



Beverly Goldsmith has spent much of her working life traveling, first as part of a singing duo with her brother. Besides singing to troops all over Vietnam during a 4-month period they also sang on cruise ships sailing to 12 islands in the South Pacific.

As a Christian Science lecturer for ten years she visited the USA, Europe, and Africa and spoke to audiences in Australia, New Zealand and the Philippines on radio, TV, bookstores, conferences, health expos and festivals.

A practitioner and teacher of Christian Science with 30 years professional experience, Beverly now shares her wealth of traveling know-how with others—helping them remain safe and well during their business and holiday travel.

PREPARING TO TRAVEL? DON'T FORGET TO PACK PRAYER!

[Live Chat with Beverly Goldsmith, C.S.B.](#) on July 10, 2007

An event in the [Spirituality Live Series](#) on www.spirituality.com

Whether your summer travel is for business or pleasure, discover how spirituality and prayer can fully equip you even in unexpected circumstances. In this chat with Beverly Goldsmith—an experienced world traveler and longtime teacher and practitioner of Christian Science—you'll have an opportunity to seek spiritual solutions to questions about safe travel, dealing with fears of illness in unfamiliar places, understanding cultural differences, and infusing travel with joy rather than burden.

Article on travel by Beverly Goldsmith:

[Safety aboard ship in rough waters](#)

When planning a trip it's easy to overlook the most important travel essential of all – prayer.

- Start praying as soon as you decide to take a trip. For example, when booking, affirm that you have spiritual wisdom from God that enables you to make good choices, to be cared for during each step of the planning process. Paying attention to the spiritual intuitions from God is vital. *"On one occasion this 'listening' led me to check on a booking detail. It was incorrect. I was so glad I followed the intuition. It prevented a bad situation occurring during my travels".*
Beverly Goldsmith
- Pray while you're packing your bags; before you step out the door; during your travels; when you hit a snag; when you feel troubled. No matter what the situation when you travel, prayer or spiritual thinking prepares you for all eventualities and leads to successful resolutions.
- Pack your **Traveler's Spiritual Tool Kit**.



- Tool 1.** Spiritual ideas that enable you to fix problems that arise
- Tool 2.** Spiritual attributes /qualities of God which help you stay safe and well
- Tool 3.** Gratitude
- Tool 4.** Joy
- Tool 5.** Printed version of *The Christian Science Bible Lesson*
- Tool 6.** *The Christian Science Journal* Directory of practitioners around the world

When you travel you want it all to go smoothly - to go away and return home safe and well. This can be achieved with the **Traveler's Spiritual Tool Kit**.



Traveler's Spiritual Tool Kit

Tool 1. Spiritual ideas that enable you to fix problems that arise

- These spiritual ideas can be found in the Bible and *Science and Health*.
- Jot them down on a card and pack it in your hand luggage.

➤ **EG. God goes before you to prepare the way.**

Your trip will thus be harmonious and happy. You will stay safe and well.

• **Psalm 139**

- 1 O Lord, thou hast searched me, and known me.
- 2 Thou knowest my downsitting & mine uprising, thou understandest my thought afar off.
- 3 Thou compassest my path and my lying down, and art acquainted with all my ways.
- 7 Whither shall I go from thy spirit? or whither shall I flee from thy presence?
- 8 **If I ascend up into heaven, thou art there:** if I make my bed in hell, behold, thou art there.
- 9 **If I take the wings of the morning, and dwell in the uttermost parts of the sea;**
- 10 **Even there shall thy hand lead me, and thy right hand shall hold me.**

➤ **EG. There's always an answer, always a solution for every situation.**

- God has the perfect solution to meet every need.
- Divine love meets every human need. ***Science and Health* p. 494:10**
- God is your spiritual first aid. His help is always at hand. It's immediate.
Hear my example on the chat: Pilot couldn't get plane to fly. I prayed. Pilot found solution.

