

How to be worry free

Live online Q&A chat with Beverly Goldsmith, a Christian Science practitioner and teacher, on spirituality.com June 14, 2002

An event in the *Spirituality Live Series*

Event Preview Introduction:

Have you ever been so worried about something that you've just felt sick at heart?

At one time I was worried constantly. A bad real estate deal had my husband and me in financial crisis. For several months I tried desperately to find a solution, but I couldn't see a way out of the mess. On top of all of that, I felt ill.

Lying in bed one morning unable to get up, I felt totally drained of energy and hope of ever finding an answer. At this point I opened my copy of Mary Baker Eddy's best-selling book *Science and Health With Key to the Scriptures*. From the first time I'd read it, the spiritual ideas in this book had provided me with practical answers. I wondered if there was something in it now that could help me stop worrying and resolve the problem.

There was! Here's what I found. "Divine Love always has met and always will meet every human need." These simple yet profound words just seemed to leap off the page. Right away they comforted me. They assured me that there is a loving, divine power always looking after me -- there always had been and there always would be. Right now, divine Love was guiding me. Divine Love was taking care of my needs. Divine Love had an answer. I'd been so busy worrying that I'd lost sight of that fact.

Now I saw what I needed to do. First, I had to accept that divine Love was providing for me. And second, I had to stop ruminating, re-iterating, and speculating about the problem. God's goodness is so vast that there was enough good, enough love, enough solutions for everyone all of the time -- and that included me.

Nice idea? Yes it is. But it's more than that. Knowing that an all-loving, divine presence is caring for us in the midst of a crisis, is a spiritual idea. And spiritual ideas have a powerful healing effect. Mary Baker Eddy, the author of *Science and Health*, knew this. She proved the power of divine Love in her life. This woman experienced illness, financial hardship and personal tragedy. Yet she triumphed over them. That's why she could write with total conviction from the depth of her life-experience that, "Divine Love always has met and always will meet every human need."

That day as I lay there worried and sick, I felt the strength of that message giving me hope, reassurance, and yes, conviction that there would be an answer. As I pondered divine Love's goodness I felt calm for the first time in months. The illness left and I felt well again. And a short time later we found a solution to our financial crisis.

Is there a way to be worry free? I've certainly found that there is. The spiritual ideas I've found in *Science and Health* helped me have greater peace of mind. It's my reference book for a happy, healthy life.

Event Transcript of Q&A:

Beverly's comments came during a live spirituality.com Online Event on June 14, 2002.

She was responding to questions from the audience. Following is a transcript of the discussion:

- Q: 1. I have young children, and I cannot watch them all the time. How do I not worry?
2. Shouldn't we worry about world events?
3. Can't worry and stress be good motivational tools?
4. Often I am enthusiastic, fearless. Other times I worry about being inadequate. Can I be enthusiastic and fearless all the time and worry none of the time?
5. Have you ever worried about anything again since your financial crisis?
6. What if you are surrounded by negative people, then how do you make good out of these types of situations?
7. I have no job...not even any prospects...how can I not worry?
8. There's a lot of talk in the media and fear in the community about dogs and children, how can I best deal with this?
9. In these days it seems the pressure to succeed in life causes all kinds of worry. How do you not let fear get the best of you?
10. What can we think if fears come because we haven't overcome a physical problem after many, many prayers?
11. When your life appears to be in trouble through circumstances out of our control how do we try not to worry and find the right answers.
12. Have people around you worried so much that it affected you?
13. Is it possible to overcome worry about past events?

SPIRITUALITY.COM HOST: *Welcome to today's event with Beverly Goldsmith—who is joining us all the way from Australia. Beverly, any opening thoughts to get us started?*

BEVERLY: Hello. Welcome everyone. I'm glad you've joined me for this discussion on how to be worry free.

Have you ever found yourself fretting about your health, feeling anxious about your finances, or fearful about your safety? If so, then I have good news. There is a way to stop worrying. It's true. And the answer lies in spirituality.

No one has to be a "worrier". Feelings of anxiety and stress are not "natural" to us. They're not part of our spiritual identity. Divine Spirit made us. Divine Love keeps us safe and well. Worrying isn't normal or natural. It's not even a helpful, positive, motivational tool. Fear inhibits. It limits and restricts. For many people fear is a destructive, counter-productive emotion. It's not a state of living we have to put up with.

