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**ILLUSTRATIVE MATERIAL**

**SUMMARY OF THE FIRST FOUR CHAPTERS IN  
*SCIENCE AND HEALTH*,  
THE STRUCTURE OF THE CHRISTIAN SCIENCE TEXTBOOK—  
OUR WAY OF LIFE  
(Audio Code C-158)**

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## Contents

**Summary of the First Four Chapters in *Science and Health*,  
The Christian Science Textbook—Our Way of Life**  
Recapitulation of Chapters I – IV, *Science and Health with Key to the Scriptures*, by Mary Baker Eddy

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RECORDING NUMBER/SIDE	RECORDING SUBJECT
1-A	Scientific method of study
1-B	Overall tone of talks: Life/Spirit Going the way of Life: M – Lo We give birth to it: Spirit
2-A	Only by understanding Chapters I – IV can we grasp that Life is Spirit; “Prayer” ; scientific > < theological elements
2-B	Elements of scientific prayer are all of the nature of God: petitioned, petitioner, means, reward.
3-A	Recapitulation of “Prayer”: following the Principle of prayer, we get the fruits: M – Lo
3-B	Approach to God from wholeness, not lack Meditation > < scientific prayer
4-A	“Atonement and Eucharist” human yielding (the bitter cup) > < scientific Eucharist (spiritual communion with God) Opposite natures irreconcilable Linking Chapters I and II
4-B	...continued
5-A	“Prayer,” the seed-plot of the Textbook Spiritual progress measured by demonstration of subjects of each chapter
5-B	“Marriage”: Scriptural Note: Do not put asunder the spiritual unity that already exists
6-A	“Marriage” continued: meeting challenges of human condition brings about a higher civilization, and the emergence of a more spiritual sense of life. Factors that promote humanity > < factors that disintegrate M – Sp

6-B	So – Lo How are we contributing factors to the universe? Unity with M – Lo enables us to participate in the advent of divine Science.
7-A	“Christian Science versus Spiritualism” Linking chapters I – III to IV Part I analyzes reality: only that which is at one with M – Lo Claims of dualism: counterfeits of M – Sp So – Lo
7-B	Part II challenges Part I: uncovers counter arguments to Science; counterfeits of M – Lo Part III believing beliefs > < decision for Spirit Scientific understanding is the only way to spiritualization. Linking the three parts of the chapter.
8-A	Linking the Word chapters, questions to put to each. Method of study: seeing place value of each chapter in the whole, grasping attitude of each.

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ABBREVIATIONS

M, Sp, So, P, Li, T, Lo	= Mind, Spirit, Soul, Principle, Life, Truth, Love
W, X, Xty, Sc	= Word, Christ, Christianity, Science
M – Lo	= means the sequence of Mind through Love
M/M – M/P	= means Mind in its subtones of M, Sp, So, P (Mind as Mind, etc.)
MIND, SPIRIT, etc.	= in all capitals means that the tone is the main tone
W/W, W/X, W/Xty, W/Sc	= means the Word in its subtones of Christ, Christianity, Science
> <	= versus
CS - SC	= means the ascending way of Christian Science to Science
W: dSc	= Word in divine Science, etc
Li, T, Lo/M	= Lo means the impact of Li, T, Lo on Mind through Love in the law of interdependence

