

My 'change of life' prayer

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One day I met a friend when I was out shopping at a local mall. We greeted each other and stopped to chat. Our conversation was interrupted when a shop assistant from the adjacent pharmacy handed us free samples of a new sanitary napkin for menopausal women. My heart sank at the sight of it. After the shop assistant left, my friend handed me her samples, saying with a pleased smile, "Here, you have them. I don't need those anymore."

I took them with mixed emotions. I had already begun experiencing the discomfort and disturbance of menopause. And it was proving difficult. Many women I knew had found this change stressful. I'd been hearing about their experiences, the old wives' tales, as well as the physical symptoms associated with this "change of life". Worse still, I knew that I had several more years of this trying and unpleasant time to go through.

"You are so fortunate. I wish I was finished with this," I found myself saying to my friend, with great feeling. Instead of commiserating with me, she replied, "Well, you can be finished with it, too. Mine just turned off like a tap. It was simple and easy." She told me that it had ended with none of the symptoms people tell you about. For a moment, I was blown away. I'd never heard of this happening before. It was enormously encouraging. I thought, "Well, if one woman can achieve such a good result, then all of us can do the same – me included."

At that time, I'd noticed a definite trend toward treating this natural process as a disease. Here in Australia alone, an estimated 600,000 of the 5.9 million women in the 45-50 age bracket had been on some kind of Hormone Replacement Therapy, or HRT, despite the health risks now associated with it. In the United States, drug companies estimated that six million menopausal women had used HRT. And I knew that other women around the world were employing new drugs, therapies, and testosterone patches. But I felt confident that drugs and HRT weren't the way I wanted to maintain my health before, during, or after menopause.

When I got home, I decided to pray about this issue. Both my friend and I attended a Church of Christ, Scientist, and were long-time readers of *Science and Health*. We were used to praying about physical challenges. I knew that in Christian Science (a scientific method of healing explained in *Science and Health*), I had a proven system of spiritual healing. This prayer-based method had already improved my health, and healed me many times.

From my study of the Bible and *Science and Health*, I'd learned that God had made me. I was the child of my Father-Mother, created in the image of divine Spirit. This meant that my true identity was spiritual, perfectly healthy, and well. For this reason, my well-being could never age or deteriorate over time.

Then I recalled something a neighbor had once told me. She believed that women had to endure bodily suffering because of the curse mentioned in the Bible's allegorical story of Adam and Eve (see Gen. 3:16). Here a woman's suffering is linked with falling from God's grace. In thinking about this, I decided that I didn't have to go along with the notion of female suffering. God didn't "curse" me – or any man or woman. On the contrary, my divine Parent loved me and was the source of my life and my health.

As I continued to pray, I found this instruction in *Science and Health* helpful: "Banish the belief that you can possibly entertain a single intruding pain which cannot be ruled out by the might of Mind, and in this way you can prevent the development of pain in the body. No law of God hinders this result" (p. 391).

This made me reason that through prayer, I could "banish" all the distressing symptoms associated with menopause. The natural functions of my body would be harmonious because I understood how God governed me. There was nothing for me to be afraid of. Pain, discomfort, and illness could not enter my being. As God's daughter, I could only, ever, experience harmony and peace. Menopause involved normal, natural bodily functioning. It didn't have to be protracted or difficult. It had begun gently and easily. I could expect it to end the same way.

And it did. As I continued to pray each day for myself, all the discomfort and difficulties left. I felt happy and well. Six months later, menstruation ended simply, smoothly, and finally. There were no distressing symptoms – not then or later. Nor did I experience ill health or anything else negatively attributed to menopause. Since then I've continued to be in good health.

What my friend and I experienced, other women can, too. No one has to suffer for being a woman. God loves and cares for each of His daughters. This loving Parent provides us with all the essential elements for good health at every stage of our life.