

BODY

by Mary Baker Eddy

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"The term Mind and body I understand to mean God and man; man the manifestation and embodiment of Mind is the body of Mind, is the Infinite aggregation of spiritual ideas forever held, controlled, and governed by the law of Life, harmony, and completeness, so man was never born, never had a claim, never sinned, never left heaven, but is spiritual, perfect, harmonious and eternal. This understanding is the savior to our belief of understanding, is the savior to our belief of body, the law of recovery of every and any claim of error.

There is just one God and one body.

I am the image and likeness of God; no mortal mind can confine this image in a mortal body, harm or touch it in any way, Mind has set me free from every error. Divine Love fills every avenue, flows through every channel and removes every obstruction.

Man has no material body through which to express anything; his body is the body of God.

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The term Mind and body literally means God and man, for man is the expression of Mind and the manifestation of Mind is the embodiment of Mind. Therefore man is God's body and there is but one God. Body is therefore the aggregation of spiritual Ideas, forever controlled and governed by the law of Life, harmonious and eternal. This understanding of perfect body is the savior of the belief of body and is the law of recovery to any and every claim of error.

It seemed a wonderful thing when advanced thinkers began to perceive certain mental laws and to apply them to the healing of the body. This mental teaching is that man is the builder or creator of his body, that he builds or forms his body through his own thought, that he can change his body by his thought, and therefore, that if he has built a sick body by wrong thinking or ignorant thinking, he can build a well body by right thinking, that by his ignorant inharmonious thought he prevents God from manifesting, and by his true and harmonious thought he brings God into manifestation.

Of course, this is a great advance over the old drug system, but it does not go far enough to satisfy the one who wishes the whole truth and nothing but the truth. It makes the body a battle ground for

opposing and contending forces, wrong thinking tearing down, right thinking building up; wrong thinking, creating disease, right thinking destroying disease and bringing in healthy conditions, for this teaching deals only with the changing conditions of the personal mentality and not with the changeless state of being, the changeless Mind, the omnipresence. It is better than the old way, but it is a hard way, a way of constant battle between good and evil, of hard work and doubtful results, because it deals with two powers instead of one.

Practically all metaphysical teachers agree that there is one presence, therefore one power, but they balk at the next step, which is that one power must mean one activity. Omnipresence means the full presence of God as all, that God is everywhere, all the time. It means that God and his activity is all there is, not only of the invisible, but of the visible, not only of the formless, but of the formed. Therefore it must follow that the formed is as perfect as the formless, the manifest is as perfect as the unmanifest; for since there is but one unchanging creator, one activity, one power, one perfect Mind bringing forth its own perfect substance, it logically follows that all form is changeless and eternally perfect.

The body is God incarnate, God created and formed. It is God come forth within Himself and of Himself, and man's beliefs, opinions and mental concepts are not making God manifest, nor are they hindering or preventing that manifestation. Man does not create anything. He only sees that which eternally is, which is God manifest, and calls it good or evil according to his own development.

Paul tells us, not that we are sufficient of ourselves to think anything as of ourselves, but our sufficiency is of God. Our sufficiency to think is of God; our ability to form thoughts and opinions is of our own ignorance, our belief in duality, but our power or sufficiency to think is when we think with God, as God.

From this basis then, we see that man's wrong or ignorant beliefs and opinions and misinterpretations do not create or produce conditions in the body or in God's substance anywhere. Wrong thinking, which is really mental chaos and confusion itself, has no power to create. It does not create conditions of disease. The wrong thinking itself, the mental confusion and chaos itself is the condition, for the condition is wholly and entirely of that personal mentality.

There is no condition in substance, for substance is God. A condition is not a tangible something which has been created in the body by a belief of evil or an ignorant attitude. The definition given in the College Normal Class is this: A condition is that conception of Truth which is limited and temporal. It is not something which the limited conception has created, but the limited conception itself. It has no place anywhere but in the realm of chaos and confusion, the place of opinions and conclusions, based on a false premise. That there is a condition, is all the condition there is.

The inharmonious belief does not create an inharmonious condition. The belief of lack is the lack. The belief of disease is the disease. That is why the body seems to change as man's thinking changes. It is simply as beliefs of disease and imperfections fall away, and our thinking is corrected and held true to Truth, so that mental chaos and confusion no longer cloud our vision, we see the body as God sees it, as it eternally is. Then it stands revealed to us in its beauty and its glory, the

temple, not made with hands. All that our ignorance does is to affect our vision, or view of things. It does not change anything that God has made.

We do not handle substance through our personal thought to change it. We only see according to our thought, our degree of enlightenment. Walt Whitman said, "The world is jagged and broken, to him whose is jagged and broken," to him whose mental realm is dark. If one's thought is ignorant and unenlightened, it changes his vision as a cloud of mist. As he looks through the cloud he sees this world, the body, all things, distorted, abnormal and wrong.

If the mental atmosphere is dark and dense, we see but dimly and are not able to perceive the perfection that is. Man does not by mental effort bring God into manifestation, neither does he through wrong thinking prevent God's manifestation. God IS and God is manifest, and it is not in the power of unenlightened personal thought or mental effort to obstruct or hinder the activity of God, or to mar or to deface the perfection of God's creation.

The only thing that depends upon my thinking, the only thing that is affected by it, the only thing that responds to it, is my vision, my realization. I may be ignorant of the truth of the body, but that does not alter the body itself. It is whole and perfect now, not because I think it is, but because it is God manifest.

Thinking with God, as God, shows me the perfection of the body, but the body is just as perfect before I know it as after. God's substance does not cease to be perfect just because I am ignorant of its perfection, nor does it become perfect because I find out the truth. Its wholeness does not depend upon my degree of enlightenment. It is eternally perfect because it is eternally just what God is and there is no power anywhere to make it anything else. If we are looking at it through a mental fog, opinions, doubts, fears, confusion, we shall not perceive its perfection, but that does not change the body itself any more than looking at the sun through a fog changes the sun.

All the thought that the earth was flat, did not flatten the earth, did it? It just went right on being as it was, and the only thing that changed, or could change, was man's thought about it. Of course, until he reached that place, he lived as if this ignorance was the truth.

We hear a lot about spiritualizing the body through thought. This teaching regards body as physical or material and undertakes to change matter into Spirit through mental effort. Divine Science, from the basis of omnipresence, teaches that, since there is but one substance and that substance is Spirit, there is no material body. The body is Spirit now. "Except the Lord build the house, they labour in vain that build it."

Just so long as you are trying to spiritualize the body, or to heal the body through your own mental effort, just so long as you are trying to create health, you are laboring in vain, for you are trying to do God's part, to do that which has already been done.

We live in a universe of perfect form. Not only our body, but all that is formed, is literally the body of God and is perfect now. To believe that the infinite substance has been malformed through the ignorant mental activity of the individual, and must be redeemed and perfected through the same

activity, is to see not one power, but two. There is no condition in the body. There is nothing in the body to be rebuilt or straightened or healed. There is nothing to change. There is nothing needed but to see God. Stand ye still and see the salvation of the Lord. Your spoken word is not needed to make wholeness manifest, for wholeness is the eternal state of the unseen and the seen, the unformed and the formed; but it is needed for your unfoldment, for the unfolding and broadening and deepening of the individual until he realizes this perfection. Stop trying to think God into manifestation. God is manifest now. God's glory and perfection are everywhere visible to him that hath eyes to see.

All that we need to do-and it will keep us busy-is to train our thought faithfully and persistently in the acknowledgment of the truth of God's presence, train it to judge righteous judgment, to see God and God only, to think God and God only. Having accepted the omnipresence, hold to it no matter what the apparent condition may seem to be. In treating yourself, never deal with appearances or symptoms. Do not center your thought upon organs or functions. Infinite substance, power, intelligence and activity are in that place and do not need your suggestions. Do not try to formulate in thought the perfect body. Stop thinking about the body or trying to picture it as perfect from your standpoint. Our highest perception of the body today is far short of what body really is. Stop tinkering with it mentally. Loose it and let It go. Just know that it is God's body and that God is this moment and every moment forming it or bringing it forth according to His Word, His divine idea.