**The seven main subjects in the first four chapters of *Science and Health with Key to the Scriptures***

WORD	Chapter I: Prayer  <i>Word as Word</i>	Chapter II: Atonement and Eucharist  <i>Word as Christ</i>	Chapter III: Marriage  <i>Word as Christianity</i>	Chapter IV: Christian Science vs. Spiritualism  <i>Word as Science</i>		
subject of chapter	Prayer is a spiritual understanding of God, which through unselfed love brings us into unity with the perfect nature of God.	Through man's unity with God, we overcome all that is unlike God in ourselves	Spiritual unity in God brings forth a higher humanity.	Scientific understanding reveals that in the one infinite Spirit, God and his likeness, spiritual man, are inseparable.  Part I: Soul and Life Scientific understanding analyzes the fact that God and its ideas constitute the only immortal existence.		
Mind	The prayer of true desire to know God as God brings us into unity with the intelligent, active All-Mind.	Through man's unity with Mind, we are enabled to act according to the law of atonement.	Spiritual unity in Mind assures, through being law-abiding, an advanced civilization.	The identities of being are ideas of Mind; these are never "in" a finite form.	Christian Science bases itself on the intelligence of the Mind of Christ, whereas spiritualism bases itself on human beliefs and hypotheses.	Spiritualization begins when we recognize man as God's own likeness.
Spirit	The prayer of reflecting the Divine Being through the culturing of Spiritual qualities brings us into unity with the unfoldment of Spirit.	Man's unity with Spirit, not ritualistic worship, compels us toward complete spiritualization..	Spiritual unity in Spirit enriches the human nature through the union of pure qualities.	Spirit can only communicate itself through a spiritual sense of life and not through its opposite, the material sense of existence.	The Science of Mind derives its strength from the apprehension of truth, whereas spiritualism derives its strength from mysticism.	Spiritualization is furthered by our denying that matter is a part of man.
Soul	The prayer of sinlessness, fulfilling the Christ-demand to rebuke sin, brings us into unity with Soul's ability to reform.	Man's unity with Soul bestows on us consistency, which leads us safely along the way from sense to Soul.	Spiritual unity in Soul promotes, through selflessness and unity of interests, the happiness of human partnership.	Because for Spirit there is no matter, there can be no backward transformation from a spiritual into a material sense of existence.	In Science man's immortality is the logical consequence of the immortality of God, whereas in spiritualism the immortality of man is a mere assertion.	Spiritualization becomes a present possibility when we reject the knowledge of good and evil.
Principle	The prayer of obedience to God, by which we bring everything in us into accord with God, unites us with the impersonal workings of Principle.	Through man's unity with Principle, we are divinely empowered.	Spiritual unity in Principle makes, through a scientific attitude, human relationships more harmonious and permanent.	(no subject given)	In Christian Science divine Mind-reading is based on the divine Principle, whereas in spiritualism mortal mind-reading is based on human beliefs.	Spiritualization demands that we should reason scientifically, from God, so as to arrive at the spiritual concept of man.
Life	The prayer of understanding, living devotion to God, which is willing to sacrifice the mortal, brings us into unity with the all renewing Life.	Through man's unity with Life, we lay down the material concept of life and thereby free ourselves from the belief of persecution.	Spiritual unity in Life brings forth, through exalted and refined affections, a nobler human species.	The understanding that Life is incorporeal — that it can neither live nor die in a body — awakens from the belief of death.	Spiritualism brings forth its phenomena through mortal mentality.	Spiritualization enables us to father the universe spiritually.
Truth	The prayer of spiritual consciousness, which is closed to error and open to Truth, brings us into unity with the dominion of Truth.	Through man's unity with Truth, true manhood is being established in us.	Spiritual unity in Truth brings forth, through a metaphysical understanding, the higher nature of man.	An understanding of man's immortal life destroys the consciousness of man's mortal existence.	In Christian Science mental images can always be called back to consciousness, whereas spiritualism can never become conscious of true reality.	Through conscious spiritualization, the end of error is brought about.
Love	The prayer of glorifying the perfection of being brings us into unity with the perfection of Love.	Through man's unity with Love, atonement with God fulfils itself in us.	Spiritual unity in Love, through a stronger adherence to the spiritual, brings more and more into evidence the man of God's creation.	Before the all-embracing Spirit, spiritualism is found to be nothing.	In Christian Science only divine Mind and its ideas can produce wonders; the so-called wonders of spiritualism are only illusions and delusions.	Final spiritualization is possible through the union of Christianity with Science.

**The seven main subjects in the first four chapters of “*Science and Health*”**  
**(first half of previous chart: larger type)**

WORD	Chapter I: Prayer  <i>Word as Word</i>	Chapter II: Atonement and Eucharist  <i>Word as Christ</i>	Chapter III: Marriage  <i>Word as Christianity</i>
subject of chapter	Prayer is a spiritual understanding of God, which through unselfed love brings us into unity with the perfect nature of God.	Through man’s unity with God, we overcome all that is unlike God in ourselves	Spiritual unity in God brings forth a higher humanity.
Mind	The prayer of true desire to know God as God brings us into unity with the intelligent, active All-Mind.	Through man’s unity with Mind, we are enabled to act according to the law of atonement.	Spiritual unity in Mind assures, through being law-abiding, an advanced civilization.
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**The seven main subjects in the first four chapters of “*Science and Health*”  
(second half of previous chart: larger type)**

Chapter IV: Christian Science vs. Spiritualism

*Word as Science*

Scientific understanding reveals that in the one infinite Spirit, God and his likeness, spiritual man, are inseparable.

Part I: Soul and Life Scientific understanding analyzes the fact that God and its ideas constitute the only immortal existence.	Part II: Mind and Truth Scientific understanding alone can distinguish rightly between what is real and what is unreal.	Part III: Spirit and Love Scientific understanding leads to the final spiritualization of all things.
The identities of being are ideas of Mind; theses are never “in” a finite form.	Christian Science bases itself on the intelligence of the Mind of Christ, whereas spiritualism bases itself on human beliefs and hypotheses.	Spiritualization begins when we recognize man as God’s own likeness.
Spirit can only communicate itself through a spiritual sense of life and not through its opposite, the material sense of existence.	The Science of Mind derives its strength from the apprehension of truth, whereas spiritualism derives its strength from mysticism.	Spiritualization is furthered by our denying that matter is a part of man.
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