

Outline of Lessons

in

“SCIENCE OF BEING”

**A Triune System of Twenty-Seven Lessons for
the Correlative Development of the
Individual**

1. **PHYSICALLY**—to rid yourself of all physical ailments. To increase and replenish your store of energy at will. To build up a strong, well-balanced, healthy, youthful, attractive body.
2. **MENTALLY**—to develop all mental faculties, such as Will Power, Initiative, Memory, Reason, Foresight, Intuition. To blend these improved faculties for clear, creative, successful thinking. To put such thoughts into actual achievement on the material plane.
3. **SPIRITUALLY**—to imbue every thought and act with an irresistible emotional fire. To weld body, mind, and soul into a complete and unified whole. To promote the correlative growth and expansion of these three parts of your nature, and shape them into the strength of character, poise, vitality, and courage you need to make your life pay richly in terms of Health, Success, and Happiness.

PART ONE
Physical Plane (Body)

Lesson One

Fundamental Principles of all Being. Universal Life Energy.

Lesson Two

Mental and Physical contacts with Universal Life Energy.

Lesson Three

The use of Universal Life Energy in Ancient and Modern Times.

Lesson Four

Human Radio.

How to transform a weak, ill-attuned Physical Body into a strong and harmonious one.

Lesson Five

How to use Universal Life Energy practically in Daily Life.

Lesson Six

How Universal Life Energy can be used in Business.

Lesson Seven..

How to use Universal Life Energy at School and in College, in Study and in Games, by students and teachers.

Lesson Eight

Poverty a disease. How to cure it through Universal Life Energy.

Lesson Nine

How to heal oneself and others of physical ailments and disease through the use of Universal Life Energy.

PART TWO

Mental Plane (Mind)

Lesson Ten

The Science of Mind.

Practical value of systematic thinking.

Lesson Eleven

Subconsciousness; its infinite possibilities.

The Solar Plexus—its Storehouse.

Lesson Twelve

Self-Consciousness; its clearing house, the
Brain.

Lesson Thirteen

Character Reading.

Memory, and how to develop it.

Self-Reliance; how to obtain it.

Mental Equilibrium.

Lesson Fourteen

Psychology of Success.

Lesson Fifteen

How to realize one's Desires and make them
grow into one's life by the proper use of
Mental Laws.

Lesson Sixteen

Money Consciousness and how to develop it.

Lesson Seventeen

The Thought Boomerang.

Lesson Eighteen

Intuition—its practical use; its development.

PART THREE

Lesson Nineteen

Is there a Soul and what is Soul?

Lesson Twenty

How to develop the Soul's Latent Qualities.

Lesson Twenty-one

Individuality—the Real Self.

Lesson Twenty-two

Personality—How to express Individuality through Personality.

Lesson Twenty-three

Absent Treatments.

Lesson Twenty-four

How to transmute Bad Characteristics into Good Qualities.

Lesson Twenty-five

Love the Supreme Universal Power.

Lesson Twenty-six

How to correlate the development of Body, Mind and Soul.

Lesson Twenty-seven

MAN, THE MASTER.

THE END

*Following Each Lesson Exercises Are Given
Whereby the Practicability of the
Lesson Is Uncovered*