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**ILLUSTRATIVE MATERIAL**

**THE STRUCTURE OF THE CHRISTIAN SCIENCE TEXTBOOK—  
OUR WAY OF LIFE**

Chapter VIII  
**FOOTSTEPS OF TRUTH**  
(Audio Code C-1F)

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## Chapter VIII Footsteps of Truth

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1-A	Introduction: A sense of the 4 levels comes with the Christ chapters. <ul style="list-style-type: none"><li>♦ sign of the times: the mutation in consciousness</li></ul>
1-B	<b>Part I:</b> place value of Chapter VIII: Christ/Science. The humanity of divinity <ul style="list-style-type: none"><li>♦ scriptural note</li><li>♦ scientific footsteps in understanding the scientific consciousness</li><li>♦ scientific proof of revelation</li><li>♦ Principle, the only I, not the human ego, is expressing itself in life-practice</li></ul>
2-A	<ul style="list-style-type: none"><li>♦ aim of the chapter: to show the divine and human are but two aspects of the same thing</li><li>♦ understanding God (M–Lo) is our life-practice</li></ul>
2-B	MIND: M/M – M/P M/Li – M/Lo
3-A	SPIRIT: Sp/M – Sp/So <ul style="list-style-type: none"><li>– Textbook (<i>Science and Health with Key to the Scriptures</i>, by Mary Baker Eddy) language and illustrations are of the 19<sup>th</sup> century.</li><li>– contemporary natural scientists begin to accept that Spirit is the only reality.</li></ul>
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5-A	<ul style="list-style-type: none"><li>♦ brief review of subjects showing the humanism of M – So</li></ul>
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7-A	LOVE: Lo/M – Lo/Li
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MIND: M/M – M/Lo

8-A              SPIRIT – LIFE (no subtone given)

8-B              ...continued

TRUTH – LOVE

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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 subtone of M, Sp, So, P (Mind as Mind, etc.)

MIND, SPIRIT, etc.        = in all capitals means that tone is the main tone

W/W, W/X, W/Xty, W/Sc = means the Word in its subtone of Word, Christ, Christianity, Science

Sc, dSc, aCS, CS            = Science, divine Science, absolute Christian Science, Christian Science

S&H                          = *Science and Health with Key to the Scriptures*, by Mary Baker Eddy

Illustrative Material for  
The Structure of the Christian Science Textbook—Our Way of Life  
Chapter VIII  
**Footsteps of Truth**<sup>1</sup>  
(Audio code: C-1F)

**(Christ reflecting Science)**

<b>Standpoint of the Chapter:</b>	Christ reflecting Science Christ from the absolute standpoint: translation from God to idea Science from the relative standpoint: translation of an unscientific into a scientific consciousness
<b>Scriptural Note :</b>	
<b>Introduction:</b>	S&H 201:1–202:5

**A consciousness of Truth disrobes us of a consciousness of error**

**Part I**

(S&H 202:6–233:32)

**The humanity of divinity**

<b>Mind</b>	<b>Consciousness must be based on the Science of Mind and not on human beliefs (S&amp;H 202:6–206:31).</b>
as Mind:	The study of the Science of Mind, the perception and acceptance of Truth, leads to man’s dominion over all the earth (S&H 202:6–23).
as Spirit:	Understanding, instead of belief, unfolds the omnipotence of Spirit and brings to light man’s likeness to God (S&H 202:24–203:16).
as Soul:	The belief that the divine Mind is imprisoned in a sensuous body and escapes from it when the body dies is mere imagination. God is at once the center and circumference of being (S&H 203:17–204:2).
as Principle:	In Science there is only one Ego, only one Mind; man can have no mind of his own, distinct from the <i>all</i> Mind (S&H 204:3–29).

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<sup>1</sup> Excerpt from Max Kappeler, *Epitomes for the Spiritually Structured Interpretation of the Christian Science Textbook* (Seattle: Kappeler Institute Publishing USA, 1979), Chapter VIII.

## **Mind**, continued.

- as Life: The belief of life in matter is pantheistic. God created all through Mind, eternal; a recreation is unnecessary (S&H 204:30–205:14).
- as Truth: The realization of the fact that we can have no other Mind but His excludes the possibility of having an erring consciousness (S&H 205:15–206:14).
- as Love: The omnipotent and infinite Mind has made everything perfect; it includes all, blesses all and does not admit that man can deviate from perfection (S&H 206:15–31).

