



Visiting  
Christian Science Nursing Service  
of New Jersey  
*since 1943*

**Visiting Christian Science Nursing Service of New Jersey**  
Annual Meeting – November 6, 2022

**“...the healing elements of pure Christianity”**  
By Joyce Hawes, C.S.

It is such a joy to be with you all today to talk about my favorite subject: healing. Our forever Leader, Mary Baker Eddy, tells us, “As time moves on, the healing elements of pure Christianity will be fairly dealt with; they will be sought and taught, and will glow in all the grandeur of universal goodness” (Science and Health, p. 329:1). We are here today because we have all experienced healing, and the abundant blessings of the Comforter Christ Jesus promised. And we meet in gratitude for our Leader, who has revealed this Comforter to us. But today we honor the dedicated Christian Science nurses who are bringing the comfort of God’s love to their patients, visiting the sick in their homes which is so needed. Mrs. Eddy often visited those in need, including John Greenleaf Whittier, whom she healed of pulmonary consumption in one visit (Pulpit and Press, p. 54:28). He wrote our hymn 96, which really describes the wonderful work of our nurses: “He stood of old, the holy Christ, /Amid the suffering throng/ With whom his lightest touch sufficed/ To make the weakest strong/ That healing gift God gives to them/ Who use it in His name;/ The power that filled the garment’s hem/ Is evermore the same./ So shalt thou be with power endued/ Like him who went about/ The Syrian hillsides

doing good/ And casting demons out./The Great Physician liveth yet/ Thy friend and guide to be;/ The Healer by Gennesaret/ Shall walk the rounds with thee (Christian Science Hymnal).

One of Mrs. Eddy’s students, Frank Gale, wrote that she said “we should go to a patient with the feeling that he is well and we want to show him that he is well” (We Knew Mary Baker Eddy, Vol. 1, p. 216). That is just what our nurses do, and it must be the way Christ Jesus healed, since all but one of his healings – and Mrs. Eddy’s – were instantaneous. How many times a patient has been so uplifted and comforted by a nurse or practitioner’s visit that they immediately felt the healing power of God and were soon free. Very early on in my practice I had a call from a mother who said her little girl suddenly couldn’t walk, and she was quite fearful. I went to their home and together we felt the healing Christ was present with us. I saw how deeply she loved her child, and I realized that love was just a hint of how much her Heavenly Father-Mother loved that child. The mesmerism of fear was broken, and in a few days we witnessed a complete healing. This girl later became an accomplished dancer and today is a dedicated Scientist serving the cause of Christian Science.

Our Leader said, “The vital part, the heart and soul of Christian Science, is Love” (Science and Health, p. 113:5). This presence of divine Love was constantly with Jesus in his quiet moments communing with God, and in his travels – healing, teaching, and preaching the Christ message of salvation.

How did Jesus heal? And how did Mrs. Eddy heal? Knowing what they knew will inspire us to heal as they did. We are really all in the healing practice – every time we know the truth. I would like to share what I believe are some of the “healing elements of pure Christianity,” and what our Leader has revealed of these essentials in our practice of the Science of Christianity. She wrote in the Church Manual that our church was founded to “reinstate primitive Christianity and its lost element of healing” (p. 17:12). Benjamin Franklin once said, “He who will introduce into public thought the principles of primitive Christianity would revolutionize the world.” How grateful we can be that Mrs. Eddy did this!

This is a letter she wrote to a young student, James Neal: “A real scientific Healer is the highest position attainable in this sphere of being. Darling James, leave behind all else and strive for this great achievement....Your aid to reach this goal is spiritualization. To achieve this you must have one God, one affection, one way, one Mind. Society, flattery, popularity are temptations in your pursuit of growth spiritual. Avoid them as much as in you lies. Pray daily, never miss praying, no matter how often: ‘Lead me not into temptation’ – scientifically rendered, – Lead me not to lose sight of strict purity, clean pure thoughts; let all my thoughts and aims be high, unselfish, charitable, meek, – spiritually minded. With this altitude of thought your mind is losing materiality and gaining spirituality and this is the state of mind that heals the sick... (Mary Baker Eddy Christian Healer, p.190).

### **Healing element 1**

The first element of pure Christianity might be Jesus’ teaching about the kingdom of God,

which he mentions almost 150 times in the Gospels. He told us that God’s kingdom is within us – God’s presence is always with us – that we dwell in this kingdom, where we have safety, health, peace, joy, love, dominion, freedom – abundant good. We are not outside the kingdom trying to get in, it’s within us! He said, “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matt 6:33). We need to claim our divine right to experience the blessings of God’s kingdom. We read in Science and Health: “Let unselfishness, goodness, mercy, justice, health, holiness, love – the kingdom of heaven – reign within us, and sin, disease, and death will diminish until they finally disappear” (p. 248:29).