Jesus recognized Lazarus as an undying manifestation of God

A LETTER FROM EDWARD A. KIMBALL TO HIS STUDENTS

Dear Friends,

This written word that I am giving you is for your own individual perusal and study. It is not to be given out to others until you know enough Love to protect yourself from all belief of reaction from the seeming power of evil, and for the reason that you and I know much of Truth, we must be careful how we let it be known. It is an astounding depravity of mortal mind that shows itself in envy and jealousy concerning those who really know something that seems novel or extraordinary. We must even be careful about our testimonials in Church, for those who do not instantly understand us are liable to chemicalize and to make us trouble. We all bring upon ourselves a lot of mental sizzling by reason of untempered zeal. Hardly one in a thousand is ready for an advanced idea such as we are ready to give out even in our testimonies in Church or otherwise publicly. We must even be careful about giving this Truth out silently to patients until we have grown into a spiritual fitness, into spiritual nearness to God. There are some seeming forms of error that require lots of Love's reflection on our part for us to be able to destroy.

As Christian Scientists we miss God so much because we do not always realize that He is right with us. We have to see God through that which manifests good. Then, gaining the right idea of anything, we find God with us. We must anchor ourselves in that right thought. We must cling to Truth no matter what error may say about seeming failures. It is God with us that supplies all wisdom, strength, power and need, silences grief and exterminates all evils, and knowing this — is to be spiritually minded — is to know the Truth and to demonstrate it. When man does not know this he is simply dead.

The human body is simply a false concept of that body which in reality is the manifestation of God, or the real body, the body of right ideas, which is the real body of God, the body of Mind, which body is Man. There is one, perfect, spiritual body. There is but "one everything." This fact indicates and expresses the oneness of Mind and man's unity with this divine Mind. One God, one Mind, one Christ, hence one man and one body. If there is but one body then there is but one heart, one stomach, one bowels, one each of every organ of man and every organ or function of the body is an idea of God, that is, they represent some divine idea in Mind and all there is to man's organ is the truth about it. Man and his body are idea of Mind, ideas of Mind. God's ideas are perfect, never subject to disease or malpractice, because the law of being is perfect. No mortal law can interfere with or disturb the harmonious action or function of any organ of man.

There is but one body even as there is but one "number seven". You have it, I have it, everyone has it. There are many "figures seven" but there is but one "number seven", because "number seven" is idea, one idea. On the same principle there is but one everything. There is but one heart (one Mind), one blood (one Life). I have it, you have it, everybody has it.

How can there be "heart disease" when there is but one heart? Mortal Mind makes people believe that there are "hearts many" on the same principle that it makes them believe there are "minds many." We all have the same spiritual body, even as mortals have the same body, namely 85% water and 15% inorganic salts. Human beings seem to be different, but are they? No! all water and salt. This oneness of human being (mortal mind) is all a myth. There is but one "Oneness" and that one is Spirit. Man is the body of this "Oneness." It follows that this body (right ideas) is as sacred as Mind. It is scientific to declare that man exists at the standpoint of body. Many Scientists are afraid to declare properly about body. They constantly declare the truth about God, but refuse to

declare the truth about man and body. Man, body, constitutes the only proof of evidence that there is a God. This is my testimony and proof that there is a God. Man shows forth and is an exhibition of God, and man is body. Now this being the truth, there is the utmost need of declaring and knowing the truth about man as body. We must declare "body" and declare it frequently in order to bring out the spiritual idea about body (God's body) in order to silence and displace the material concept. There is but one body in Mind, perfect, spiritual, and that body is the body or sum-total of right ideas. Body is the compound idea of divine Mind. *Perfect rightness in thought, word and deed is the real man. Evil is a wrong sense of a right thing.* Human body is a counterfeit of the true body, the body of right ideas. Man being the body of God, there is but one man, one body, for there is but one God. I am man, the compound idea of divine Mind, the infinite divine consciousness, for man is the consciousness of God. Man is body, the infinite aggregation of spiritual ideas, and is therefore wholly spiritual, perfect, normal, complete and eternal, abiding ever under the law of Life, health, harmony and perfection in the Kingdom of Heaven.

Jesus was immaculately conceived. As we gain the right sense of body, as we gain the right idea of man and body, we gain an immaculate idea of ourselves. I am the eternal embodiment of all that is good, true, real, enduring, beautiful and pure. Is not this to be immaculate? Are not you immaculate? Are you not the son of God right now? Certainly you are when you gain the right sense of man, of body. If Mary, the mother of Jesus, could do this, surely we can. Does the divine Mind have any favorites? NO! NO! NO! There is one man, one body, one favorite. This is my beloved son in whom I am well pleased. You are that SON. This perfect body was never born, and because it has always existed, *it will never die.* This perfect body is under no law of disintegration, decay or death. This perfect body, man, has never suffered and never will suffer, it is under no condemnation on account of being falsely cognized as a human man or woman. This body (man) is neither male nor female after the flesh, both its male and female is in Spirit, for it manifests the divine completeness of our Father-Mother God.

There can be no displacement or disease of any organ (idea) of this body, because every idea is held under divine control. These so-called physical organisms are the false material concepts of Mind's spiritual ideas, qualities.

Disease is an error about body, and a specific idea of Mind is necessary to correct or dispel it. One Infinite *Mind* and *Its Ideas* constitute the whole of being. There is *ONE* infinite Consciousness, wherein the infinite aggregation of Mind's ideas manifest activity, constitute the *ONE* body or the embodiment of Mind. We have the same Mind that God has or *is*. There is one infinity of body, and that body is our body. All the things of body are eternal, complete, perfect and perpetually active as ideas. The law of Mind to body is the law of perpetual, harmonious action. Body will always be body, it cannot fail, be sick or change. It is the manifestation of vigor, vitality, strength, power, force, and perfect impulsion; and the divine law unto it is the law of strength and normal action. In your treatment if the only sense of body is the right one, then there is no body that is sick or can be sick. The right sense of body enables you to put out the belief that body is the private body of man or woman, and is one that can be sick, or contains place or substance that can be sick. Now then, it may be seen that if you were in a belief of disease because of malpractice, the knowing of one body would be sufficient to break the claim, because malpractice could not act where there was not belief of a material body.

In our treatment of the so-called sick we must declare the facts about body. Even in the human mind there have been several authorities that have declared that there is no physiological reason why the body of a human being should die. They referred to the capacity of the body to renew its tissues and functions, and believe that this would go on indefinitely if it were not that the eliminating process becomes defective. Now that which most disturbs the integrity of the eliminat-

ing process is anger, hate, fear and other similar beliefs. Read Prof. Gates' article on page 268 in the *Life of Mrs. Eddy* by Sibyl Wilbur. This shows how different mental conditions cause different physical changes to take place in the body, affecting its welfare, which the body tries to eliminate, but cannot on account of the weight of wrong mental government of the body due to false thinking. When the process of elimination is not perfect or complete, the claim is that there is a retention of impurities or morbid poison (animal poison). We must declare that the law of Mind is the law of elimination to the false belief of deficient elimination, and to the belief of morbid secretions. This claim of deficient elimination you can see becomes an avenue for the claim of malpractice, operating through the so-called law of materia medica.

Everything is complete and perfect in the divine Mind, and we do not have to do a single thing to man, body. But what we have to do is deny the lie about God, man and body. Our treatment has nothing to do with a man, woman, a child, or any corporeality; all we have to deal with is a false belief or law of mortal mind, erring beliefs, not persons. If our treatment has a physical person in it then it has a body that can be sick. The only treatment that is entitled to heal is the one that has no thought or admission except the one infinite body. We must realize that the patient is neither person, place, nor thing, but is simply a suggestion or claim that man is material and is sick. Do not be afraid to leave the belief of a personal patient out of your treatment. Christian Science treatment has nothing to do with the mortal self, because it is simply the utterance of spiritual truth concerning the truth about God, Life, man, body, substance, presence, power, law and action, and a calm, quiet, peaceful announcement that error is unreal and without substance, law, power, or presence. The simpler a treatment, the better; it does not have to be labored.