## **Spirit**

### **Consciousness must be based on an understanding of spiritual facts and not on a belief in matter or evil (S&H 206:32–213:15).**

- as Mind: Spirit is neither the creator nor the cause of an evil mind. From the one primal cause only the reality of good can come (S&H 206:32–207:26).
- as Spirit: Spiritual facts constitute the only reality (S&H 207:27–208:16).
- as Soul: The infinite calculus of Spirit translates man and the universe back into Spirit (S&H 208:17–209:30).
- as Principle: The scientific operation of the divine Principle rests on understanding; its demonstrations are wrought through spiritual sense and can only be grasped through spiritual sense (S&H 209:31–210:18).
- as Life: The law of Spirit is immortal, therefore material sense is self-destructive (S&H 210:19–32).
- as Truth: Material sensations cannot testify to the truth of man. As man spiritually understands so is he in truth (S&H 211:1–213:5).
- as Love: Spiritual facts, existing apart from material conceptions, are self-existing (S&H 213:6–15).

## **Soul**

### **Consciousness must be based on spiritual sense and spiritual understanding and not on material sense (S&H 213:16–217:5).**

- as Mind: The divine Mind transmits its impressions through spiritual sense, not through material sense (S&H 213:16–214:17).
- as Spirit: Bowing down to matter is idolatry; it multiplies pain and would rob God (S&H 214:18–25).
- as Soul: The senses of Soul with all its faculties can never be lost (S&H 214:26–215:10).
- as Principle: The proofs of Science reverse the testimony of the material senses (S&H 215:11–26).
- as Life: The understanding of the superiority and immortality of Soul leads to the recognition of the immortality of man (S&H 215:27–216:2).
- as Truth: The truth of immortal sense destroys the errors of material sense and makes the body servant instead of master (S&H 216:3–27).
- as Love: As God forms His own likeness it is impossible for man to lose his identity (S&H 216:28–217:5).

<b>Principle</b>	<b>Consciousness must be based on Science and not on human theories (S&amp;H 217:6–219:32).</b>
as Mind:	In Christian Science, healings are proofs of divine Mind and not indications of unnatural mental conditions (S&H 217:6–14).
as Spirit:	Through scientific healing an advance is won which cannot be turned back (S&H 217:15–28).
as Soul:	The mortal I—not the body—pronounces false claims with regard to the bodily condition. The consciousness of Truth determines the bodily condition (S&H 217:29–218:8).
as Principle:	The human mind is disinclined to self-correction and has no faith in God’s willingness and ability to heal the sick. The authority of God governs the body (S&H 218:9–23).
as Life:	The scientific method of healing consists in immediately rejecting the beliefs in disease and waking to the truth of being forever dispelling the mortal dream (S&H 218:24–219:5).
as Truth:	Science governs harmoniously by destroying those beliefs whose effects we wish to have removed (S&H 219:6–22).
as Love:	Scientific healing may not be entirely achieved at this period but an abatement of evils is a scientific beginning in the right direction (S&H 219:23–32).
<b>Life</b>	<b>Consciousness must be based on spiritual methods and not on material means (S&amp;H 220:1–223:13).</b>
as Mind:	Material hygiene cannot maintain the health of mankind; to believe otherwise is misguided reasoning (S&H 220:1–17).
as Spirit:	Dietetics cannot increase man’s spirituality (S&H 220:18–25).
as Soul:	Neither fasting nor feasting can improve man morally or physically (S&H 220:26–32).
as Principle:	All systems of nutrition are based on self-imposed beliefs and cannot maintain the life of man; in divine Science being is sustained by God (S&H 221:1–28).
as Life:	Food, as such, can neither hurt nor help man but the bread of Life maintains him (S&H 221:29–222:21).
as Truth:	God has given man power over food (S&H 222:22–28).
as Love:	Consult neither matter nor food but let Spirit fulfill everything in the life of man (S&H 222:29–223:13).
<b>Truth</b>	<b>The consciousness of Truth is the liberator from mortal consciousness (S&amp;H 223:14–228:32).</b>
as Mind:	Through spiritual rationality and free thought Truth will free mankind from old illusions (S&H 223:14–224:3).
as Spirit:	Spiritual receptivity to Truth opens the door for painless progress free from any opposition (S&H 224:4–27).