### **Healing element 2**

Another healing element is Jesus’ word to many of those he healed, “Fear not” – “Be not afraid.” We’re talking about fearlessness and courage. And our textbook says, “Christian scientific practice begins with Christ’s keynote of harmony, ‘Be not afraid’” (Science and Health, p. 410:30)! Fear is a robber – it’s always about something that is unreal, that never needs to happen. It’s anticipating evil, instead of good. Fear is trust in evil, simply a belief that God’s love isn’t present. God is everpresent, so evil is never present. Fear is Forgetting Everything About Reality – F-E-A-R. Knowing God’s love is what heals fear, as St. John said, “There is no fear in love; but perfect love casteth out fear” (I John 4:18). We can’t feel God’s love and be fearful at the same time. Fear can never separate us from God’s love, if we stay alert. The definition of Abraham in the Glossary says, “This patriarch illustrated the purpose of Love to create trust in good...” (Science and Health, p. 579:12). It is right to live a life free of fear. Handling fear allows Truth to work in our thought and in a patient’s thought. Our Leader wrote to a student, “May the gentle presence of Divine Love so reward your lives that you shall so rise in faith and understanding as never to doubt or dread in a single conflict with evil” (Christian Science Sentinel, August 22, 1936).

How did Mrs. Eddy heal? When she was asked, she replied, “I saw the love of God encircling the universe and man, filling all space, and that divine Love so permeated my own consciousness that I loved with Christlike compassion everything I saw. This realization of divine Love called into expression ‘the beauty of holiness, the perfection of being’ (Science and Health, p. 252) which healed and regenerated and saved all who turned to me for help” (We Knew Mary Baker Eddy, Vol. 1, p. 153).

The next 4 elements of healing (3-6) come from page 1 of our textbook (Science and Health): “The prayer that reforms the sinner and heals the sick is an absolute faith that all things are possible to God, a spiritual understanding of Him, an unselfed love.”

### **Healing element 3**

Prayer. Jesus gave us the Lord’s Prayer. And he said we must go into the closet and shut the door to pray. Are we too busy to pray sufficiently? We can think of BUSY as Being Under Satan’s Yoke. It’s animal magnetism’s attempt to keep us from those prayerful times when we feel close to divine Love, and truly experience our oneness with God. Stillness of thought is necessary to listen to what God, Mind, is telling us. It was our Leader’s closeness to God that enabled her to do such wonderful healing work. She wrote in Miscellaneous Writings, “Brother, sister, beloved in the Lord, knowest thou thyself, and art thou acquainted with God? If not, I pray thee as a Christian Scientist, delay not to make Him thy first acquaintance” (p.151:18). So I can say, Father, I am yours, and You are mine.

Mrs. Eddy began her day with this prayer, as she told her household, “The first thing I do... when I awake is to declare I shall have no other mind before divine Mind, and become fully conscious of this, and adhere to it throughout the entire day; then the evil cannot touch me... All my hours are His” (We Knew Mary Baker Eddy, Vol. 1, p. 353). We can claim for ourselves: “my knowing is Mind’s knowing – I reflect the all-knowing

Mind. I have no separate Mind from God. The Mind of Christ is MY Mind.” That helps me stay at the standpoint of treatment throughout the day, and then I’m ready to heal. Our Leader told her 1898 class to work for themselves 3 hours a day, though not necessarily consecutively. That is good counsel for us also. Then we stay inspired. And it’s so important to stay inspired!

### **Healing element 4**

Faith. How many times Jesus said to one he healed, “Thy faith hath made thee whole.” Faith, trust in God’s power, is so needed today to silence the world’s unbelief – including unbelief in the ability of Christian Science to heal. Confidence – conviction in Truth – is vital in healing. Fear is confidence in evil, instead of God, good. Mrs. Eddy tells us clearly the importance of faith: “When we come to have more faith in the truth of being than we have in error, more faith in Spirit than in matter, more faith in living than in dying, more faith in God than in man, then no material suppositions can prevent us from healing the sick and destroying error” (Science and Health, p. 368:14). We cannot doubt our ability to demonstrate better healing. Thinking with the human mind, even the best right thinking by the human mind, will never produce the Christ. When Jesus’ disciples failed to heal a case, and asked Jesus why, he said: “Because of your unbelief:...If ye have faith as a grain of mustard seed,...nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting” (Matt. 17:20-21). Fasting, Mrs. Eddy wrote, is “refraining from admitting the claims of the senses” (Miscellany, p. 222:14). So we must handle often the world’s unbelief in spiritual healing, specifically, Christian Science healing.

It is vital to keep in mind that the belief of disease is the patient, not a personality. Christian Science never healed a sick man – only a false belief about the perfect man.

Radical reliance is so much more than refusing medicine – it’s taking a radical stand for our

spiritual identity! We read in Miscellany “Trust in Truth, and have no other trusts” (p.171:1).