The human body is an error, a false concept, but the belief of a sick human body is a double error. Now destroy the belief of a sick human body, and you still have left, in belief, a false conception of body, minus the supposed action of disease. This is certainly better than a double misconception, and from this improved belief, like Jesus, we can go on into the ascension of body, into our real self.

Salvation comes to us only through right mental activity, the Mind of Christ, Christian Science is God, this Science is the operation of God, but it must have an operator, and Christ is the operator. Christian Science is always ready for operation in our behalf, but it will never operate for us throughout all eternity unless we operate it. We must be Christ in this respect, for we are God's operator in our own behalf. God is law. In this we become a law to ourselves. Our treatment is really Christ, it is the utterance of the law of God unto the case. When we give treatment either to ourselves or others, it is the Christ, uttering the truth about everything regarding the so-called patient, or in other words, "man". Our treatment is Christ, and it is the same Christ that raised Jesus from the dead, that raised Lazarus and others, that was with Jesus when he stood upon the stormy wave of Galilee, that took him through closed doors and through space. When we know this we feel no responsibility regarding our treatment, it is up to God and to His reflection, that does the healing, therefore we heal when we are God-governed. God is of purer eyes than to know evil, therefore He does not know that there is anything to heal. He leaves this to "reflected Mind". God tells us to preach the gospel and to heal the sick; in other words, He tells us to reflect His Mind, which is the only Mind there is. Certainly when He tells us to do this, He would not withhold from us the power to heal. This is why I now feel no responsibility, no anxiety regarding my treatments. It is not up to me; it is up to God and to His Truth (Christ) about everything. Unto us a child is born, unto us a son is given, it is up to him, his is the responsibility, and so forth, the government is upon his shoulder.

Evil thoughts are powerless when met with Truth, but we must constantly declare the Truth. We must have confidence in our declarations of the Truth and rest in the assurance of Truth's

certain triumph. In *Miscellaneous Writings* Mrs. Eddy says on page 55 the "Opposite to good, is the universal claim of evil that seeks the proportions of good" and so forth. From this we see that evil claims to act as law, even as the divine Mind actually does so. No one is sick always because of their own personal belief, for evil is not personal, either in you or me or anyone, but it is always a law of mortal mind at work supposititiously. In the divine Mind everything is governed by law. Now in mortal mind not a thing happens but what is caused by the belief of law, claiming the same as divine Mind, to act as law. You see we do not have to deal with human belief as a special thing, that is, as a special personal belief of someone, but we have to destroy a false law of mortal mind acting through human belief, that is, a law that has been constituted by general human belief. You see, these laws are finite aping the divine law. Our treatment must smash a mortal mind law in every instance. Quit handling personal belief, or the patient's belief, he has none. If you think so, you will fasten this belief upon him. It does not belong to him, or to anybody. It belongs to the claim that "life is in matter", and this is the origin, the cause, that needs to be handled, and not so much the belief. Treat cause and not effect. (*Materia Medica* treats effect always). Never treat a pain, nor even a belief of pain, there is no such thing. Don't fool your time away. Know what pain is, it is simply an effect of the belief that "life is in matter".

Say to pain; I know what you are, you are neither pain nor a belief of pain, you are simply a belief of life in matter, you are nothing but false argument, a lie of belief without a believer. I am spiritual, I am not material, therefore I am immune from you and am not afraid of you, so get out — get thee behind me, satan. Such argument destroys the belief and effects of pain. It cannot exist under such treatment and handling. Such knowledge of error is really Divine Love bearing witness to the Truth, it heals instantly for this is the truth about it and *YOU KNOW It*. An error seen in this impersonal sense is quickly destroyed. Keep at it until you demonstrate your power (God's power) over all mortal laws and beliefs. Mortal laws, that is, mortal beliefs act as law and touch us more or less, unless we bar the door of thought and know that they are powerless, nothing. You must recognize all error as operating through supposed law, see its claim, as such, and so forth. It is for this reason that error seems to have power, because it claims to operate as law. Law is all that has power. Error seeking the proportions of good always claims to act as law, just as Mrs. Eddy says in *Misc. Writings* page 55. Mental malpractice cannot make a law to annul God's law. Do not care who may be holding the belief, who thinks about you, or what they are thinking or believing; recognize this as false argument coming from the belief that life is in matter. When you see this and declare it persistently, this is the operation of Christian Science and its sure effect. The operation of Truth is going on for us when we operate it, and never at any other time.

God controls our body, the body of right ideas. Error can do nothing to it. God is all that there is to us. Take everything away from error and know that all things belong to God. Man is spiritual understanding. Stop believing evil of yourself. It is not you, it is simply false argument trying to discourage you, trying to make you believe that you cannot treat, that your work is in vain, and so forth. Remember when "the smoke of battle clears away" and so forth, as Mrs. Eddy says. You have nothing to do with false arguments, they cannot disturb you or your mind or body, they can do nothing they are trying to do, and you have no ears to hear them, nor a mind or body upon which they can depict themselves.

God is the only substance. Declare that there is no mental argument in the guise of law, that is, so-called material law, Orientalism, and all that it implies, R.C. laws of mental transference, materia medica, false theology, hypnotism, aspostate thought, priestcraft, vibration, astrology, or any phase or form of false teaching or false healing, and so forth. Every claim of evil that comes to us must be made the stepping stone to go up higher. The more that comes to us, the faster we are climbing out, and intelligence is meeting it all for us. It is well to remember that fear is always about something that is unreal, that has no real existence and can never hold a place in our consciousness.

Animal magnetism has no source, no power, no presence, it never made a channel of anyone, it has no existence and is not to be feared. Our word is God and it goes forth with power and cannot return unto us void, but prospers. Born in consciousness, it is eternal. It casts out, rejects and destroys the liar and the lie, the father of all evil, that is, the universal belief that life is in matter. Know this – my consciousness cannot be read or disabled, nor manipulated by R.C. priestcraft, or any other craft, ism, ology, or human cult. And KNOW IT. All power, law, action, is spiritual and any false claim governing in belief, is rendered null and void by the Law of God, and WE KNOW IT.

God is the only substance of man. That substance cannot absorb, secrete, accommodate or manifest poison. Love and Truth govern the entire universe, system, business, disposition of men, women, and children. God is our disposition, temperature, and so forth. Evil cannot operate as law, to disease or disable man. There is no injustice, dishonesty, ingratitude, nor erroneous influence from Christian Scientists. There is no belief of thought apostate from Science, no demonology or black magic, animal nature or impure thought. No betrayal or telepathy of thought or any false thing, nor error that can operate as law, or as a law or disorder, disease or fatalism to men and we know it. Therefore, WE ARE NOT AFRAID.

Know men no more after the flesh, know man in his spiritual individuality. All that the senses seem to see today, simply came and still comes through belief, and that is why we seem to be flesh, to have material men and women, a material universe, sin, disease, death.