## Truth, continued.

- as Soul: Truth frees from bondage (S&H 224:28–226:13).
- as Mind: The power of God brings deliverance (S&H 224:28–31).
- as Spirit: Truth frees from all that tries to oppose divine government (S&H 224:32–225:4).
- as Soul: Truth which brings the elements of liberty marches on unrestrictedly (S&H 225:5–13).
- as Principle: All declarations of divine justice are potent enough to break despotic fetters (S&H 225:14–22).
- as Life: Mental slavery must be rooted out through the workings of divine Mind (S&H 225:23–28).
- as Truth: The rights of man must banish world-wide slavery on all planes of existence (S&H 225:29–226:4).
- as Love: The universal freedom of man as the Son of God must be won through Christ's divine Science (S&H 226:5–13).
- as Principle: Man's inalienable rights rest on the authority of divine Science which frees from the fetters of human beliefs, theories and educational systems (S&H 226:14–227:13).
- as Life: God-given liberty brings about the doom of all oppression (S&H 227:14–29).
- as Truth: Man's God-given dominion over the body frees him from sickness and heredity (S&H 227:30–228:24).
- as Love: The acknowledgment of God as omnipotence frees from the supposition that other powers might exist, such as sin, sickness and death (S&H 228:25–32).

## Love

**The consciousness of perfection has no consciousness of sin, sickness and death (S&H 229:1–233:32).**

- as Mind: The law of immortal Mind makes mortal belief, which universal consent has constituted a law, null and void (S&H 229:1–22).
- as Spirit: God, good, can never make a law which can be evil for mankind (S&H 229:23–230:26).
- as Soul: Only when the cause of disease is obliterated through Christ in divine Science will disease be thoroughly healed and not liable to reappear (S&H 230:27–231:11).
- as Principle: In God's government discord of any kind is not part of man (S&H 231:12–232:25).
- as Life: Perfection is acknowledged and won only by degrees (S&H 232:26–233:15).
- as Truth: Truth, correcting and destroying sin and disease, is a revelation to all mankind (S&H 233:16–24).
- as Love: The efficacy of Truth on the sick is unquestionable (S&H 233:25–32).



## Part II

(S&H 234:1–254:32)

- Mind**                    **When human thought is permeated by the divine it is educated spiritually (S&H 234:1–236:20).**
- as Mind:                Spiritual draughts heal and inspire the human family (S&H 234:1–8).
- as Spirit:              Being familiar with good purifies mortal mind and empties it of sin and disease (S&H 234:9–24).
- as Soul:                The control of evil thoughts is a strong defense against their effects (S&H 234:25–235:6).
- as Principle:         Pure and uplifting thoughts of educators achieve more than does a debased and unscrupulous mind of mere scholarly attainment (S&H 235:7–18).
- as Life:                Physicians should transmit to their patients the certainty of the perpetuity of being (S&H 235:19–27).
- as Truth:              Clergyman and leaders should uplift the standard of Truth in the interests of mankind so as to broaden its concepts and raise it spiritually (S&H 235:28–236:11).
- as Love:                A mother’s thoughts should take their models from the divine Mind (S&H 236:12–20).
- Spirit**                   **Spiritual receptivity of human thought secures progress (S&H 236:21–239:32).**
- as Mind:                Children are easier to guide than adults and they learn simple truths more readily. Insubordination is an evil (S&H 236:21–27).
- as Spirit:              Children are receptive to good and make easy and rapid progress. Age halts between two opinions (S&H 236:28–32).
- as Soul:                The mentality of children is naturally free from stubborn beliefs and theories whereas parents are often so entangled in beliefs that they choke the good seed (S&H 237:1–14).
- as Principle:         Children should be taught Christian Science and not theories of sickness. This makes Christian Science early available (S&H 237:15–22).
- as Life:                If the sick are unwilling to investigate the Science of Mind it is well to wait until they are ready for the blessings (S&H 237:23–238:5).
- as Truth:              He who is willing to leave all for Christ gains Christlikeness and gets better views of humanity (S&H 238:6–239:15)
- as Love:                When our affections more and more approximate divine Love they bring forth perfection (S&H 239:16–32).
- Soul**                    **Through transformation of human thought we overcome sin, the senses, the body and our own ego (S&H 240:1–242:20).**