### **Healing element 5**

Spiritual understanding of God – that is what heals. We need to know God as Jesus knew Him, as Mrs. Eddy knew Him – our loving Father-Mother, dearest Friend and Companion, our constant Partner in life whom we can turn to for every need we will ever have. Jesus said that to know him (the Christ) was to know God – “I am the way” – the way to know God, that way to think, to heal, to have peace, health, joy, the way to bless others. Science and Health reminds us, “...to understand God is the work of eternity, and demands absolute consecration of thought, energy, and desire” (p. 3:14). She has given us the seven synonyms for God, and how helpful it is to review all the citations on each synonym in her writings. I know a worker who did this every year.

### **Healing element 6**

Unselfed love. Jesus’ words: “Greater love hath no man than this, that a man lay down his life for his friends” (John 15:13) (which he did – he lived to heal and bless others). Dedication to healing others shows our unselfed love. Love is what inspires healing, our Leader says. In the Message to the Mother Church for 1902 we read, “The spiritually minded are inspired with tenderness, Truth, and Love. The life of Christ Jesus, his words and his deeds, demonstrate Love. We have no evidence of being Christian Scientists except we possess this inspiration (of divine Love), and its power to heal and to save....Spiritual love makes man conscious that God is his Father, and the consciousness of God as Love gives man power with untold furtherance. Then God becomes to him the All-presence...the All-power...” (p. 8:15-19, 29-3).

### **Healing element 7**

Deny the self. Christ Jesus said, “If any man will come after me, let him deny himself and take up

his cross, and follow me” (Matt 16:24). And he told Nicodemus “Except a man be born again... born of the Spirit...” (John 3:3,6). Our Leader writes, “To abide in our unselfed better self is to be done forever with the sins of the flesh, the wrongs of human life” (Miscellany, p. 6:6). Our textbook says “Absorbed in material selfhood we discern and reflect but faintly the substance of Life or Mind. The denial of material selfhood aids the discernment of man’s spiritual and eternal individuality, and destroys the erroneous knowledge gained from matter or through what are termed the material senses” (Science and Health, p. 91:16). So with any belief, we reverse it, we don’t rehearse it. It’s not easy to let go of a mortal sense of self, but that is what Christ Jesus said we must do to follow him, to be born of Spirit. And our textbook tells us the same: “Know thyself, and God will supply the wisdom and the occasion for a victory over evil” (Science and Health, p. 571:16).

Focus on the mortal self seems more evident than ever, as we see with the selfie pictures young people tend to take of themselves and circulate widely. In No and Yes we read, “Jesus had a resort to his higher self and relation to the Father, and there could find rest from unreal trials...It was this retreat from material to spiritual selfhood which recuperated him for triumph over sin, sickness, and death” p.36:15). We also have a resort to our true spiritual selfhood as God’s beloved child, the recipient of all His abundant goodness and love. To be conscious of the kingdom of heaven already within us is to know and experience our true selfhood. There is only one concept of you – what God knows. There is no misconceiver to perpetrate a misconception.

Someone said recently that it’s easy to be a Christian Scientist – you just have to give up self. And we can do this! To be free of the mortal sense of self is to experience all the blessings of God’s kingdom. And we read how to do this in Miscellaneous Writings: “Self-renunciation of all that constitutes a so-called material man, and the acknowledgment and achievement of his spiritual identity as the child of God, is Science

that opens the very flood-gates of heaven; whence good flows into every avenue of being, cleansing mortals of all uncleanness, destroying all suffering, and demonstrating the true image and likeness” (p.185:7).

Let’s not be part of the mortal self family whose members include self-will, self-love, self-justification, self-righteousness, self-satisfaction, self-pity, self-glorification, self-destruction, self-seeking, self-distrust, self-ignorance, self-deception, self-condemnation, self-hate – the list is long. But none of it can be true about God’s man. Thank goodness we don’t belong to that sad family! We do belong to the spiritual self family which includes self-abnegation, self-completeness, self-control, self-defense, self-denial, self-forgetfulness, self-immolation, self-purification, self-respect, self-knowledge, self-sacrifice, and self-renunciation. This is a much happier family to belong to! Miscellany speaks of a self that is “lost in Love” (p. 283:22). Remember, there is no “self” in a reflection.

Our true individuality is not a personality, which suggests a material being who is limited, struggling, unworthy, separate from God. You can never be separated from who you really are as God’s likeness. You have a distinctive spiritual identity, blessed with all of God’s qualities. God doesn’t make ideas that are unworthy. We don’t allow the weeds of mortal mind to take hold in our thought; we weed anything out of thought that would deprive us of our joy and wellbeing. Then, just as a ray of light is one with the sun, expressing all of the sun’s qualities, we are expressing God, our divine Source. Mrs. Eddy wrote, “To live so as to keep human consciousness in constant relation with the divine, the spiritual, and the eternal, is to individualize infinite power; and this is Christian Science” (Miscellany, p 160:5).

