



Preparing to travel? Don't forget to pack prayer!

Q&A chat with [Beverly Goldsmith](#), a Christian Science practitioner and teacher, from Brisbane, Queensland, Australia on spirituality.com July 10, 2007



A Christian Science practitioner and teacher, Beverly has done a lot of [praying and traveling](#). She and her brother sang on [cruise ships](#) and also to troops during the [Vietnam War](#). In addition, Beverly was a [Christian Science Lecturer](#) for over ten years, and traveled to the USA, Europe and Africa, as well as speaking to audiences in Australia, New Zealand, and the Philippines. Beverly also writes for [spirituality.com](#), the Christian Science *Sentinel* and *The Christian Science Journal*.

In this chat Beverly shares spiritual insights to help ensure safe travel on the water, in the air, at home, and abroad. Using examples from her own world travels, she responds to questions from site visitors about fear of flying, inclement weather, health concerns, and more. Drawing strength, alertness, or joy from your Spiritual Tool kit can help you move items off your "[worry](#)" list and onto your "[prayer](#)" list as you prepare to embark on travels.

Event Transcript of Q&A:

1. Why can a list of Christian Science practitioners be helpful when traveling?
2. What can you do if you feel ill while traveling?
3. When you have never flown in an airplane and are reluctant to try, what's the best way to pray about it?
4. Can age prevent you from enjoying a flight?
5. How can one maintain a spiritual perspective when traveling?
6. We travel to visit family. The last several visits I've gotten sick. How do I learn preventative prayer?
7. In what way can we pray for the safety of others who are traveling?
8. This time of year thunderstorms occur and disrupt travel. What's the best way to pray about weather?
9. Possibility of encountering individuals who might pose a health risk to fellow travelers?
10. I'm traveling to London. With terror threats I'm quite wary. I've tried praying, but still feel unsettled.
11. I need to fly with a pet who's never traveled from home.
12. When you travel, how do you explain to your family that God sent you and that you will be okay?
13. Often while driving, images of accidents pop into thought, news reports make me feel afraid.
14. How do you pray about communicating, traveling in a foreign country know the language or culture?
15. My husband travels. He feels he has two distinct lives - home and on the road.
16. How can we deal with poisonous bites from spiders, snakes or mosquito bites when traveling?
17. How can I pray in advance about the fear of getting sick while traveling?
18. At times I feel resentful because I'm not able to travel due to finances and family obligations.

SPIRITUALITY.COM HOST: Beverly, do you have some thoughts to get us started?

BEVERLY: There's a lot to think about before you take a trip. And often in the rush of getting away it can be easy to overlook the most important travel essential of all. That is, prayer. Prayer really needs to start as soon as you decide to take a trip. So don't forget to take your [Traveler's Spiritual Tool kit](#) when you step out the door. Practical preparations such as reservations and packing luggage are important, but "praying on the go" from day one, blesses those around you and ultimately keeps your thoughts with God, who has the perfect solution for every situation.

- For example, when making a booking I affirm that I have spiritual wisdom from God that enables me to make good choices - to be cared for during each step of the planning process. Paying attention to the spiritual intuitions God sends us is important.

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 travel.

- It's essential to pray before you step out the door, while you're on the road, when you hit a snag - when you feel troubled. Actually, no matter what the situation when you travel, prayer - spiritual thinking, prepares you for all eventualities, and leads to successful resolutions.

That's why, as I'm packing my luggage, I include my [Traveler's Spiritual Tool Kit](#). Here's what it contains.



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: A full-text version of the Christian Science Bible Lesson.

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

1. Why can a list of Christian Science practitioners be helpful when traveling?

BEVERLY: Practitioners listed in *The Christian Science Journal* are available to pray with people while they're on their journeys. I've had calls from visitors who've come to Australia - on cruise ships, who've sailed their own boats here, flown to Queensland for holidays, or are traveling by car. People ask me to pray with them because they have a difficulty, or aren't feeling well. Often they're on a tour and don't have time to sit down and really pray. That's where a practitioner can help. With the *Directory*, you can look up a local area and find a practitioner who will pray and help you through that situation. You don't have to be a Christian Scientist to ask a practitioner to pray with you. That resource is available to anyone who's seeking an answer to their problems through God's help and through prayer.