The father of all lies is the belief that “life is in matter”. This is evil's Daddy. Out of this universal belief of generations and generations of wrong thinking, spring two primary beliefs – first, the belief that there is substance apart from God and second, the belief of this supposed evil and its action. If one believes that there is substance apart from God, he naturally has to fear that he will love that substance; then from this offspring, these twin children of this Daddy, comes the fraud that Mrs. Eddy has termed “animal magnetism”, namely, fear in all forms, envy, malice, hate, anger, resentment. Oh, everything diabolical, you know them, you know their nature and action. Animal, because all is based upon matter, mesmeric in action, because they mesmerize you into believing that they are real. When feeling any of these beliefs, one always fastens them upon a person or object, if you didn't you wouldn't be conscious of such; then is illustrated the action of evil, person or object. Animal magnetism is really mental malpractice, wrong mental practice, but it has now power or authority to make laws, WHEN WE KNOW IT, for men or anything. Mental malpractice itself is a belief, because there is but ONE MIND. It is a myth, and the sooner we stop believing it the happier we will be. Mrs. Eddy likens it to a mist or cloud, the mist of Genesis. Our persistent declaration of Truth acts as a ray of sunshine dispersing the darkness of error. When we have denied this error and have declared God's power and presence, knowing the universal reality of that power and presence, your responsibility is over. LOVE DOES THE WORK.

Quit treating disease, matter, and so forth, even beliefs. In most instances handle animal magnetism operating through human belief as law; in this you will soonest strike at the cause – and stop working upon effects only. A Scientist is sick as a result of mortal law, not belief always, for he knows above all people that there is no disease and he does not believe it. As a rule, handle mental malpractice alone when a Scientist needs help and his so-called claim will be met, for he knows there is no disease, and it is mental malpractice that causes his depression, and so forth. I think you understand what I mean.

There is no material, personal patient; only false belief to destroy. It is not the patient's belief, or your belief, or anyone's belief. It does not exist, nobody has it. It belongs only to animal magnetism. Animal magnetism cannot talk to God, nor to man, nor to anything but itself, in belief. It is animal magnetism that suffers and reports, never man. And error within one, will become a magnet to attract animal magnetism unto itself.

Lift up the Christ and you will draw all men unto you, but you will never attract any phase of animal magnetism. Have confidence in you treatment and its results. Know that your declarations are true, and that they will do the work. Your treatment is the word and power, presence and action of God. You cannot be mesmerized to doubt its sure effect and power. There is no law but that of God.

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Release your career, your destiny, and your daily routine from all entanglement of evil. Be not entangled again with the yoke of bondage, says Paul. When you do not know which way to turn, GO ON. Utter the word of God, declare it faithfully, know that it cannot return unto itself void. The coming of deliverance from evil is an inevitable event, it may seem to be delayed, but it is sure, for right thought must and will externalize itself. How much power has a treatment? It has all the power there is, it has all the power of the universe back of it, and it has God back of it.

Know that you and your patients have infinite opportunity to recover from all disease and any error. Unless we know this, we and our patients have no more opportunity to recover than what mortal mind law says we have. You know what materia medica says; he hasn't one chance in a thousand to recover. Know better, know that man has one thousand chances in a thousand to recover, always infinite opportunity for recovery. This is important, know this constantly. Give your patients an underlying understanding to support them, says Mrs. Eddy. In other words, give them infinite opportunity to recover from all error. Break this law of mortal mind, do it quickly, and don't be 49 of 59 years in doing it. I may have told you this before, but if so I will tell you again: If you are ever in doubt or perplexed as to whether you are hearing the voice of Truth or of error, you may always use this guide to a conclusion: If there is any doubt whatever as to your course as to any problem, you may know that it is animal magnetism and not the voice of Truth. Truth is peaceful and certain, it leads with a loving hand, it never pains, nor causes discouragement or doubt, to him whose affections are fixed upon God. Don't harp so much about the "famished affections", you are not starving, God and I love you, what else do you want? If there is one single God idea upon this planet today that knows the Truth about you, be satisfied. But as long as there is one human being besides yourself left upon this planet, don't forget to handle animal magnetism.

"God and I" is the Oneness of Spirit, and is the only reality of existence. This "God and I" is the "Love one another" that the beloved John has reference to in his wonderful Epistle.

Intelligence demands that we destroy the sense of sin and not whine over it, and not perpetuate it by mourning over it, and distracting ourselves over that which never happened, only in belief. Refuse to dwell on the past. Our demonstrations in Christian Science, no matter how little they have been or how few, yet they prove to us that our names are written in heave, and that we were actually created by a God who is real, and who is the one and only God there is – hence we know by this that there is no other power, and no other desire upon our part. DON'T WORRY SO MUCH ABOUT THE "FAMISHED AFFECTIONS". God is our husband. Read in Isaiah 54:5. He will manifest Himself to you at the right time, when you are most starved. God hath not given you the spirit of fear, but of power, and of love and a sound mind, and so forth. Never admit that you are afraid, this is a lie. Neither are you a sinner, and you waste time in contemplating yourself as such, there is no condemnation now or at any time. The Truth will find its way gently to us, and to our understanding, it will lead us to relinquish the desire and affection for all that is unlike good, God.

Do not be discouraged because the claims of belief are not always met in each specific instance. The risen Christ in our consciousness would be but briefly honored by us if we allowed evil to discourage us to the extent of not continuing our work in a definite and determined way, or because our understanding was seemingly not equal to overcoming all the arguments of error. Because you are consciously conscientious, malicious error will endeavor to reach you through this sensitive avenue, always think what God knows about you.

Man's Mind is God, scientific Mind, it is eternal. God has chosen us, not we Him, and we are good enough to heal and we know it. We have God's responsibility back of us, and we cannot fail, and we can do the work of resisting all false beliefs. Know that there is no belief in any law of horoscopy, fatalism, astrology, clairvoyance, to govern the life and affairs of man, God's man, neither his body nor his thoughts, that their false beliefs cannot act as law to govern the man whom God has made. These beliefs do not exist as law to govern humans, nor their health nor any of their affairs.

The Law of Divine Mind removes all belief of stoppage or stagnation of functions or organs of the human body; it eliminates all impurities, poisons, gases, accumulations of stuff, and equalizes the action of secretion and excretion. The law of Divine Mind is the only law of our being, and the only law to all that is called the human body. Mind is all, and cannot be stagnant. Light cannot be perverted to kill through mirrors, for light is a symbol of the only Mind. (Through this false belief, electric waves, so-called, cannot be produced). The claim of hypnotism is powerless to promote any law against Christian Scientists. Digestion is an activity in Divine Mind, not in matter.

Blood is a divine idea of God and cannot be poisoned. Throat, the only one throat there is, is an idea in Mind, it is always right, clear and perfect, and cannot be diseased. Eye, ear, foot, all and every idea, is divinely active and safe in divine Mind and YOU KNOW IT. Malignant mental malpractice cannot act through a claim of ecclesiasticism (Priestcraft), hypnotically associated with electric currents, vibration, polarity and so forth to cause anything, death, hell, disease, or anything else to the human body or to man. There is no psychic anathema, no ecclesiastical curse, that can wreck our life and destroy the harmony of our home, church, or create any discord or disturbance among Christian Scientists.

There is no substance to be sick, material or otherwise, no cause for disease, and no law to enforce disease. Declare all good, declare persistently the Scientific Statement of Being. This breaks the belief that men are or can be sick. There is no law fettering those who are seeking Christian Science treatment. There is no cessation of right ideas, no lull or period of inaction, hence no constipation. Evil as belief is being constantly overcome. Truth is ever-operative when we operate it, this much is up to us, Christ will do the rest. God rests in action, His Christ, that is Mind's reflection, does the work. God's work is done, it is finished, we are His. There is one body, this body is perfection in identity, beauty and so forth, for it reflects God.

Malicious animal magnetism cannot operate to suggest or produce doubt, fear, or irritation in a Christian Scientist. We have a right to demand of Mind the uncovering of all error. Science requires this and if we trust Truth, Truth will surely do it, without us having to always know the error. It is Truth, and not we, that does the uncovering, in this manner the lie cannot turn upon us. LISTEN — if you ever were silent before God — LISTEN — mind is ever imparting perfect modes of expression to the mentality of mankind, so that it outlines beauty, form, grace, color, symmetry, refinement, delicacy, BEAUTIFIED BEING. We lack nothing.

