

Helping you find happiness, health, and healing



**Spiritual E-card on watching thought
Take charge of your thinking. Say no!**

**“Hold thought steadfastly to the enduring,
the good, and the true, and you will bring
these into your experience proportionably to
their occupancy of your thoughts.”**

Science and Health with Key to the Scriptures
By Mary Baker Eddy p. 261

Don't ruminate, reiterate, or speculate.



- Don't chew over bad situations, past hurts or failures
- Don't constantly repeat unhealthy thoughts and fears
- Don't wonder about; ask what if; why has something gone wrong?

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