A friend was visiting an estate one summer that had beautiful gardens. She saw the gardener nearby and told him he must have to weed a lot to keep the gardens so lovely. He said he

rarely had to weed because of the profusion of flowers – it didn’t allow the weeds to grow. Our Leader tells us, “Beloved Christian Scientists, keep your minds so filled with Truth and Love, that sin, disease, and death cannot enter them” (Miscellany, p. 210:1). We are what God, divine Mind, is thinking. Right where you are, Mind is expressing itself.

Our textbook speaks of the demand to “regenerate material sense and self” (Science and Health, p. 296:8). As we let go of the belief that we are struggling mortal personalities trying to feel close to God and His loving care, we then can claim that true selfhood which is outside of all material sense. This brings such dominion and freedom. There was never a moment when you were outside of God’s tender, loving care, outside of His kingdom.

Mrs. Eddy said we must know ourselves as “God’s spiritual child only” (Miscellaneous Writings, p. 18:15), and that is true self-knowledge. The belief of a mortal self would keep us out of the kingdom of God. She writes, “Mortals must drink sufficiently of the cup of their Lord and Master to unself mortality and to destroy its erroneous claims” (Miscellany, p. 161:16-18). As we deny the belief that we have a mortal selfhood made of flesh, moment by moment throughout the day, we awaken to claim our heritage as spiritual children of God, citizens of His kingdom. This makes us “more formidable in truth, and enables (us) to conquer sin, disease, and death” (Science and Health, p. 317:19). It may seem difficult to do this, but only to the human mind. As we let divine Mind be OUR Mind, it becomes more and more natural to think this way.

We had this statement in our Lesson recently: “...the human self must be evangelized” (Science and Health, p. 254:19-20). To evangelize is to “be instructed in the Gospel, to be converted to a belief of the Gospel or to Christianize” (Student’s Dictionary of 1842 that Mrs. Eddy used). In our textbook she wrote, “It is the spiritualization of thought and Christianization of

daily life” (Science and Health, p. 272:19) that is vital. It’s what St. Paul said – put off the old man, put on the new man (Eph 4:22-24). Our Leader said, “You must get rid of the ‘old man,’ the old woman; you cannot make them better and keep them. You are not getting rid of the old man if you try to make him better. If you should succeed in making him better, he would stay with you...If you try to make the old man satisfactory, you are preparing to keep it, not put it off” (We Knew Mary Baker Eddy, Vol. 11, p. 167). So we give up old, tired, unhealthy views of ourselves and others – old habits of thought, clinging stubbornly to the mortal sense of life. We must be willing to be transformed, and adopt enlightened, spiritual, inspired views of ourselves and others.

There is a wonderful article by Lucy Hays Reynolds, “Being made Over,” where she says, “We need to take on the divine nature... and assimilate its peace and power. It is only when human sense decreases and the spiritual increases,...that the true selfhood is reached which carries with it the power to heal.... Subjugating and annihilating personal traits,... disposition,...opinionated beliefs...the divine concept of man is fashioning a new concept of humanhood...a new man steps forth, clothed in all the majesty of his divine individuality. Youthful, joyful, serene, and generous...this spiritualized man is healing the sick and bringing happiness wherever he goes....Beholding the divine concept of man and letting it shape our lives, we will all come to know ourselves as God knows us,...even the sons of God,...”(Christian Science Journal, June 1917).

Mrs. Eddy admired Phillips Brooks, the famous 19th century theologian, who said, “God has not given us vast learning to solve all the problems, or unfailing wisdom to direct all the wanderings of our brothers’ lives; but He has given to every one of us the power to be spiritual, and by our spirituality to lift and enlarge and enlighten the lives we touch.” Our Leader penciled under this quotation, “The secret of my life is in the above” (Christian Science Sentinel, August 24, 1918).

### **Healing element 8**

Oneness with God – Jesus said it in six words, “I and my Father are one” (John 10:30). Remember the saying, If you don’t feel close to God, who moved? Feeling close to God and His love is the heart and soul of our life as Christian Scientists, and is vital in healing. To feel His tender loving presence and His power, to know we dwell in His kingdom, is to live a life completely free of fear – and this is possible! God is as close to you as your own thought. He is not separate from you, for you are His expression of Himself – He is your life. Mrs. Eddy says “Each day I know Him nearer, love Him more, and humbly pray to serve Him better” (Miscellany, p. 174:27-28). Right where you are, God is manifesting Himself – all His qualities. You are in the “secret place of the most High” (Ps. 91:1), dwelling in His “peaceable habitation” (or kingdom) (Isa. 32:18). So you don’t dwell in a matter body or home or city. To live in Spirit – in that spiritual consciousness of God’s presence – brings such peace, satisfaction, joy, health, harmony. It is to live a life free of fear, stress, dis-ease. It is to have everything good, and nothing that isn’t good. A member of my church was captain of a submarine that was dealing with a severe storm one night in the North Atlantic. Because of the strong winds and huge waves he was about to order the ship to be submerged. He was on the bridge and two sailors were on the bow, and just as they were preparing to go below, a huge wave swept the sailors into the dark water. There was no human way to rescue them. My friend prayed to God, and quickly another huge wave brought them right back onto the ship and they were all able to get into the ship before it went below to find safety. What cannot God do?

