

A television ad can't make me sick

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What is the first thing a dog usually does after it gets wet? It shakes itself off vigorously! Believe it or not, this was the image that showed me the way to a final healing of cold sores.

The experience began when I saw a television advertisement for a cold sore cream. The commercial included a picture of the complaint, which reminded me of how badly I used to suffer with this condition. A few days later I found myself experiencing the symptoms of the problem, and I was tempted to feel discouraged.

Before my family was introduced to Christian Science, this condition had been a frequent part of my life. Then I started reading the Bible and *Science and Health* each day. From these books I discovered that I had a God-given right to be free from fear and disease. I found that our heavenly Father has created each of us in His likeness, as spiritual and perfect, not material and sickly.

As I learned more about God and my relation to Him, I found that when a sore appeared I was quickly healed through persistent prayer. The disorder kept reappearing regularly, however, until finally one day I realized that because God is *unchanging* good, I expressed uninterrupted good health. Because God is unchanging Life, *my* life did not include periodic bouts of pain or suffering. Disease is no part of God and therefore no part of man. Wellness is permanent and changeless. How grateful I was to have gained this spiritual understanding!

Yet as a result of seeing a television advertisement, there I was experiencing the same thing all over again! *Or was I?* I realized that I had a choice to make: I could believe that a relapse had occurred, or I could accept the permanency of health and healing.

I recalled this powerful statement in *Science and Health*: "Citizens of the world, accept the 'glorious liberty of the children of God,' and be free! This is your divine right. The illusion of material sense, not divine law, has bound you, entangle your free limbs, crippled your capacities, enfeebled your body, and defaced the tablet of your being" (p. 227). I could see that I was simply being tempted to believe again in the reality of a particular material condition. I needed to mentally shake off this false notion, as well as pictures of disease.

The word *shake* caught my attention. I recalled this verse from the Bible: "Shake thyself from the dust; arise, and sit down, O Jerusalem: loose thyself from the bands of thy neck, O captive daughter of Zion" (Isa. 52:2). The instruction seemed so applicable to me. Suddenly I saw in my mind's eye our neighbor's dog shaking herself vigorously after undergoing a bath. I laughed at the determined way she went about getting rid of the water from her coat. Her action displayed that she knew without a shadow of a doubt that the water was no part of her. She knew she could free herself from it.

I realized then that I could do likewise. I began by rejecting the belief that I had a history of suffering. With wholehearted spiritual determination, I resolved not to return to thinking of myself as a material being subject to disease. Divine Love had created me perfect and whole. I had never lost my freedom.

Disease was no part of my true being as the image and likeness of God. My thought was uplifted, and the physical condition dropped away, leaving no trace.

With an understanding of our pure and perfect nature as God's child, we can all shake off what was never a part of us in the first place.