## UNIVERSAL LAW, NATURAL SCIENCE AND LIVING PHILOSOPHY BY

#### WALTER AND LAO RUSSELL

# 1 YEAR HOME STUDY COURSE - 12 Units of 48 Lessons

### THE SCIENCE OF MAN AND THE SCIENCE OF THE COSMOS

### TABLE OF CONTENTS

UNIT 1: Meditation Scientifically Explained

Working Knowingly With God

The First Step

Meditation Defined

Creating Bodies

Awaken Your Own Genius

The Dawn Of The Cosmic Age

Knowing--Conceiving--Thinking--Idea

Taking Idea Apart

Conception Of Idea Is Recorded As Seed Of Idea

The Glory Of The Unseen And Unheard

Continuation of Meditation Scientifically Explained - Further Considering Technique

Love Is The Basis Of The Spirit And The Law Of Love Is The Basis Of Creation

The Very Essence Of Meditation

How Your Meditation Affects Others

Meditation Again Defined

Continuation of Meditation Scientifically Explained - God Is Light

Man Is Light

The Love Nature Of God

All Nature Manifests Love

How Does Meditation Help You To Create?

How To Meditate And Questions Answered Concerning Meditation

Brains Handicap Meditation

The World Of Imaginings

A Personal Word To All Students

The Pagan Age Of Man

The Cosmic Age Of Man

UNIT 2: Prayer Scientifically Explained - The Power Of Prayer

Prayer Is Based Upon Desire

Man Blames God For Man-Made Wars

Grave Misconceptions Regarding Prayer

Continuation of Prayer Scientifically Explained - Relationship of Prayer

To Meditation

Again Teach Us How To Pray

Misconception Of Prayer

The Dawning Transition Of Man

The Story of My Illumining by Walter Russell

The Story of My God-Awareness by Lao Russell

Some Effects of Illumination

The Love Cycle

Questions And Answers Concerning Meditation, Prayer And Cosmic Consciousness