➤ **EG. Wherever you go, whatever you do, you are always safe in God's care.**

- Fear of illness in unfamiliar places. Fear of being unsafe.
- **Psalm 91**
 - 1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
 - 2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.
 - 3 **Surely he shall deliver thee from the snare of the fowler,** and from the noisome pestilence.
 - 4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.
 - 5 **Thou shalt not be afraid for the terror by night;** nor for the arrow that flieth by day;
 - 6 **Nor for the pestilence that walketh in darkness;** nor for the destruction that wasteth at noonday.
 - 9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;
 - 10 **There shall no evil befall thee, neither shall any plague come nigh thy dwelling.**
 - 11 **For he shall give his angels charge over thee, to keep thee in all thy ways.**

- Fear of food eaten overseas
- **Matthew 6:25** Take no thought for your life, what ye shall eat, or what ye shall drink;
- **Mark 16:18** They shall take up serpents; and if they drink any deadly thing, it shall not hurt them;
- **Genesis 1:** God gave man dominion over all the earth. All that God made was good.
- ***Science and Health* p. 388:22** "The fact is, food does not affect the absolute Life of man, and this becomes self-evident, when we learn that God is our Life."
- ***Science and Health* p. 222:29** "...consult matter not at all, and eat what is set before you, "asking no question for conscience sake."

Tool 2. Spiritual attributes /qualities of God which help you stay safe and well

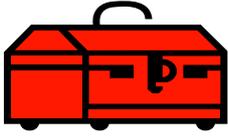
➤ **patience / calmness**

- Stay calm. God made you calm and He keeps you calm.
Hear my example on the chat: Truck parked against plane. Long delay. Made my connecting flight.

➤ **Assurance / confidence**

- Don't soak in a bathtub full of worry and fear.
Get out of the bath.
Pull the plug, let the worry flow down the drain.
- Shift your worry off a "worry list" onto a prayer list.
- God made you confident and He keeps you confident.
- **Proverbs 3**
 - 23 Then shalt thou walk in thy way safely, and thy foot shall not stumble.
 - 26 **For the Lord shall be thy confidence,** and shall keep thy foot from being taken.





Traveler's Spiritual Tool Kit

Tool 2. Spiritual attributes /qualities of God which help you stay safe and well [continued]

➤ Alertness

- Be proactive. Don't wait until there's a situation before you pray. Pray as you go.
- Stay alert. Listen for God's intuitions. They keep you safe.
- **Hear my example on the chat:** In Vietnam. Thought came: don't go out to eat. Restaurant bombed.
- **Science and Health p.** 235: 1 "Evil thoughts and aims reach no farther and do no more harm than one's belief permits. Evil thoughts, lusts, and malicious purposes cannot go forth, like wandering pollen, from one human mind to another, finding unsuspected lodgment, if virtue and truth build a strong defence."

• Psalm 121

- 1 I will lift up mine eyes unto the hills, from whence cometh my help.
- 2 My help cometh from the Lord, which made heaven and earth.
- 3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
- 5 **The Lord is thy keeper:** the Lord is thy shade upon thy right hand.
- 6 The sun shall not smite thee by day, nor the moon by night.
- 7 **The Lord shall preserve thee from all evil:** he shall preserve thy soul.
- 8 The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

➤ Expectancy of good

- Be expectant of being safe, well, cared for.
- Home is harmony, peace, security, assurance and it's within you, wherever you go. You never leave your spiritual home. You take it with you.

Tool 3. Gratitude

- Give thanks often. Thank God for His love and care.
- Affirm: "Thank You dear Father that You are with me always. You love me and You are caring for me each step of the way."
- Gratitude helps you understand cultural differences
- **Malachi 2:** 10 Have we not all one father? hath not one God created us?
- "Thank You dear Creator that everyone I meet is a member of Your family. You are their Father-Mother as You are my Father-Mother."

Tool 4. Joy

- Energize your joy. Joy oils the wheels of successful traveling.
- God made you buoyant and He keeps you buoyant.
- God made you happy and He keeps you happy.
- **Isaiah 55:** 12 For ye shall go out with joy, and be led forth with peace:

Tool 5. A full-text version of *The Christian Science Bible Lesson*

- Have a print out of the Bible lesson - eBiblelesson or MyBiblelesson.
- Look for spiritual ideas in the Lesson while waiting to catch the bus or plane.

Tool 6. *The Christian Science Journal Directory* of practitioners around the world

- If you need healing or help during your travels, call an experienced Christian Science practitioner to pray with you.
- No matter whether you're on a cruise ship, sailing your own boat, taking a plane, or driving the car, help is at hand.