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Taking a stand for metaphysical healing

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“There’s so much out there to be anxious about,” said my early-morning caller. “Every time you turn on the TV there’s news of disease. It keeps me awake at night.” These comments echo an essay in *The New York Times* (January 2, 2007) titled “What’s Making Us Sick Is an Epidemic of Diagnoses.” In it, the authors, Drs. Welch, Schwartz, and Woloshin, assert that constantly looking for and diagnosing sickness actually threatens health.

In a world bombarded by advertisements promoting disease and medicine, people are now less confident about staying well. Some are finding their reliance on metaphysical healing being challenged. Others are searching for a reliable curative system. Both groups want to be well and receive healing when it’s needed.

I know how they feel. That’s why over four decades ago, I chose to practice and rely solely on Christian Science Mind-healing for maintaining my well-being. It’s been my only form of treatment, and it still is. I haven’t been disappointed with my choice. I’ve had many healings of my own and I’ve helped numerous other people regain good health by employing the method and rules of scientific mental healing set out in *Science and Health*.

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Christ-healing is not a mere request for God to make us well. It’s not blind faith or the exercise of the human mind over matter. Nor is it a blending of material and spiritual means in the curative process. It is the Christly understanding that the divine Mind is the only healer of mortal mind and body. This Mind-healing is achieved through exclusive reliance on the application of universal divine laws to heal mental and physical conditions.

Since 1875, when Mary Baker Eddy published the first edition of *Science and Health*, these spiritual laws have proven to be practical, ever-operative, rock solid. Yet this doesn’t mean that from time to time one’s confidence in relying solely on the laws of God for healing isn’t put to the test.

There may be an occasion when someone prays and metaphysically treats himself or herself. The condition abates. But then, later on, the ailment flares up again. At this point, uncertainty about the efficacy of healing prayer may creep in.

Although the individual may believe that he or she can be healed through Christian Science treatment, the strong impression may also be present that relief can be obtained through some material or medical means. This latter view weighs against successful Mind-healing by undermining the person’s total confidence in God to care for every detail.

To achieve complete wellness, however, we need to resist the impulse toward materially-based healing. Why? *Science and Health* explains: “The scientific government of the body must be attained through the divine Mind. It is impossible to gain control over the body in any other way. On this fundamental point, timid conservatism is absolutely inadmissible. Only through radical reliance on Truth can scientific healing power be realized.”

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To accomplish this, the individual needs to take a mental stand against the fear of pain and disease. So a person seeking scientific healing could pray and reason this way: God is Spirit. He has created everyone in His perfect likeness. God is the source of wellness. Thus His sons and daughters created in His image are spiritual, perfectly healthy and well. That’s our true identity. It’s normal and natural for us to embody harmony, wellness, and immaculate being. It’s our birthright now and forever. That’s the divine law—the incontrovertible spiritual fact.

The aim of such prayer-based treatment is not simply to gain temporary relief, but to realize complete healing. Remaining steadfast with the spiritual laws of health and healing accomplishes this. Victory over disease takes place. But more importantly, one’s ability and confidence in practicing the Science of healing increases.

Wellness can be achieved with confidence and certainty—without employing material means. Everyone can find dependable metaphysical healing today and experience the restorative action of God's power.

Beverly Goldsmith is a practitioner and teacher of Christian Science in Banyo, Queensland, Australia.

God's healing power:

Science and Health:

[167:26](#)

King James Bible:

[Ps. 103:1-5](#)

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