



KAPPELER INSTITUTE RECORDINGS

ILLUSTRATIVE MATERIAL

**EXERCISES IN CULTURING CONSCIOUSNESS ACCORDING TO
THE MATRIX OF *SCIENCE AND HEALTH*
(Audio Code C-6)**

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Exercises in Culturing Consciousness According to the Matrix of *Science and Health*

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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
Sc, dSc, aCS, CS	= Science, divine Science, absolute Christian Science, Christian Science
<i>S&H</i>	= <i>Science and Health with Key to the Scriptures</i> , by Mary Baker Eddy
W/W, W/X, W/Xty, W/Sc	= means the Word in its subtones of Christ, Christianity Science
W/W – W/Sc	= means the Word in its subtones of W, X, Xty, and Sc.

The Structure of *Science and Health with Key to the Scriptures*, by Mary Baker Eddy

I. The matrix of the Christian Science Textbook: absolute and relative indices

	WORD	CHRIST	CHRISTIANITY	SCIENCE
WORD	CHAPTER I <i>Prayer</i>	CHAPTER V <i>Animal Magnetism Unmasked</i>	CHAPTER IX <i>Creation</i>	CHAPTER XIII <i>Teaching Christian Science</i>
CHRIST	CHAPTER II <i>Atonement and Eucharist</i>	CHAPTER VI <i>Science, Theology, Medicine</i>	CHAPTER X <i>Science of Being</i>	CHAPTER XIV <i>Recapitulation</i>
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SCIENCE	CHAPTER IV <i>Christian Science vs. Spiritualism</i>	CHAPTER VIII <i>Footsteps of Truth</i>	CHAPTER XII <i>Christian Science Practice</i>	CHAPTER XVI <i>The Apocalypse</i>

The Matrix of Handling Evil

(in Science and Health with Key to the Scriptures, by Mary Baker Eddy, Chapters I–XVI)

II. A matrix on “handling evil,” deduced from the Christian Science Textbook

	WORD <i>evil must be mastered</i>	CHRIST <i>the power of Truth destroys evil; evil has no power</i>	CHRISTIANITY <i>demonstrating the superiority of good over evil</i>	SCIENCE <i>by proving good, evil is disproved</i>
Word <i>Accepting the proposition</i>	I. Prayer the desire to be delivered from evil: deliver us from evil	V. Animal Magnetism Unmasked Science has the power to despoil evil, for evil is no power, action or law	IX. Creation Mortals must let themselves be used by good instead of by evil	XIII. Teaching Christian Science By resisting, exposing and denouncing evil, the nothingness of evil can be proved
Christ <i>the power of manifestation in spite of error</i>	II. Atonement and Eucharist the command to cast out evil	VI. Science, Theology, Medicine The power of Truth casts out evil	X. Science of Being The somethingness of good demonstrates the nothingness of evil	XIV. Recapitulation In the allness of God, good, evil has no place
Christianity <i>exalted being</i>	III. Marriage The good must have ascendancy over evil	VII. Physiology The only power of evil is to destroy itself	XI. Some Objections Answered denying that God either knows evil, made evil, or cooperates with evil	XV. Genesis Truth annihilates the belief in evil by reducing it to its nothingness
Science <i>scientific understanding</i>	IV. Christian Science vs. Spiritualism Understanding God, good, keeps evil in check	VIII. Footsteps of Truth Discernment of understanding good destroys the so-called power of evil	XII. Christian Science Practice Understanding the supremacy of good causes evil to disappear	XVI. The Apocalypse By understanding God, good, the nothingness of evil is made manifest

References to “The Matrix of Handling Evil”:

Recordings by Max Kappeler:

- A-6II: Syllabus II, 1977, hours 22–23
- B-2: *The Fundamentals of Christian Science*, Class, 1970 – Ogunquit, (ME), hours 15B–16, 24
- B-3 *Christian Science Practice: a comprehensive analysis of the subject of practice*, Class 1976, Wilmington, (DE), hours 3–8
- C-1AN: *Animal Magnetism – Unmasked*, hours 2–4, 7B–8
- C-6: *Exercises in Structuring Consciousness According to the Structure of the Christian Science Textbook*, Class 1976 – Ilkley, England, hours 10–11
- G-2: *The Science of Being, as I See it Today*, Max Kappeler, Lecture, 1970 – London, England, hour 5
- X-5 *The Problem of Handling Evil*, 6 cassettes from B-3 (hours 3–8)

