



## 7 Takeaway Tips for sorting, stopping, safeguarding thought

### 7 Takeaway Tips for *sorting, stopping, safeguarding* thought



#### Tip 1. Watch what you think

Everyday all kinds of thoughts come to the door of thinking. Some thoughts are good – they're beneficial, they make you well. Some thoughts are bad – they're harmful, they make you sick.

- Pay attention to the types of thoughts. Sort them out.

*"We should become more familiar with good than with evil, and guard against false beliefs as watchfully as we bar our doors against the approach of thieves and murderers."*

*Science and Health with Key to the Scriptures by Mary Baker Eddy p. 234*

*"Your decisions will master you, whichever direction they take."*

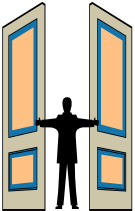
*Science and Health with Key to the Scriptures p. 392*

#### Tip 2. Take a position at the door of thought

You are a mental door keeper. It's your job to be on duty.

Decide which thoughts to let into your thinking and which ones to keep out.

- Practice the 2-step method. Step 1. – let in.  
Step 2. – shut out.



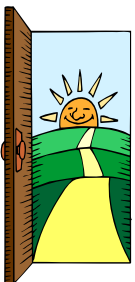
*"Stand porter at the door of thought."*

*Science and Health with Key to the Scriptures p. 392*

#### Tip 3. Step 1. Let in spiritual conclusions

Spiritual conclusions are more than just positive thinking. They connect you to the divine healing power. Let them occupy your thinking.

- Affirm: God made me well and He keeps me well.  
I inherit good health from my Father-Mother, God.  
It's my divine right to be healthy and well.



*"Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously."*

*Science and Health with Key to the Scriptures p. 392*

## 7 Takeaway Tips for **Sorting, Stopping, Safeguarding** Thought

### Tip 4. **Step 2. Shut out unhealthy thoughts and fears**



Keep out thoughts about sickness and disease.

Don't think: I'm afraid; I'll catch cold; I'm ill;  
winter is bad for me; my father had this.

- Don't ruminate, reiterate or speculate. Say no!

*"When the condition is present which you say induces disease, whether it be air, exercise, heredity, contagion, or accident, then perform your office as porter and shut out these unhealthy thoughts and fears."*

*Science and Health with Key to the Scriptures p. 392*

### Tip 5. **Stand guard over thought**

Do your job as porter. Be alert. Specifically challenge each thought.

- **Sort** the spiritual, healthy, good thoughts from the bad.
- **Stop** negative, fearful thoughts from entering thinking.
- **Safeguard** your mental home with affirmative spiritual ideas.

*"The issues of pain or pleasure must come through mind, and like a watchman forsaking his post, we admit the intruding belief, forgetting that through divine help we can forbid this entrance."*

*Science and Health with Key to the Scriptures p. 392*

### Tip 6. **Exercise dominion**

You're responsible for what you think. Take charge. Be in command.

- Remind yourself: God gave me dominion over my thinking. I have it.

*"Take possession of your body, and govern its feeling and action. Rise in the strength of Spirit to resist all that is unlike good. God has made man capable of this, and nothing can vitiate the ability and power divinely bestowed on man."*

*Science and Health with Key to the Scriptures p. 393*

### Tip 7. **Practice thinking spiritually**

God is taking care of you. That's His job. Your job, is to remember that.

- Affirm this about yourself: God loves and cares for me. I am well and I know it.

*"Be firm in your understanding that the divine Mind governs, and that in Science man reflects God's government."*

*Science and Health with Key to the Scriptures p. 393*

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