**Soul**, continued.

- as Mind: Human belief misinterprets the natural, spiritual law of the all-governing divine Mind (S&H 240:1–17).
- as Spirit: Progress will be attained only when all wrong work is corrected through suffering or Science (S&H 240:18–26).
- as Soul: To be freed from sin involves first unwinding one’s snarls (S&H 240:27–241:12).
- as Principle: The transformation of the body is attained through practical demonstrations (S&H 241:13–22).
- as Life: Through spiritual exaltation mortals lay down their material beliefs and false individuality and thereby approach spiritual life(S&H 241:23–242:8).
- as Truth: Through the Christ-consciousness we rise superior to the so-called pains and pleasures of the senses (S&H 242:9–14).
- as Love: With the universal solvent of Love our own ego is dissolved (S&H 242:15–20).

**Principle**      **As we adopt the standpoint of the Science of Being, the divine Principle becomes demonstrable (S&H 242:21–244:6).**

- as Mind: Spiritual ignorance of Science furnishes mere professions instead of proofs (S&H 242:21–243:3).
- as Spirit: The demonstrations of Science can only be brought about through spiritual mindedness and spiritual growth (S&H 243:4–15).
- as Soul: God can neither convey nor testify to anything unlike God (S&H 243:16–24).
- as Principle: }  
as Life: } Principle declares nothing except Life, Truth, and Love; this is a law of  
as Truth: } annihilation to everything unlike God (S&H 243:25–244:6).  
as Love: }

**Life**      **As we live in the nowness and newness of Life we experience true Life (S&H 244:7–248:11).**

- as Mind: Youth and age are mental conditions. In Science ,man is neither young nor old. Life is the law of infinite Mind (S&H 244:7–245:31).
- as Spirit: Man reflects eternal Life; his life does not germinate materially and then unfold towards Spirit (S&H 245:32–246:9).
- as Soul: The transient sense of life must yield to imperishable Life (S&H 246:10–16).
- as Principle: The forever Life cannot be measured and classified according to time (S&H 246:17–26).
- as Life: As Life is eternal, our views of existence must be shaped into continuity instead of into age and blight (S&H 246:27–247:9).
- as Truth: The true forms of Life—spiritual beauty, comeliness, grace, etc.—are immortal (S&H 247:10–248:2).

**Life**, continued.

as Love: Love's endowments feed the body with freshness and immortality (S&H 248:3–11).

**Truth**

**By giving up the dream of mortal existence, we awake to the consciousness of one divine Ego (S&H 248:12–250:32).**

as Mind: We must form and hold in thought perfect models (S&H 248:12–32).

as Spirit: Imperfect models must be given up for the one Mind which produces His own models of excellence (S&H 249:1–4).

as Soul: Our ideal selfhood is the “male and female” of God’s creation (S&H 249:5–17).

as Principle: The only “I” is God; mortals are dreamers as Truth: Mortal man is a mortal dream; the real man is immortal (S&H 249:18–23).

as Life: Mortal existence is a dream; the one Ego is conscious of its own existence (S&H 249:24–250:13).

as Truth: Mortal man is a mortal dream; the real man is immortal (S&H 250:14–27).

as Love: The life of man is not the sport of circumstance (S&H 250:28–32).

**Love**

**As the human self learns to know the falsity of its own imperfection, perfection can be gained (S&H 251:1–254:32).**

as Mind: Knowledge that the divine Mind is the only Mind makes perfect and brings about the disappearance of error (S&H 251:1–27).

as Spirit: When the falsity of human beliefs is understood they begin to disappear (S&H 251:28–252:14).

as Soul: The I of material sense-testimony is destined to annihilation; the I of spiritual sense is the I AM THAT I AM (S&H 252:15–253:8).

as Principle: By asserting man’s divine rights nothing can prevent us from experiencing harmony instead of discord (S&H 253:9–31).

as Life: Imperfect mortals grasp the ultimate of spiritual perfection only step-by-step (S&H 253:32–254:15).

as Truth: In the measure that the human self is evangelized we finally achieve absolute Christian Science (S&H 254:16–23).

as Love: In spite of storms, misrepresentations and cross-bearing, we shall win the crown and enter heaven (S&H 254:24–32).