### **Healing element 9**

From Christ Jesus: “I can of mine own self do nothing” (John 5:30)...“the Father that dwelleth in me, he doeth the works” (John 14:10). Jesus took no credit for healing – he knew God to be the Healer. Our Leader said in humility, “All I have ever accomplished has been done by

getting Mary out of the way and letting God be reflected” (We Knew Mary Baker Eddy, Vol. 1, p. 270). A dedicated worker once said, “I used to do God’s work, then I worked with God, now I watch God work” (Christian Science Monitor, May 13, 2002).

### **Healing element 10**

Jesus’ two commandments were – “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind,” and “Thou shalt love thy neighbor as thyself” (Matt. 22:37, 39). To love God with all our being is knowing He is All-in-all – there is no other power, Mind, or intelligence, no other reality. I had the privilege of knowing Peter Henniker-Heaton – we were neighbors. He said it was at the beginning of the tenth year of his invalidism that he finally realized that God was All – then his healing happened. Christ Jesus could only have done his wonderful healing work by loving God with all his heart and mind, knowing Him as All. The Bible often says that as he approached someone in need, he was moved with compassion – a deep caring, patience, no judging. Our Leader wrote, “From the interior of Africa to the utmost parts of the earth, the sick and the heavenly homesick or hungry hearts are calling on me for help, and I am helping them” (Miscellany 147:28).

### **Healing element 11**

Jesus’ promised us that “He that believeth on me...greater works...shall he do that believeth on me” (John 14:12). Surely he must have meant greater in quantity and scope, such as Mrs. Eddy writing a book on healing that has sold over 11 million copies, and founding a church whose healing work has encompassed the world. She wrote of Jesus’ disciples, “...the power of healing was not a supernatural gift to those learners, but the result of their cultivated spiritual understanding of the divine Science, which their Master demonstrated by healing the sick and sinning” (Science and Health, p. 271:11).

### **Healing element 12**

Jesus’ admonition: “Take no thought for your life, what ye shall eat,...put on...” (Matt 6:25). And Mrs. Eddy’s words confirm the importance of this: “...the Christian Scientist takes the best care of his body when he leaves it most out of his thought” (Science and Health, p. 383:7). “We should forget our bodies in remembering good and the human race” (Science and Health, p. 261:31). “The divine Mind...will care for the human body, even as it clothes the lily...” (Science and Health, p.62:22). She wrote to a student, “Do you find any difficulty in healing? If so, strike for the higher sense of the nothingness of matter. Do not care to search into causation there, for there is no cause and no effect in matter; all is Mind, perfect and eternal” (Mary Baker Eddy Christian Healer, p. 226). Healing is the side effect of spiritual growth.

There is no destructive element in man. There is no incurable disease, even if there has been a medical diagnosis of one. A healing I witnessed that has meant so much to me was of a young boy born with autism, mental retardation, and asthma. When he was 2 he still could not talk or walk or sit up straight. His parents were not Scientists and had many medical opinions placed on him, but his grandmother is a dedicated Scientist and we often prayed for him. At some point his mother began studying Science and brought him to Sunday School, and eventually every single problem was healed. Today he is an intelligent, healthy, sociable, happy teenager who loves God and Christian Science. What cannot God do? As Jesus said, “with God all things are possible” (Matt 19:26). There is only one disease: the lie about health. And there is no possible way of making a lie true. The five senses are the five notorious liars – they never tell us the truth about man. As our Leader wrote (Miscellaneous Writings, p. 277:23-24): “No evidence before the material senses can close my eyes to the scientific proof that God, good, is supreme.”

### **Healing element 13**

Joy. Jesus said, "...your joy no man taketh from you" (John 16:22), "be of good cheer...that my joy might remain in you..." (John 16:33 and John 15:11). Joy keeps us in the kingdom of God. We have everything to be joyful about; because we have the most wonderful teaching mankind has ever known! Joy is so vital in claiming a healing, for it magnifies God's goodness. Mrs. Eddy, describing her healing from the fall on the ice, said, "The uplifting of spirit was the upbuilding of the body" (Miscellaneous Writings, p. 169:12-13). Lifting our thought spiritually, joyfully, to God's power and presence enables healing to take place, for it removes the negatives that would prevent healing. Joy is our badge of dominion – let's wear it at all times!

