

## **Breaking the caffeine habit**

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On a recent situation comedy show, the leading lady, playing the part of an expectant mother, sends her husband out to the local delicatessen to purchase a food she fancies. Her late night craving, while amusingly portrayed, conveyed the message that such a desire is normal for an expectant mother.

While this kind of craving may seem innocuous to many people, there is a harmful aspect. Indulging in such appetites represents a loss of control over the body – a loss of control over thought and action. Such a loss fosters the belief that man's body is material and must be satisfied materially.

This belief wrongly assumes that the body is self-governing and self-acting, that it can of its own volition get sick, break down, wear out, become diseased, and even become addicted to certain things. Because of this notion, many people feel they are at the mercy of physicality.

How encouraging to find that this is a mistaken view of body, so it doesn't have to be accepted. I have proved in my own experience that spiritual understanding overcomes physical cravings and results in freedom and healing.

At one time I developed a strong liking for a particular brand of caffeinated soft drink. The problem was so bad that not only did I crave this product each day, but when I didn't drink it I experienced withdrawal symptoms. At first I didn't do anything about this. I thought there was nothing wrong. It only involved drinking a non-alcoholic beverage. I knew that I was driving out of my way to buy this brand of soda and reacting badly if I couldn't get it, but what was so terrible about that?

Then I read this statement in *Science and Health*: "Inharmony of any kind involves weakness and suffering, - a loss of control over the body. The depraved appetite for alcoholic drinks, tobacco, tea, coffee, opium, is destroyed only by Mind's mastery of the body. This normal control is gained through divine strength and understanding" (p.406). This made me stop in my tracks! I could see that I was mistakenly believing that I had a body that desired and enjoyed caffeine. By indulging this material craving I was losing control. It was time for me to demonstrate divine Mind's government of the body and claim my freedom.

In praying about this and reading *Science and Health*, I found two statements explaining that matter is not self-acting and reminding me that I could take control of my body (see 479:10 and 393:4). This was exactly what I needed. I realized that I wasn't a physiological being. I am God's image, His perfect reflection (see Gen. 1:26,27). This means that as God is Spirit, man must be spiritual, not a material, corporeal structure. Man's identity must therefore be beautiful, useful, governed and controlled by Mind, God. It is the manifestation of Mind.

From that point on, each time the desire for this particular drink came, I took a stand. I affirmed in prayer that God's child is the embodiment of right ideas, reflecting God's strength, wholeness, and purity. As God doesn't crave harmful substances, neither does His likeness, man. I held to the fact that my spiritual nature includes dominion over the flesh. I had the God-given ability to refute the lie of intelligence in matter and be free.

As a result of my holding to these truths, the unhealthy desire for this product simply ceased, and I stopped purchasing and consuming it. This lesson in gaining control over the body has continued to be enormously helpful to me in other ways. Whenever I have been confronted with sensations of pain, discomfort, itchiness, I have turned to God in prayer, acknowledging the truths I learned. Each time harmony has been restored.

How grateful I am to know of the facts concerning man's identity, and of the proper government of the body through reliance on God. This radical, Christlike, spiritual view of being brings mastery over every adverse thought, feeling, and action. Best of all, it results in healing.