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- 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
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- 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

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- 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
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- 8 338.2 - 339.1
- 9 339.2 - 340.1
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- 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
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- 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

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- 1 531.M 3 & 532.M 1
- 2 308.1 - 309.4
- 3 309.5 - 311.1
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- 5 312.3 - 313.1
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- 8 533.M 2 & 3
- 9 315.1 - 315.3
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- 14 533.M 4 & 534.M 1
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- 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

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- 2 258.4 - 259.2
- 3 252.2 - 252.5
- 4 477.5 - 479.3
- 5 536.M 3 & 537.M 1
- 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

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.

Rev. Edward Viljoen, R.Sc.P., is minister of the Santa Rosa Church of Religious Science.

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14	526.M 1		
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