The Psalmist said, "...in thy presence is fullness of joy..." (Ps. 16:11). Joy is a divine demand, and is the inevitable result of knowing our oneness with God, divine Love. Persons can't truly give us joy, and persons can't rob us of our joy if we stay alert to handle personal sense. Nothing can separate us from joy, because nothing can separate us from God. (See also Miscellany, p.201:18 and 355:21).

### **Healing element 14**

Handled animal magnetism – Jesus said "the prince of this world cometh, and hath nothing in me" (John 14:30) – "Get thee hence, Satan"(Matt 4:10) – "ye are of your father the devil" (John 8:44) – "bind the strong man" (Matt 12:29). We can be so grateful that Mrs. Eddy was inspired to put the chapter on animal magnetism in her textbook, giving us the tools to handle any devilish suggestion. And she gave us the admonition in the Church Manual to every day handle aggressive mental suggestion. A suggestion of itself has no power – it's only if we let it into our thought, we take the bait. We must reject it firmly that it is not our thought – and that which we reject cannot be forced back into our thought. In Tomlinson's book, Twelve Years with Mary Baker Eddy (p.85), we read: "Error comes

to you for life, and you give it all the life it has." We don't react to it. And when we refuse to react to error, we destroy the bridge through which it can reach us. We must be insistent, consistent, and persistent in rejecting any claim of animal magnetism to have power, presence, or reality.

Our Lesson this past week told us how Christ Jesus learned to handle animal magnetism right at the beginning of his 3-year ministry. After spending 40 days in the wilderness alone with God preparing for his great mission, 3 devilish temptations came to him, "if thou be the son of God, command that these stones be made bread" (Matt 4:3). He had been knowing his sonship with God, and now he had to defend it. He quoted Scripture and argued with the first two temptations, but finally the third time the tempter came, Jesus recognized it was not his thought. He realized it was animal magnetism, and then he silenced it – "Get thee hence, Satan"(Matt.4:10). And the devil left him, and angels came and ministered to him. He realized that evil was powerless, an imposition on his thought, and he was ready to face the challenges that would confront him.

Mrs. Eddy wrote about her own challenges with animal magnetism (Mary Baker Eddy Christian Healer, p. 241). She spoke of her "lively battle with the 'world, the flesh and the devil,' in which Love is the liberator and gives man the victory over himself" (Miscellany, p. 268:22).

St. Paul said "For the weapons of our warfare are not carnal, but mighty through God...Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (II Cor 10:4,5).

In her article on "Obedience" (Miscellaneous Writings, p. 116) our Leader gives us 4 directives as obedient Christian Scientists:

- 1) Never absent from your post – staying at your spiritual post – staying in spiritual consciousness, the Mind of Christ.



2) Never off-guard – watching that we don't let mortal mind throw us off guard in standing for Principle, claiming our true selfhood as God's beloved child. A fencer needs to be constantly on guard to deflect the aggressive assaults of the opponent, watching their moves, staying light on his feet, agile, never off-guard.

3) Never ill-humored – This isn't true about anyone here, I'm sure, but we need to handle it for our movement and in society. In church work, a sweet disposition is essential for happy, harmonious relationships. The same in family life. No matter what the challenge is, we can keep sweet through adversity. And keep a sense of humor, never cross or impatient. No spoiler in God's creation.

4) Never unready to work for God – to be always at the standpoint of treatment, keep unflinching love in our hearts, "be not weary in well-doing." This prevents battle fatigue and burnout. There is such peace and great reward when we live in obedience to God every day.

Our textbook tells us that "The time for thinkers has come" (Science and Health, p. vii:13) – and we are the thinkers for our time. We as Christian Scientists are the only ones who know how to handle animal magnetism scientifically – and we certainly have work to do for our society, our nation, and our world. The "great red dragon, swollen with sin, inflamed with war against spirituality and ripe for destruction..." (Science and Health, p. 565:2) mentioned in the book of Revelation (chapter 12), has come to be seen for what it is and destroyed.

I find it helpful to use "Ways that are Vain" in Miscellany as a treatment, by reversing animal magnetism's claims: "Animal magnetism, in its ascending steps of evil, cannot entice me nor make me its victim by unseen, silent arguments. It cannot reverse the modes of good...it cannot impel me into error of thought, nor tempt me into the committal of acts foreign to my natural inclinations, etc." (p. 211-213).

Animal magnetism would reverse or make our healing work ineffective by claiming that error or evil is the fact. That is why Mrs. Eddy felt impelled to warn members of her household with these words, "The workers in the field are not healing because they are not meeting the animal magnetism which says they cannot heal" (A. Dickey, Memoirs of Mary Baker Eddy, pp. 128-129).

The only way animal magnetism can act is for us to accept an aggressive mental suggestion in thought. But it is never our thought. It just comes as the impulse of our thought. It is always animal magnetism, and we must separate it from our thought – dismiss it – see it for what it is – an imposition, nothing. Error has no voice, no audience, and no person to use as a tool. It cannot obstruct, impede, delay, or destroy God's work – or God's workers!