No one is born a "worrier". Worry is not genetic. It's not inherited. It's not a condition that some people are born with and have to live with. And you don't have to take medication to correct the tendency to worry. Worry is a state of mind. It's a state of thinking. It's a thought—the thought that we may not be safe, or well, or secure. And as with any fearful thought, I've learned that worry can be healed by spiritual thinking. Let me give you an example.

As a teenager I used to worry about schoolwork. I worried about my ability to succeed academically and feared exam-time to the point of often making myself ill. But then I started reading Mary Baker Eddy's book, *Science and Health with Key to the Scriptures*. I discovered spiritual ideas. These ideas showed me that my intelligence and ability didn't come from genes, or the human brain. Divine, infinite Spirit had given me intelligence and ability. I had to stop thinking of myself as being limited. I had to accept that I had been given all the ability, understanding, and wisdom I could ever need.

As I did this, my fear of failure dissolved. I stopped worrying that I wasn't able to cope with the work. My life changed for the better in so many ways. I learned that being worried wasn't my natural state of thinking. I was not a fearful person. In fact I'm a very joyous, enthusiastic, unlimited person. Divine Love had created me to be happy, secure, and well. That's how you and I were made too.

Let's talk together. Are you ready?

1. Gol: *I have young children, and I cannot watch them all the time. How do I not worry?*

BEVERLY: Caring for our children doesn't have to be stressful or full of worry. We do better at parenting when we have the confidence that God is with our children wherever they are. Divine Love is watching out for our children, protecting and keeping them safe. We can know that they will hear His angel messages and feel His tender love and care always. Rather than be fearful about our children's safety, it is better to be calmly praying for their safety and well being. God is with our kids. They are not helpless or defenseless. Our proactive prayers are much more beneficial for us and our kids than worry.

Think about them as being surrounded by God's protective Love—just like a spacesuit that an astronaut wears. Each of us is clad in divine Love's protection. God's love protects us from the top of our head to the tips of our toes. Nothing bad can reach us. The 91st Psalm is a wonderful prayer for helping us get a sense of protection and safety.

2. Mosman: *Shouldn't we worry about world events?*

BEVERLY: I don't think that worry is quite the right word. I think we need to pray about world events and know that God is in control. That all of us no matter where we live have God-given intelligence to do what is right. We don't ignore situations. But worry is not helpful to finding solutions, to finding peace and safety. What we need is spiritual thinking that is sure that God is taking care of all of us. Spiritual thinking is confident and sure. It knows that divine Love is guarding and guiding the way.

3. Ronaldo: *Can't worry and stress be good motivational tools?*

BEVERLY: The Bible says, "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." (II Timothy 1:7) Fear is negative. Fear is corrosive and destructive. Fear doesn't motivate me! I do much better when I'm motivated by spiritual thinking. Confidence, assurance, peace of mind, strength, boldness—these are spiritual qualities that come to us from God. They are states of thought that help me to progress and move ahead with my life.

4. Sra: *Often I am enthusiastic, fearless. Other times I worry about being inadequate. Can I be enthusiastic and fearless all the time and worry none of the time?*

BEVERLY: Yes you can. What we need to remember is that being fearless is natural to us. It's the way God made us to be. God didn't make us to be fearful. It's our right to be joyful and happy and confident all of the time. We can claim this. That's what I do. Fear is foreign to us. It's not something we have to feel. You can conquer this feeling by remembering that God is with you. He's there to help you at all times.

5. Claudio: *Have you ever worried about anything again since your financial crisis?*

BEVERLY: Yes, but now because of that experience, I knew how to deal with worry. At one time my husband was very ill. I worried constantly about his health. I speculated about what might happen to us if he didn't get better. I was scared for him and for me. Each day I prayed. I asked God what I could say to my husband to heal him. After several weeks, I was praying about the situation when these words came loud and clear to me, "Why are you worried? God will give him an answer of peace." I recognized the idea as similar to a Bible story about a man, Joseph, who was asked to interpret a dream for a pharaoh. It was a worrying time. Joseph's life depended on his ability to do this. So when asked if he could, Joseph replied, "It is not in me: God shall give Pharaoh an answer of peace." (Genesis 41:17) Joseph didn't get stressed out. He refused to be fearful. God was with him, God was in control, God would reveal the answer. God did.