We, as Christian Scientists, you and I, should not be half a century breaking so-called laws of mortal mind. We must be correct in every word. Our treatment must be correct. Incorrect work has been known to result disastrously. True thinking does the work, and right thought will externalize itself. All that mortal mind can do is believe, and its beliefs, all of them, are lies; mortal mind is a liar. Deny the claim that mortal mind is a law-maker. Handle the claim that Christian Scientists and their patients shall have a return of old beliefs, or that they shall have irritation of the mucous membrane. Handle the claim constantly that you cannot heal, YOU, God's you. Handle the claim that your treatment shall be reversed, or that it shall have an opposite effect from what is intended.

No hypnotic treatment or suggestion can be destructive to Christian Science treatment. Handle moral questions as well as mental and physical. The realm of disease is the realm of mesmerism. A claim is always a lie of belief without a believer.

Supplicatory prayer or intercessory prayer or curse, or the claim of ecclesiasticism (priestcraft) cannot hurt, harm, or invade your divine rights of health, happiness, freedom, usefulness and prosperity. It cannot affect your environments, such as business, social, domestic, or other relations. It cannot manifest itself as disease, accident, death, or discouragement in any form. It cannot depress you or use your consciousness.

God is the "I AM" — you are His son, therefore you are the "I can". "I can do all things through Christ which strengtheneth me."

Communion with God is treatment. Declare the Truth frequently, and don't forget to handle error carefully. Do not believe pain and handle animal magnetism, but uncover animal magnetism and handle it. Pain is simply an effect, and never needs treatment, neither the belief of it. We think we know this, but when seemingly suffering the belief of it, it is really a question whether we know it or not, especially if a loved one in the family is seemingly suffering the belief of pain. Sit down by the bedside and actually KNOW this truth about pain, and you will destroy it. There is no thinker inside of a person. Body is not self-acting, and cannot feel, suffer, or enjoy. Mind does not suffer. Pain is not your belief. Whose is it? Nobody's. Where did it come from? What is it? What is pain? Pain is not even pain, it is not a belief, it is no thing, it is simply one of the seeming manifestations of the false belief that life is in matter. This makes it very remote from our environment, actually removes it from our thought, our consciousness, as ever being a reality or having any power.

Tonsillitis (belief) is really the abscess of priestcraft, malignant poison, malignant malpractice, seen thus, it becomes powerless, cannot act upon mortals, or upon their bodies, as law.

If you handle error as a lie, you do not always meet the case; handled as malicious animal magnetism you meet it. A lie would imply anything. Then wondering why the demonstration is not made is animal magnetism. If you become nervous, in belief, when giving a treatment, stop and handle vigorously malicious mental malpractice, for it tries to get you to stop and argue with it as a claim of nervousness, or anything else, but to know that it is malpractice. You see it is vicious — malicious — in this manner.

Animal magnetism is a lie of belief without a believer. Animal magnetism cannot present itself to you in the guise of contagion, lack of time, lack of patience, lack of funds, or any other lack, materially, spiritually, or physically, for God is the source of all your supply, and this supply is never limited. It cannot present itself to you as disturbance in your home, as a companion undesirable, as suffering children subjected to constant contagion, infection, accident, or see them manifesting malicious hate and so forth.

The claims of disease, nervousness, weak back, contraction or poor circulation, have no place in you, these belong to animal magnetism. The acceptance of a material body or personality apart from Mind is but the engine of mental malpractice and does only mental malpractice work. Malicious animal magnetism cannot hide your work from you, or make you feel failure or lack.

God gives to all his children all they need at all times; this supply cannot be hidden from you by animal magnetism. You are free born, not in bondage to anyone or anything. Divine Principle LEADS YOU. All disease is an untruth, brought on by animal magnetism — universal false belief acting as law, therefore it is animal magnetism that is sick, not man.

Your life is hid with Christ in God. There is no law to hold you in bondage to lust or sensuality of any kind. Error is mindless, powerless, speechless. There is but one Mind in and near you. There is no personality in the Kingdom of God. Therefore error has no power to enforce or inject into your thought any mental poison, or set in motion any law of action that can interfere with Truth and Truth's demonstrations anywhere within the radius of your thoughts.

God for you is absolutely all at this moment and at all times, now claim your dominion.

Edward A. Kimball

BODY by Bicknell Young

So-called material things are never entities, never existing things. They are figures or symbols, standing for true value or for divine ideas, just as the figure or symbol “2” stands for an unchanging value in mathematics, or a note or symbol “do” stands for an eternal note in music.

As students of Christian Science, we understand that these figures or symbols that seem to constitute man or body are not the way false sense or educated belief is interpreting them. Everything that constitutes man or body is as it is in Truth . . . expressions or forms of the divine. In music or mathematics, we use the symbols or figures, but all the time we are considering the eternal verities or divine ideas just at hand.

There is a woeful lack of understanding among Christian Scientists in regard to their present body. This lack of understanding of our body keeps us from showing forth better bodies. If we wish to heal quickly and permanently as Jesus did, we must understand our present body as body is. And it is essential that we practice this understanding in order to give the world the true sense of the body Jesus had.

All down the ages, our present body has appeared to us to be matter, and improve our body we have endeavored to improve matter substance with matter. This is clearly illustrated in the woman of today. Woman, being the more spiritual sense of the so-called mortal, is endeavoring to improve her present body and make it more supple, youthful and beautiful. In doing this, even though not understanding the principle involved, she is showing her innate spirituality or improved belief. Materiality has laughed at these endeavors, but woman has persisted, and is winning in her desire for a perfect expression of her thought.

In the practice of Christian Science we spend much time in gaining a true sense of body. With the revelation of Christian Science we begin to consider the body from a metaphysical standpoint or from a state of mind somewhat illumined with the facts of divine Science. From the standpoint of metaphysics, we do not deny our body because it seems material to us, but we do deny our human, material sense of body. We keep our body and we understand and affirm that our body is an eternal verity, intact here and now as it is in Truth - - the one eternal body, the forever embodiment of divine ideas. The false appearance of false material sense that we call body is not body at all, but is a misconception of the one eternal body at hand. How many of us are willing to be “absent” from the limited material sense that we call body, and to be “present” with the true sense of body that is spiritual, painless, harmonious, Mind-governed and Mind-sustained.

Christian Science came to this age to restore to us our rightful heritage – a divine sense of body. Christian Science does not take away our body,

but it gives to us a divine sense of body. It restores to us our heritage of divine embodiment, the same sense of body Jesus had.

It is right to expect that those of us who earnestly study and strive to apply the teachings of Christian Science should show forth the effects of this effort in better bodies -- bodies exempt, in a measure, from age and decay. Why are we so slow in showing forth better bodies? It is because we deal with the misconception of our present body -- we deal with the figures or symbols as though they are body and fail to consider the true character of body, the embodiment of divine ideas. We fail to demonstrate a more perfect sense of body because we do not understand body, as body really is.

To the senses of the disciples Jesus' body was material; but Jesus had the true understanding of his body. He said, "Spirit hath not flesh and bones as ye see me have." (Luke 24:39). Jesus understood that he lived in Mind, or Soul, and this understanding gave him flesh and bones that were not material, but divine ideas. This understanding of body, as the embodiment of divine ideas, enabled Jesus to demonstrate over sin, sickness and death.

Let us consider for awhile some of the misconceptions about our present body, which keeps us from showing forth better bodies, and keeps us sponsors of this twentieth century, from giving to the world the true sense of body that Jesus had.

There is an almost universal misconception that the body governs Mind. This misconception says that if there is an inharmonious experience such as pain, weariness, sickness, disease or accident that all these seeming experiences originate in the body. The very reverse of this is true. Yet it is the last lie that "must by its own consent yield to Truth." (S&H 152:1).

Our textbook informs us "the material body manifests only what mortal mind believes, whether it be a broken bone, disease, or sin." (S&H 402:18). Again it says, "Man thinks . . . when he is sick, disease controls his body to whatever manifestations we see. But the fact remains, in metaphysics, that the mind of the individual only can produce a result upon his body." (Christian Healing 6:18-22). And, since there is but one Mind, our Mind, then this Mind governs our body wholly and spiritually.