It is essential to handle animal magnetism every day, to put on the whole armor of God. In doing this for ourselves, or in a practice case, we're really handling the resistance to our declarations of Truth, our treatment. This allows Truth to do its work, and healing is the result. I try to realize I can prevent any aggressive mental suggestion from entering consciousness, by claiming I have the Christ-consciousness, "...the mind of Christ" (I Cor. 2:16). We are not mortals with human minds susceptible to evil or aggressive mental suggestions. There can be no response to animal magnetism in the Christ-consciousness. Animal magnetism cannot draw us into its dream of life, substance, intelligence in matter. Then we're immune to its mesmeric pull. We don't listen to a talking serpent! That was Eve's downfall! She engaged the serpent in conversation!

We never need to be an audience for animal magnetism's suggestions. We must have "zero tolerance" for error. We can't waste mental energy on it! Our Leader says, "He who refuses to be influenced by any but the divine Mind, commits his way to God, and rises superior to suggestions from an evil source...[Christian

Scientists] must always have on armor, and resist the foe within and without...[the need is for] constant watchfulness and prayer that you enter not into temptation [from evil], which has neither prestige, power, nor existence, since God, good, is All-in-all” (Miscellaneous Writings, pp.113-115).

Sometimes I find it helpful to address animal magnetism out loud. I witnessed a beautiful healing of severe pneumonia when I urged the patient to challenge the error with this protest – “How dare this lie claim to have life in my being?!” This protest broke the mesmeric claim of disease, and she was quickly healed.

Animal magnetism claims to have a person through whom it can act, or a person as victim. No child of God is ever under evil’s influence or control. It claims that Christian Science cannot heal. We refute materia medica’s claim that it alone can heal. We have the authority of the Christ, the same power Jesus had. Every day, and in every case, we must handle the claim that Christian Science doesn’t heal. One idea I’ve found inspiring is to read 4 or 5 testimonies every day to reject the belief that Science doesn’t heal. Christian Science heals because it is the final revelation of Truth to this age and every age.

The fundamental aim of animal magnetism is to separate us from God – only then are we vulnerable to all its claims. Remember Jesus gave us the solution in six words: “I and my Father are one” (John 10:30). There are not two of us – one, God’s perfect child, and another, a mortal trying to work up to perfection. We are not straddling between the perfect man of Genesis 1 and a mortal Adam dreamer of Genesis 2, using Christian Science to make the mortal better. Man is not a house divided. Our Leader wrote, “It was the consummate naturalness of Truth in the mind of Jesus, that made his healing easy and instantaneous” (Miscellaneous Writings, p. 200:1-3).

When a student asked when she could heal as

Mrs. Eddy did, our Leader replied, “When you believe what you say. I believe every statement of Truth that I make” (Mary Baker Eddy Christian Healer, p. 101). And she writes, “...if with the certainty of Science [we know] that an error of belief has not the power of Truth, and cannot, does not, produce the slightest effect, it has no power over [us]” (Miscellaneous Writings, p. 220:30). That’s the confidence – the conviction – that heals.

Another time in 1897 she wrote to a student: “Remember that the power to heal is gained through peace, wisdom, Love, dominion over ourselves, and good will toward men. You possess these graces of Spirit, or Christ power, only by loving God, good, supremely. After this cometh the recognition of but one Mind, which enables you to know there is no power or presence that can resist good or prevent your prayers being effectual. While you remain in this attitude of mind you are obedient to the Principle of your being, and naught can hinder your healing the sick and the sinner.”

#### **Healing element 15**

“Be ye therefore perfect, even as your Father... in heaven is perfect” (Matt. 5:48). Jesus was asking us to see ourselves as God made us, as He sees us – His perfect reflection. Mrs. Eddy said that “perfect God and perfect man, – as the basis of thought and demonstration (Science and Health, p. 259:11). She wrote, “...man is the ultimatum of perfection, and by no means the medium of imperfection (Miscellaneous Writings 79:10). This means we are not vulnerable mortals – we have “sweet immunity...from sin, sickness, and death” as our Leader said (Miscellaneous Writings, p.320:15).

#### **Healing element 16**

Jesus’ words: “If a man keep my saying, he shall never see death” (John 8:51). He promised us eternal life, and proved it by healing three people of the belief of death, and by his own resurrection. Our Leader said death is an illusion,

not the reality of our life. We are living our eternal life now and that will continue forever. And she told us in our textbook, “God expresses in man the infinite idea forever developing itself, broadening and rising higher and higher from a boundless basis” (Science and Health, p. 258:13).

