 □ 565.4 - 567.1	25 □ 449.4 - 451.1	6 □ 461.2 - 464.1	20 □ 299.4 - 301.2	September
31 □ 086.2 - 089.2	13 □ 437.5 - 439.1	26 □ 509.M 3 & 510.M 1	7 □ 547.M 2 & 3	21 □ 301.3 - 302.3	1 □ 519.M 2
	14 □ 266.1 - 271.1	27 □ 170.3 - 174.1	8 □ 221.2 - 222.3	22 □ 302.4 - 305.3	2 □ 528.M 1
February	15 □ 271.2 - 275.2	28 □ 174.2 - 175.1	9 □ 222.4 - 223.2	23 □ 305.4 - 307.3	3 □ 493.2 - 493.7
1 □ 390.1 - 391.4	16 □ 275.3 - 277.3	29 □ 175.2 - 176.3	10 □ 223.3 - 224.2	24 □ 479.4 - 481.1	4 □ 494.1 - 495.5
2 □ 090.1 - 093.5	17 □ 513.M 2 & 3	30 □ 395.3 - 397.4	11 □ 224.3 - 225.1	25 □ 519.M 1	5 □ 522.M 3
3 □ 094.1 - 095.1	18 □ 277.4 - 278.4		12 □ 464.2 - 466.1	26 □ 556.6 - 557.3	6 □ 522.M 4
4 □ 095.2 - 095.2	19 □ 514.M 1 & 2	May	13 □ 515.M 4	27 □ 229.5 - 231.3	7 □ 561.3 - 562.2
5 □ 095.3 - 097.1	20 □ 439.4 - 441.1	1 □ 510.M 2 & 3	14 □ 548.1-2	28 □ 231.4 - 233.4	8 □ 526.M 2
6 □ 097.2 - 097.4	21 □ 371.1 - 372.2	2 □ 451.2 - 452.1	15 □ 443.1 - 444.4	29 □ 234.1 - 236.2	9 □ 471.5 - 475.1
7 □ 523.M 2	22 □ 372.3 - 373.2	3 □ 544.M 2 & 545.M 1	16 □ 225.2 - 226.2	30 □ 402.2 - 404.4	10 □ 429.4 - 431.2
8 □ 098.1 - 100.1	23 □ 373.3 - 374.1	4 □ 190.1 - 191.4	17 □ 226.3 - 227.3	31 □ 481.2 - 482.3	11 □ 523.M 3
9 □ 100.2 - 100.2	24 □ 374.2 - 375.1	5 □ 488.2 - 489.4	18 □ 227.4 - 228.1		12 □ 524.M 1
10 □ 100.3 - 101.2	25 □ 375.2 - 377.2	6 □ 191.5 - 194.1	19 □ 516.M 1	August	13 □ 562.3 - 563.1
11 □ 101.3 - 102.3	26 □ 377.3 - 382.3	7 □ 194.2 - 195.4	20 □ 466.2 - 467.3	1 □ 519.M 3 & 520.M 1	14 □ 526.M 1
12 □ 102.4 - 104.2	27 □ 382.4 - 384.1	8 □ 511.M 1 & 2	21 □ 548.M 3 & 549.M 1	2 □ 557.4 - 558.1	15 □ 530.M 2