Books by Max Kappeler:

- A Study Aid for the Science of Christian Science*, pp. 110
- Animal Magnetism — Unmasked*, pp. 47–81
- Notes on Handling Evil with References from the Works of Mary Baker Eddy*

Books by John Doorly:

- Christian Science Practice*, pp. 328–329, 344–346, 349–355
- Talks on the Science of the Bible*, #70 “blue-book,” pp. 15–20
- Talks on the Science of the Bible*, Vol. VI “red-book,” pp. 108–110, 231–232, 289–290
- Talks on the Science of the Bible*, Vol. VII “red-book,” pp. 13–15, 16–19, 42, 83–85, 283–289

Matrix of Healing
(in Science and Health with Key to the Scriptures, by Mary Baker Eddy, Chapters I–XVI)

III. A matrix on healing

	WORD	CHRIST	CHRISTIANITY	SCIENCE
Word	I. Prayer	V. Animal Magnetism Unmasked	IX. Creation	XIII. Teaching Christian Science
Christ	II. Atonement and Eucharist	VI. Science, Theology, Medicine	X. Science of Being	XIV. Recapitulation
Christianity	III. Marriage	VII. Physiology	XI. Some Objections Answered	XV. Genesis
Science	IV. Christian Science vs. Spiritualism	VIII. Footsteps of Truth	XII. Christian Science Practice	XVI. The Apocalypse

Ideas Dissolve Beliefs

(Chapter X, “*Science of Being*” in *Science and Health*)

<div style="text-align: center;"> Idea versus belief dissolves </div>	Mind metaphysical basis versus material basis	Spirit spiritual reality versus material reality	Soul limitlessness versus limitations	Principle divine authority versus other authorities	Life immortal Life versus mortal life	Truth immortal consciousness versus mortal consciousness	Love oneness with God versus separation from God
Mind idea opposed to belief	Metaphysics, not matter is our basis	Like produces like; Mind does not produce matter	The divine Mind is unlimited; beliefs are limited	Man is the image of God; a material personality is not this image	Man as idea is immortal; mortals are not this idea	The origin of the real man is Mind; material man is illusive consciousness	Man is the manifestation of Mind, not of matter
Spirit idea is real, belief is unreal	Metaphysics is real; semi-metaphysics is unreal	Spirit is real; matter is unreal	Only the one God is real; there are not gods many	God and man are Principle and idea; they are not physical personalities	Spiritual life is real; material life is unreal	Spiritual man is real; material man is unreal	Man is born of Spirit; any other statement is illusive
Soul idea superior to belief, never “in” something	Metaphysics is above physics	Spirit explains away substance-matter	Soul is supreme over corporeality	The divine Principle is above human theories	Spiritual sense gains a higher level of existence	Spiritual consciousness must replace mortal consciousness	Man can never lose his high estate
Principle only idea has a divine Principle	Metaphysics bases itself on the Science of Mind	Spirit is the cause of substance	The one Ego is the Principle of man	The divine Principle governs the universe	Immortality is gained only through demonstration	A scientific consciousness has its foundation in Principle	Man can only work as Principle works
Life idea is exalted, eternal	Spiritualization of thought leads to eternal life	The substance of Spirit is eternal	Limitlessness is eternal	All that proceeds from Principle is eternal	Deathless life is gained through spiritual progression	Spiritual consciousness lifts us to our true individuality	Life demonstrates the immortality of man
Truth idea destroys false belief	Spiritual sense of truth annuls material truth	Spiritual consciousness annuls pantheistic beliefs	The true concept dispels the belief in limitations	Error yields to Truth	Error must be destroyed hourly	True consciousness dissolves false consciousness	The true forms of existence continue to exist undisturbed by mortal thought forms
Love idea is one with God; belief is nothing	All is the manifestation of Mind; there is no matter	Only reflections of good exist; matter is unknown	The unlimited knows no limitations	Harmony alone reigns; all conflicts are solved	When the last fault is destroyed, being is revealed and mortality is ended	True man exists always in perfection, beyond mortal illusions	Man is God’s man, never a mortal