### **Healing element 17**

Agelessness. “Except a man be born again” (John 3:3). Jesus told Nicodemus that he must be born again to see the kingdom of God. This means ageless being, renewed continually in awareness of our perfect spiritual being, bringing freshness and invigorating us. Mrs. Eddy proved this in her own life. She tells us to “...rise into newness of life with regeneration” (Science and Health, p. 24:12-13). And “Each successive stage of experience unfolds new views of divine goodness and love” (Science and Health, p. 66:14).

The understanding of our true spiritual individuality, God’s reflection, without age beliefs, enlarges our capacity, frees us to demonstrate more strength, health, harmony, and success in our endeavors. Our textbook reminds us that “We are all capable of more than we do” (Science and Health, p. 89:22). And more from our textbook on this subject: “The radiant sun of virtue and truth coexists with being. Manhood is its eternal noon, undimmed by a declining sun...Each succeeding year unfolds wisdom, beauty, and holiness... Let us then shape our views of existence into loveliness, freshness, and continuity, rather than into age and blight” (Science and Health, p. 246). The definition of blight is “that which causes cessation of growth, which ruins, which frustrates one’s plans or withers one’s hopes; that which impairs or destroys.” Who wants that!

We must be willing to be transformed, and adopt enlightened, spiritual, inspired views of ourselves and others. As St. Paul says, “...be not conformed to this world; but be ye transformed by the renewing of your mind...” (Rom. 12:2).

The August 1884 Christian Science Journal reports that Mrs. Eddy was asked if it were possible to change an elderly body to one of youth without going through the change called death. Her reply: “... The deformities and infirmities said to be the inevitable results of age, under the opposite mental impressions, disappear. You change the physical manifestation in proportion to your changed thoughts of the effect of accumulative years. Expecting an increase of usefulness and vigor from advanced years with as much faith as you look for decrepitude and ugliness, a favorable result would be sure to follow. The added wisdom of age and experience is strength, not weakness, and we should understand this, expect it, and know that it is so, then it would appear.” And our Leader proved this – she would run up the stairs in her home when she was considered a senior.

Let’s claim the “easy and rapid strides” of youth our textbook speaks of (Science and Health, p. 236:31), rather than the plodding, heavy, burdened, slow steps of age-beliefs. We stay flexible and agile in our thinking, not rigid, and then we move freely and harmoniously.

The term today is “people of advanced years.” “Advance” means moving forward, to improve or make better, to raise to a higher rank. So let’s all advance! We can demonstrate the “radiance of Soul” and deny the conspiracy of age beliefs. Unselfed love has no age. We need to keep expressing God’s love at every opportunity. Watch our conversation – listening to or talking about age.

Remember Mrs. Eddy’s reply to an invitation to attend the dedication of First Church, Chicago, two years hence: “I am quite able to take the trip to your city, and if wisdom lengthens my sum of years to fourscore (already imputed to me), I shall then be even younger and nearer the eternal meridian than now, for the true knowledge and proof of life is in putting off the limitations and putting on the possibilities and permanence of Life” (Miscellany, p. 177:9). So we should be getting younger each year!

## **Conclusion**

In conclusion, all the healing elements we've been discussing must include spiritual qualities, such as humility, purity, receptivity, peace, forgiveness, – all these and more are found in Jesus' Sermon on the Mount. In her Message to The Mother Church for 1901, our Leader wrote "To my sense the Sermon on the Mount, read each Sunday without comment and obeyed throughout the week, would be enough for Christian practice" (p.11:16).

Here are some other spiritual qualities Jesus spoke of and practiced: Honesty, Watchfulness, Discipline, Patience, Wisdom, Vision (spiritual discernment), Spiritual Sensitivity, Grace, Gratitude, Childlikeness – to "become as a little child". All these and many more are important spiritual qualities included in the healing elements of pure Christianity which Christ Jesus gave for us to demonstrate.

## **Healing of the nations**

Our Way-shower said, "I have overcome the world" (John 16:33). The world today is in such great need of healing. I'm sure we are all praying about the elections in two days. The

need is for healing the divisions, polarizations, hatred, violence, discontent in our nation. And healing what a medical doctor called this pandemic of fear, healing of physical problems, lack, loneliness, depression, sensuality, and a multitude of sins.

We can know that, as our Leader wrote, "Falsehood is on the wings of the wind, but Truth will soar above it. Truth is speaking louder, clearer, and more imperatively than ever" (Miscellaneous Writings, p. 277:3). The Christ, Truth is speaking in every consciousness throughout our nation and the world, quieting fear, embracing every child of God in His love, guiding all decisions, healing divisions, "unite all interests in the one divinity" (Science and Health, p. 571:21) as we read in our textbook. God's government of His creation is supreme – He is the only power and intelligence governing. Our Leader wrote, "The real jurisdiction of the world is in Mind, controlling every effect and recognizing all causation as vested in divine Mind" (Science and Health, p. 379:6).

Let's do all we can to live these "healing elements of pure Christianity" to bless ourselves and all mankind! We will make the world a much better place!



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