Suddenly I realized that I was trying to resolve my husband's health problems all by myself. I felt responsible. I thought I had to heal him. But this spiritual idea told me something different. It said to me, "Your husband is in divine Love's care. God is maintaining his health. Divine, infinite Love will give your husband the spiritual idea that will bring him peace of mind and restore him to full health. Trust God to care for him." So I did. I prayed to stop worrying and to gain my peace of mind. My husband recovered. He did receive spiritual insight that broke the fear and ended the illness. Divine Love gave him a message of comfort and peace.

6. Go nuts: *What if you are surrounded by negative people, then how do you make good out of these types of situations?*

BEVERLY: When I find myself in this situation I remember that I have the power to think for myself. I don't have to be influenced by what others may be thinking. God has given me the ability to think for myself.

I also remember that the other people are God's children. They hear the good thoughts that are coming from Him. Often I've found it helpful to lift my thinking to the spiritual and not to join in the negative type thinking. This has often turned a bad situation around.

I remember when I was a schoolteacher that often other teachers would criticize a pupil. Rather than join in, I would correct that negative viewpoint mentally, and then often verbally. It surprised others when I said that a student was helpful in my class and not bad at all. This would change the tone of the conversation for the better. I found that this aided the student and the teachers.

We don't have to join in negative conversations. In fact with spiritual ideas we can turn those moments around. God does love each of us and it is what He knows about us that is important.

7. Figo: *I have no job...not even any prospects...how can I not worry?*

BEVERLY: You cannot worry. Worrying won't get you a job. But spiritual thinking will. Let me give you an example.

My husband stopped teaching school. What work could he do now? He applied for many positions but was turned down. No prospects in sight. He worried. I worried. Then we decided to stop worrying and do something constructive. We started praying and listening to God. After much prayer we decided to list all the qualities and skills that my husband had expressed as a schoolteacher. We had quite a list. We also followed every job idea that came to us.

One day he saw a job in the paper for a typist—administrative position with a local city government. He didn't seem qualified—he couldn't even type very well. But he felt strongly that he should apply for the position. He was interviewed and had to do a typing test which he failed. Another dead end? More prayer. A couple of weeks later he was called in to do some consultancy work for this City Council. The work ended. No job again. Another call. He was offered the position of Economic Development Officer. At the interview my husband said, "Why me? I have no economic qualifications." The human resources manager replied, "We aren't looking for specific qualifications. It's the qualities you possess as a teacher that you express. That's what we want."

What we learned from this is, that worrying doesn't lead anywhere. But spiritual thinking does. It helps you and I listen to and follow the divine intuitions that come to you and me and everyone.

8. Bradels: *There's a lot of talk in the media and fear in the community about dogs and children, how can I best deal with this?*

BEVERLY: Not all dogs are bad. That's the first point. We shouldn't start thinking that all dogs are going to hurt us. The second point is that dogs are useful ideas. In *Science and Health*, Mary Baker Eddy writes that animals are harmless, useful and indestructible. To me, this means that they cannot harm me because they are governed by God too, just as we are.

When I was young I had to pass by a house where there was a snarling dog. I was very scared. Then one day I began thinking of this dog as being loving because this is how God had made him. I thought of his behavior as not being indicative of his true self. Each time I passed I said out loud, "You are God's creature and you are kind and nice." Well one day I went by the dog and he was actually quiet. I was surprised and a bit taken aback. Next day I went by, he came to the fence very well behaved. The NEXT day, he sat quietly waiting for me to arrive and then wagged his tail. I knew he was ok. From then on he never snarled at me again.

I feel it was because I refused to think of a creature of God as mean or vicious. I also felt safe because I knew that God was with me. This meant that I didn't fear this animal. We can do the same right now for the situation in our community. The creature of God's creating is not vicious. It is gentle and kind. We don't have to be afraid.

9. Teddy bear: *In these days it seems the pressure to succeed in life causes all kinds of worry. How do you not let fear get the best of you?*

BEVERLY: Being successful is about expressing the qualities of God in our work and activities. Working from this standpoint alleviates any pressure or fear... as I know.

When I was a singer with my brother I went through a patch where I became nervous each time I sang. I wanted to do my very best but this made me afraid of failing. Then I changed my thinking. I remembered that my talent and ability came from God. He was giving me the joy of singing. I did not have to be afraid. God was with me on stage always. He was caring for me. I thought of the audience as also reflecting the delight of God. We were working together to hear the beauty of God expressed. As I thought more of this work as being God's activity, the pressure left me and I stopped being afraid and worried. This made singing such a joy and so effortless.