Another misconception about our present body is that all functions such as hearing, seeing, breathing, digesting, circulation, and elimination are carried on and are dependent on the formations or organs that constitute the human body. Now, the fact is, these so-called organs are here as eternal infinite ideas of Mind or Soul. They are not organs, but infinite ideas, and what appears to be the functioning of these organs: the knowing, seeing, breathing, digesting, circulation, and elimination are not operations of the so-called organs, but are the conscious operations of Mind or Life itself.

Let us turn from the misconception about body -- turn from the figures or symbols to a true estimate of our present body, and our present functioning. We all believe these truths about our body and its so-called organs and functions, but to many of us, they are as yet remote and something to be consciously attained at some future time. But the fact of our spiritual body is here eternally and should be demonstrated in our present day living as the only body here.

Another misconception that we are to dispel from our consciousness through metaphysical work is that our present body evolves and manifests disease. Our so-called material body – the figure or symbol – is a state of belief only. Body, the embodiment of ideas, does not form disease. Body does not form or manifest anything in or of itself. Body is forever immediate with Mind, and represents all that Mind is being, consciously, actively, and eternally.

For our body to experience disease, disease would have to be a sense experience in Mind or Consciousness. But Mind or Consciousness is infinite Truth, and this fact excludes any false limited belief in a diseased body. Matter and disease are never conditions; they are states of belief only. Matter and disease are as much a state of belief about our real and only body as $2 + 2 = 5$ is a state of belief about the fact that $2 + 2 = 4$.

We should understand that materiality does not lie in the things that we call material. There are no material things. What we call material things are in reality thought which Divine Science translates as ideas of Soul. Everything that exists is pure thought -- the thought of God or Mind.

The materiality that we think we see is entirely in us; is entirely in the observer. Our false sense of education dulls our vision as to what is actually present. The temptation to believe that things are what they appear to be, suggests itself to the mentality of each one of us. Jesus is recorded as saying, "Watch and pray, that ye enter not into temptation." (Matt. 26:41).

There is no need to watch and pray to be protected from temptation to believe that what arises in consciousness is material. The temptation always present for us is to accept what we think we see, in the way educated belief defines it, instead of dealing with it as it is in Truth.

We should never argue with a patient about his so-called material body, as though it were something real and filling space; but we should argue against his belief or illusion about body. His body is as it is in fact and universal. It fills all space, and is not at all the way it appears to be. The false appearance that seems present is the counterfeit of the one and only infinite universal body always at hand. Body is eternally as it should be, but many of us in our practice attempt to heal what is belief only.

When once we know our present body as body really is, we shall not want to heal it. We shall not be tempted to believe our present and only body is the way finite sense interprets it. We shall not be tempted to deny the omnipresence of Mind's body – the embodiment of divine ideas simply because our false educated belief calls that which is at hand material and diseased.

We never try to rid ourselves of the disease that seems to be present in our so-called material body. Instead we rid ourselves of the false beliefs and aggressive suggestions that our present body is material and diseased. There is no connection between the so-called material body and God, so that God could heal it. To God, the so-called material body – the figure or symbol – does not exist at all. God reveals Himself as one infinite universal divine body – the embodiment of Himself and this body is whole and perfect. Body is the immediacy of Mind is wholly spiritual.

There is no disease to consume, or to infect, or to subsist on man or body - the embodiment of divine Mind. Man or body - the embodiment of divine ideas is never acted upon by fear, anxiety or discouragement, through thought transference, or through any other misconception of mortal mind. As the reflection of eternal Life, or infinite Omni-action, man or body is eternally acting and functioning in accord with God, Life.

Our textbook says, "Eradicate the image of disease from the perturbed thought before it has taken tangible shape in conscious thought, *alias* the body." (S&H 400:12). And our textbook also tells us that it was Blondin's belief that he could walk the rope over "Niagara's abyss of waters" that "gave his thought forces, called muscles, their flexibility and power". (S&H 199:25).

Therefore, when we as metaphysicians say the word "body" we do not think of body as material, but as conscious thought or thought-forces. And when we wish to improve our body, we improve our thought.

Another misconception is that our so-called material body is real and tangible. From a false material standpoint, our body does seem tangible and substantial to us, but through our treatments, we all prove that our so-called material body is illusion only, and as matter is intangible. From the standpoint of spiritual sense, our material body, being belief only, is absolutely intangible.

Whether our body is tangible or intangible to us depends upon our viewpoint – depends upon whether our mind is illumined or un-illumined with Truth. When we estimate our present body as being the eternal body of Mind or Soul, no matter how it appears, then our present body is divine to us. Our body remains always the same; it is our sense of body that changes.

Another misconception that many of us carry along is that our body dies. Now, Mind or Soul and its embodiment or body can no more be separated from each other than the sun and its light can be separated. Body is phenomena. Body or phenomena is Noumenon of Life reflected in spiritual existence. Since

noumenon of Life cannot die there is no phenomena called death. Noumenon and phenomena is one inseparable being. No matter what the false senses tell us, our present body can no more die than our present Mind or Soul can die.

The misconception of mortal mind tells us that our body dies, but if we accept this lie about our body, we are not Christian Scientists. By reversing this misconception called death, we arrive at the fact of Being, and learn that our body, being inseparable from Mind or Life, lives eternally.

In the "Acts of John" translated from the Greek, John asks Jesus, "Master, is there any material body?" Jesus answered, "The saints believed that their bodies were fashioned of clay, and by reason of such believing have been betrayed to death." Are we not, in belief, being betrayed to death when we believe that our body is matter and can be separated from Mind or Life?

Death could not occur, even to our material senses, were it not for the false educated sense or belief that Mind or Life and its spiritual embodiment or body can be separated. Mind or body is one inseparable entity existing eternally.

There is another prevalent misconception entertained by many Christian Scientists that says mortal mind can affect the body. It claims one human mind can influence another and in this way affect the body. But our textbook tells us "we rarely remember that we govern our own bodies. (S&H 402:21). And in Miscellaneous Writings (83:12) "No person can accept another's belief except it be with the consent of his own belief."

Therefore, when we accept in our thought, the misconception that another's thought can affect our body through thought transference, it is mortal mind's false belief that we are entertaining. The lie of mortal mind is seeing and feeling its own images of thought, but believes these images are formed in and of another's thought.

The function is to see like a mirror. Our body enables our mind to see its own images of thought and in this way correct them. So-called mortal mind, that we sometimes entertain as our thought, would be removed as easily and as quickly from our body as we remove the image from the mirror, were it not that this mortal mind that we entertain is a state of self-deception and believes that the trouble is in its body, and its body must be healed.

The mental malpractice of mortal mind and its aggressive suggestions would entangle (our) body and deface the tablet of (our) being. (S&H 226:26), and then mesmerize itself into believing that the material body is doing all this in and of itself.

Many persons are trying to take the trouble out of the body by treating the body through medicine or through metaphysical practice instead of uncovering in the mind the false images of thought and casting them out of the mind. When the false thought is removed, our body is found to be our divine body already whole and perfect.

Let us bear in mind two points. First, everything has its source in Mind, and is the immediacy of Mind. We receive nothing from the body consciously or unconsciously. The function our body is Life – the function of the mirror, i.e. to give back to our mind its own images. Second, we see and feel the qualities and contents of our own Mind, and we are to see these qualities and contents, not according to false educated belief, but as they are in fact of Truth.

Jesus brought forth his body from the tomb and later appeared to his disciples through closed doors. Jesus could do this because he had translated his material concept of body back to universal Mind. Jesus' body was where his thought wished it to be. And so we translate our concept of body back into infinite universal Mind; our body, being immediate – with Mind, will be at our service, just as much as the multiplication table is at our service.

Jesus understood his body as the language of Mind – as His conscious communion with Mind. And today, our embodiment of ideas, our conscious communion with Mind, is perpetually giving to us the “beauty of holiness, the perfection of being, imperishable glory.” (S&H 253:2-3). This language of Mind is the body that Jesus had – the one body, the body that is our body, eternally.

"When from the lips of Truth one mighty breath
Shall, like a whirlwind, scatter in its breeze
The whole dark pile of human mockeries;
Then shall the reign of Mind commence on earth,
And starting fresh, as from a second birth,
Man in the sunshine of the world's new spring,
Shall walk transparent like some holy thing."

(Misc. Wr. 51:22-28).

My true self is spiritual, the emanation of Life.

The end.

ASSOCIATION MEETING, 1938

Body

At last year's Association there was read and discussed a paper on the subject of "Body" and many times since then I have been asked either to re-read that paper or give something further on the same subject.

In giving the lesson "Body" last year, it was my hope that it would prove helpful to those who were making the mental adjustment from the FALSE CONCEPT THAT THEIR PRESENT BODY IS HUMAN OR MATERIAL, to the understanding that their present body is divine and spiritual.

And today my hope is that this lesson on "Body" will help all of us to give up some of the misconceptions we have concerning our so-called human body and its functions which will help us establish in our consciousness the spiritual ideas that are the FACTS ABOUT OUR SO-CALLED MATERIAL ORGANS AND THEIR FUNCTIONS.

We should be alert and daily spiritualize our thought about our present body, because the belief is very prevalent that the body is separate from the mind, and that the body in and of itself performs all functions; whereas, it is the God-Mind that consciously performs all functions that appear in outward manifestations to us as bodily functions.

Many of us fail to make practical the fact that our present mind is not in our body, but our present body is embraced in our mind. We fail to recognize the fact that our present body is either the phenomena of right ideas, or the phenomena of false beliefs. And we fail to recognize the fact that we individually govern our own body and delineate upon it either right ideas or false beliefs, whichever we are entertaining in consciousness.

Mrs. Eddy teaches that when we fully understand the eternal relation of the oneness of MIND AND BODY we will overcome sin, sickness and death. But to accomplish this overcoming we must understand the divine fact of our present body and mind as ONE ENTITY.

The student of Christian Science recognizes the supreme value of a correct sense of this present body. He knows that his body gives evidence to his mind; that his mind would be unexpressed or unknown without his body; and that his body, which is the expression of his Mind, is as mental as his mind and is coincident with his mind.

Man does not have body. Man is the body of the one Mind. Man is Mind and body as one being and when correctly understood man, or body, is immortal. The body I am here and now, that I refer to as “my body”, when correctly understood, is wholly good and spiritual BECAUSE IT IS THE EMBODIMENT OF THE ONE GOD-MIND.

Many students consider their present body as material, and then declare there is no matter; or they believe their present body is material and for that reason they try to get rid of it. But what appears to us, as matter, is a spiritual fact imperfectly known. Our present body is now just as God or Mind made it, and is mental and spiritual. Our present body identifies our God-Mind and is as eternal as Mind. It is our false material sense of body, only, that needs to be corrected.

Our so-called human body seems to be finite and material, but when correctly understood, according to the revelation of divine Science, our so-called human body is spiritual and is the only body at hand. We understand that the so-called human body and all its functions are divine facts and divine operations expressed;

and, if they appear human or material to us it is because they are seen thru the lens of false material sense, or because of our ignorance of spiritual facts and operations.

We understand in Christian Science that anything that EXISTS can never be matter because matter does not exist as something, but as false appearance only. Matter is never substantive, neither does it fill space; so-called matter is misconception or BELIEF only. When correctly understood, anything that fills space and is substantive is MIND OR SPIRIT BEING, and the false appearance of that thing, which we call matter, is mortal mind's false estimate of that thing. What appears to be a material body is the so-called mortal mind's mistaken sense or caricature of the divine body and is but our ignorance of the spiritual fact of body at hand.

Because of material sense, we do not see the fact of body in its fulness and completeness. We see the spiritual fact or body as it really is to the degree that we have spiritualized our thought. In other words we see that fact of body according to our present comprehension of the fact of body.

These varying degrees of understanding are our human concepts of the fact of body; and we shall always see our highest human concept of the divine fact until we have sufficiently spiritualized our thought to see the spiritual body. But we never consider our highest human concept as matter; because matter is never other than a deceptive appearance while our highest human concept of body is the result of some degree of spiritualized thought.

In Christian Science, our highest human concept or present body is always based on the fact that our present body has its origin in

Mind and is the identity of Mind no matter how it appears. Hence it is a spiritual body, and the only body at hand, and can never be destroyed.

We never consider our present so-called body as having its source and origin in the human mind, but we fulfill our concept of our present body thru spiritualization of thought by which the divine body appears to us as a better human body, until full spiritualization is attained and body is known in its true depict.

Jesus did not destroy the withered hand. He proved it to be the divine idea present and incapable of destruction. Our human body is never other than the divine body at hand; but we know and see it better as we spiritualize our thought; and then the material sense or ignorance of body [yields to a diviner sense.]*

We have body humanly because body exists divinely, and as we more clearly understand that all there is to our human concept of body IS the divine fact at hand, then our so-called human body will more clearly approximate the divine fact of body.

If we never separate our present body from its source – the divine Mind – and always recognize it as being the divine fact at hand regardless of its material appearance, our present body could never be touched by laws of matter; never be sick or injured; never be imperfect or die. Right where body seems to be as matter is the spiritual body visible to the God-consciousness as outline, form, color, substance, function and permanency.

It is thru spiritualization – not of the body – but of our thought about body, that we perceive the spiritual fact of body and of all present functions. Our present body is never matter, but is a true mode of consciousness, an idea held in divine Mind, and all

*This sentence ended with the word “body.” The phrase in the brackets is not in the original notes.

functioning's are operations of the divine Mind, and are not functioning's of material forms or organs. EXAM PLE (Operation of divine Mind is functioning of the bladder).

The basis for all demonstration in Christian Science is the consideration of the fact that our present body is the spiritual body and the only body at hand. Much of our work in the practice of Christian Science consists in gaining the true estimate of our so-called human body or in perceiving the reality of what appears to us to be a human or material body; and in this practice work we should rejoice that it is a provable fact that each one of us is the divine body – a body exempt from age, deformity, and imperfection; a body that expresses supernal freshness and fairness, health, wholeness, unlimited activity, strength and agility.

These beautiful qualities are the present fact of man or body. There I not one ugly, or mortal, or material thing in the body of God – which is man.

In the first chapter of Genesis we read of the “creeping things that creepeth upon the earth” that God saw as good, and over which man was given dominion. But mortal man has misinterpreted those “creeping things” that were good and over which man had dominion, and often designated these creeping things as evil conditions which steal upon us slowly and stealthily – conditions which are not good and over which we have no control.

Some of mortal mind's “creeping things” are expressed in the so-called material body as age, obesity, enema, deafness, failing eye-sight, wrinkles, thinning hair, slowing up of organs and many other conditions which even Christian Scientists accept as inevitable, and over which they exercise no control.

Martha Wilcox 1938-Body

Students: Where is the dominion with which we were endowed and about which we love to boast? Why do we, as Christian Scientists permit these so-called creeping things to come upon us, or supinely accept them as beyond our control? And what are we going to do about them in the future?

These seeming conditions are not of God and they are not the fact of man or body. They inhere in, or are evolved from human belief or what is called mortal mind; and by that is meant the material opinions of mankind. And if we wish to rid ourselves of these untoward conditions, it stands to reason that we must oppose and overcome these opinions of mankind rather than accept them; and the only place we can overcome them is in our own individual thinking. We, as Christian Scientists are neglecting a very important part of our work when we just let these creeping things, or mortal mind, do what they will with us.