10. Leo: *What can we think if fears come because we haven't overcome a physical problem after many, many prayers?*

BEVERLY: I would never give up praying. Never think that something is unhealable. God is always with us. He is the source of your health. God would never let you be less than healthy and well. Even when the thought comes that the condition is getting better, I still would stick with the idea that God is caring for me.

I can remember a time when the doctors said I would never get rid of migraine headaches. While I accepted this prediction I felt hopeless and helpless. But then I started to accept that true identity is spiritual, perfectly healthy and well. I held onto this idea. I accepted that God could heal me. That divine infinite Love intended for me to be well. I never gave up on these thoughts. I knew that God loved me and that He was there keeping me well.

I also read *Science and Health*. The ideas in this book really strengthened me and gave me the determination to keep on praying. And as a result of my earnest desire to stick with the truth of God's love for me, the ailment was healed. I have never ever had another headache. God loves you and you will find health and healing. Keep going.

11. Pam: *When your life appears to be in trouble through circumstances out of our control how do we try not to worry and find the right answers.*

BEVERLY: I find that when this happens I have to make the mental effort not to ruminate, speculate or reiterate. I make an effort instead to pray and think from a spiritual standpoint. To help me do this, I read inspiring and practical ideas from the Bible, such as, "The Lord is my shepherd; I shall not want." (Psalm 23) And from *Science and Health*, "Divine Love always has met and always will meet every human need." (S&H 494:10-11) Nothing is beyond God's control. Nothing is out of control. God is in control of our lives. He is giving us the right answers always. There is **always** a solution. **Always** an answer.

You'll find the right answers. That's a given. Divine Love never fails us. You are being cared for by God right now. Don't let your thinking go down the path of the what if's or the what might happen. Just know that good is always what lies ahead. God is your Shepherd. He will lead you to abundant good. You have nothing to fear. You will have the exact right idea when you need it. That's what I've found in my life. Whenever I've needed a solution, one has always come to me. This has happened time and time again often in most unusual circumstances. I'm sure there'll be a right answer for you. Just listen to God for His ideas.

12. Pdblcf: *Have people around you worried so much that it affected you?*

BEVERLY: Well my father was a big worrier all of the time. And it really used to get to me. But when I started reading *Science and Health*, I learned that I didn't have to let others hurt me. I had dominion over my thinking. No one else could make me feel bad unless I let them. So I decided not to let negative thinking touch me. I knew I was shielded and surrounded by divine Love. I was peaceful and calm. And I could maintain this even under provocation.

I must say it wasn't easy at first. But the more I thought from a spiritual standpoint about myself and my father the better things went. Now as I look back I can say with great thanks that no one has affected me adversely. It just isn't possible when you know that you are loved by God and that He is keeping you in His care always.

13. Nick: *Is it possible to overcome worry about past events?*

BEVERLY: Yes it is. I know from personal experience. You just have to shut the door on the past. We have so much good here and now. God loves us and He is supplying us with all that we need. Let past worries go. Live in the "now". Right NOW you are God's person. Right NOW He is helping you.

SPIRITUALITY.COM HOST: *We are just about out of time—Beverly, are there any parting ideas you would like to leave us with?*

BEVERLY: Do you remember that song, "Don't worry. Be happy?" Well the sentiments are good advice. When you're faced with a crisis you can either be afraid or you can turn your thoughts to God and know that you are safe in His care. You can do this. And you can find lots of spiritual ideas in Mary Baker Eddy's book *Science and Health* that will strengthen and help you. This author knew what it was like to face difficult and frightening situations in her life. Yet her unshakeable trust in God's love and care never failed to carry her through these trials.

Spiritual thinking can do the same for you. Spiritual thinking defeats fear. It helps you remain calm. It helps you listen to God for guidance and comfort. You are not helpless nor hopeless. You are so dearly loved and treasured. You can be worry free. God wants this for you. It's your divine right to live a happy, healthy, secure life.

SPIRITUALITY.COM HOST: *Thanks so much for joining us today Beverly... and thanks to all of you on the chat today. Have a great weekend everyone!*

Passages in this chat:

Science and Health: 494:10-11

King James Bible: II Tim 1:7 God

Gen 41:16 It

Ps 23:1