Much attention is given these days to dieting, and reducing, and exercising the material body; and the desire to improve is always commendable. But in *Miscellaneous Writings*, p. 47 Mrs. Eddy has given us one whole page on this important subject. She says, "Substance is more than matter: it is the glory and permanence of Spirit. Spirit is the only substance, and man is spiritual, co-existent with his Maker."

Students: If we want to gain weight, or reduce weight, or in any way improve the body, we do not work on gaining or reducing or improving. Why? The answer is quite simple – there is no matter. And however hard we might work, we cannot gain, or reduce, or improve matter when there is no matter. Our business, as Christian Scientists is to learn the fact of body and exercise this fact in our thinking, and continue this true exercise until our body appears in its true depict.

Mrs. Eddy was once asked, “Is it possible to change the aged form to one of youth and beauty without passing through the change of death?” (From C.S. Series). In substance her answer was that it is possible. As we let the spiritual fact of body obtain in our present consciousness the misconception of body gives place to the fact. As the misconception of body as matter is dissolved by a truer state of thought activity, there appears a newer and better sense of body.

I want to read something that our beloved Bicknell Young gave to his Association along this line of replacing the material concept with the spiritual fact of being:

“There are three things to meet in every belief, or case:

1. A belief of substance matter.
2. A belief of material cause.
3. A belief in material or mortal mind law.

“Every treatment must know that the government of Principle is the activity of operative cause. It is energy emanating from the right thought.

“The universe is spiritual because all cause is Spirit, or Mind. The flower, bird, tree, landscape, rock, house, stomach, eye, hand, arm, hear, etc. all are spiritual. Mortals, placing substance, cause, law, as matter and material, of necessity therefore, view things from a material point of view; and this is all that ever makes them material, sick, decaying, or dying.

“When mortals change their viewpoint, we will have flowers that cannot fade; birds, animals and man that cannot sicken, grow old and die; stomachs that cannot be disturbed; and we will have a man that cannot become lame, blind or limited.

“As matter the trees, flower, bird, stomach and man are governed by so-called laws of matter – beliefs only – that are not broken

by the apprehension of Spirit; and spiritual law will go on being governed (wrongly) to ultimate discord and destruction.

“The flower, bird, animal, stomach, and man, as matter are evil; in other words, they express the evil sense of what flower, bird, tree, etc. are. Does evil require matter through which to express itself? No, it requires belief only which fulfills all its conditions, creates its own outlines, deforms its own limbs, all in consonance with its beliefs in matter as substance, Mind as mortal, cause as material, and law as the activity of mortal mind.” (End of quote.)

Mrs. Eddy teaches that all bodily conditions are mental conditions expressed. She says, “All physical effects originate in mind before they can become manifest as matter. She also says, “Mortal mind created its own physical conditions.” *Christian Healing* 12:10 – *Science and Health* 77:8.

A Christian Scientist knows that the physical conditions seen in his body are formed by his mind, and that in order to have a harmonious body he must have a harmonious mind.

Are we aware of how much of the time our mind is fretting itself, or is in a state of fear, or anxious thought; how much of the time our so-called mind is disturbed and unsatisfied; how unaware our mind is of the spiritual facts that make up our present existence? All these mental conditions are expressed outwardly as physical or bodily conditions.

Students of Christian Science are very prone to try to correct their physical inharmonies, by correcting them in the body just as materia medica does. They believe their physical inharmonies are formed in and of the body, because they see in their body the image of the mind, and they think these images have their source in the body instead of in the mind.

We are proving that there are not two groups of creation – a spiritual body and a material body. There is but one body – the spiritual body. We are slowly but surely proving that what appears to us as the material body, is the one spiritual body at hand, imperfectly seen and known by us because seen through the lens of false material sense. When once we estimate the so-called human body as being the divine Body, then our body ceases to be human to us, and is divine.

Many students, as yet are far from dealing with their present bodies scientifically and intelligently and according to the facts of spiritual creation. They do not as yet understand that any member of their so-called human body is something of creation and should be seen in its reality.

Mrs. Eddy says. “Creation consists of the unfolding of spiritual ideas and their identities, which are embraced in the infinite Mind and forever reflected.” S&H 502:28-3. Therefore any member of my present body or any function of my present body is the unfolding of a spiritual idea and its corresponding identity.

Conscious Life or Mind, to Itself, is ever unfolding Itself as the spiritual idea and its identity – right here – in what I know humanly as my heart. Conscious Life or Mind is ever aware of Itself as the idea, action – omni-action, perpetual action, action without variableness of the shadow of turning. And this conscious idea as action is what I experience humanly, as the beating of my heart, or as any so-called bodily function.

The conscious Life or Mind is also unfolded here as the ideas of substance, form and permanency, and is what I know humanly as my heart. All there is to what I know humanly as heart is the omnipotence, omniscience, and omnipresence of Mind.

This one infinite, particular idea, which conscious Life or Mind is, as Himself, is the one and only heart. Every individual's heart is the one heart in expression. So what I call my heart is the God-heart; and it cannot fail. It is the heart in the Mind of God, manifested in man or body.

If we fully understood that what seems to us to be material organs functioning in and of themselves, are instead divine ideas in operation, we could never again have an evil, material sense of our stomach as a vacuum; as finite, and limited, and bounded.

We understand stomach as what is consciously being; and as idea it is ever manifesting the functions or conscious operations of Mind such as power, action, form and substance. What we call stomach secretions are what conscious Mind is being to Himself. (EXAMPLE: These functions are never from non-intelligent matter and there is never a lack of any needed thing. Stomach is the omnipotent, omniscient, and omnipresent Being in particular expression.)

As it is with stomach and heart, so it is with liver, lungs, kidneys, glands, membranes, nerves, blood, etc. All are infinite spiritual ideas in the divine Mind and are manifested or identified in man or body.

Whenever we take the heart, stomach, or any other thing that constitutes body out of its source of being – the divine Mind – and consider it from the viewpoint of matter or mortal mind belief, then we have separated these ideas from the divine Mind and divine Law and they will appear to us as material, mortal, destructible, sick and dying.

Heart trouble, or stomach trouble, does not require matter through which to express itself, it requires BELIEF ONLY. (Give example: Mortal belief fulfills all its own conditions “in consonance with its belief in matter as substance, Mind as mortal,

cause as material, and law as the activity of mortal mind.” B.Y. Mrs. Eddy says, mortal belief “feels, hears, and sees its own thoughts.” *Science and Health* 86:29-31.)

My so-called material or human body is either so many ideas in the God-consciousness objectified, or so many states of human belief objectified. Everything that I know is mental. Everything in its reality is some spiritual idea objectified – not as belief, but as true thought objectified.

If all the so-called material organs that comprise my present body were recognized as divine ideas and demonstrated to be such, perfection and immortality would be the law to every one of them, and the so-called laws of belief would give place to divine law.

Every so-called physical problem is the misconception or miscalculation of the human mind in regard to the source and origin of everything that we know humanly. If a thing exists humanly to us, it is because it exists divinely in fact, and no matter what my human concept of a divine idea is, the divine fact or idea is all there is to my human concept.

If I believe the thing at hand is material, or even an improved belief, then I am apt to try to change it or heal it. If there is on my part any recognition of the material or human, as such, any wish or desire to make something over or better, then I am not considering the thing at hand as the divine idea or the only creation.

In order to work out the physical or bodily problem we need to turn completely away from the mistaken or material sense of things and conditions, turn completely away from improved beliefs and human concepts and keep thought on the infinitude of Mind as an infinitude of divine ideas.

We cannot think of anything outside of illimitable infinity, and if we keep thought on the fact that everything in Infinity is eternally perfect in Being and eternally perfect in manifestation, this great Truth will spiritualize our thought and divine ideas will appear to us in perfect forms that we can understand in our present state of consciousness, and according to our present needs. In this way we overcome age and death, and prove that we are immortal beings here on earth even as we are in heaven.