2. What can you do if you feel ill while traveling?



BEVERLY: Sometimes when you go to unfamiliar places something happens and you don't feel well. When this occurs use **Tool 1: spiritual ideas that enable you to fix problems that arise.**

- One of my favorite ideas is **Psalm 91** in the **King James Bible**. It talks about not being afraid. It says, **"No evil shall befall thee, neither shall any plague come nigh thy dwelling"**. This tells me that illness can't come nigh us, because **"Wherever you go, whatever you do, you are always safe in God's care"**. God is looking after us. Always!



- This also relates to the fear of eating different things in different places. There's a number of Bible verses that I love to "pack" for that. One is **Matthew 6**, **"Take no thought for your life, what ye shall eat or what ye shall drink"**. This reminds me that I can always feel comfortable and happy. I don't have to be concerned about what food might do.

- Another favorite passage is from **Science and Health with Key to the Scriptures**. **"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"** p.388:22-24. This gives me a sense of comfort and freedom. I

don't have to be afraid. Wherever I go, whatever I do, I'm always safe in God's care.

3. When you have never flown in an airplane and are reluctant to try, what's the best way to pray about it?



BEVERLY: Use **Tool number 1: spiritual ideas that enable you to fix problems that arise - God goes before you to prepare the way.** When I travel I take a card with spiritual ideas on it.

When something arises and I need a spiritual idea, I pull out the card, and there are Bible verses or ideas to pray with. Affirming that God goes before you to prepare the way ensures the trip will be harmonious and you'll stay safe and well.

- One of my favorite Bible passages is **Psalm 139:7,8,9,10**. It particularly applies to flying and sailing. It talks about God compassing our paths, our lying down, and being acquainted with all our ways. The Psalm says, **"Whither shall I go from thy spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou art there"**. I think of that as flying up into the sky - into "heaven" in a plane, and knowing that God is right there with us - always looking after us, always keeping us safe and well. The Psalm then says, **"If I take the wings of the morning"** - that's another reference to flying. **"And dwell in the uttermost parts of the sea"** - that's a reference to sailing - whether you're on a cruise ship or a sail boat. **"Even there shall thy hand lead me, and thy right hand shall hold me"**. I think of being HELD in God's love and care - being kept safe and well. When you're lifting off into the sky, God is still there. You don't have anything to be anxious about. When you affirm that, and pray with that idea - well, the reluctance just fades away! You're safe - wherever you are, whatever you're doing. God's right there with you, taking you EVERY step of the way.

- **"The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore"**. **Psalm 121:8**. This is another way to think about overcoming the reluctance to fly. God is with you. He's preserving you. God loves us so much! He looks after us. When you need to make a journey, start praying and affirming these wonderful spiritual ideas. Take those tools out. Use them. Then you'll conquer that reluctance. You'll feel happy and comfortable about making those trips. And you'll be safe.

4. Can age prevent you from enjoying a flight?

BEVERLY: No. A lady who is 104 recently parachuted out of a plane. She proved that age is no barrier. When we travel for family or business reasons, or to visit somewhere, when the motive is good we can expect God to bless that motive and to look after us. Everyone can feel comfortable about flying.

5. How can one maintain a spiritual perspective when traveling?



BEVERLY: Use **Tool 1: spiritual ideas that enable you to fix problems that arise - there's always an answer, a solution for every situation.** When you travel things crop up - flights get cancelled, you don't make a connection. Rather than get upset, affirm that there's always an answer. God has the perfect solution to meet every need. "**Divine Love always has met and always will meet every human need.**" [Science and Health](#) p.494:10-11. Here's an example.

- I was scheduled to lecture as a member of the Christian Science Board of Lectureship in Sydney. I'd booked to fly down in time to make it to the lecture. On departure, the pilot announced that the plane wouldn't fly and he didn't know why. Time ticked away. How could I help? I decided to pray. I affirmed that the divine Mind was in charge. There is always an answer - a solution to every situation. God is All-knowing, so the pilot, as a reflection of that divine Mind, could know what needed to be known. Eventually the problem was found, but it was so unusual no one knew what to do. I affirmed that the answer was present. Divine Mind was meeting every human need. 45 minute later, the pilot said he knew what to do and was waiting for an engineer. I continued to pray and affirm that man expresses God's intelligence; that we're able to listen for and hear the divine solution. The problem was fixed. I arrived in Sydney and made that lecture engagement on time.
- God has an answer. Divine Mind speaks to everyone, not just to the individual who's praying. Your prayers can help in difficult situations. I learned this while in Vietnam.
- My brother and I toured throughout [Vietnam](#) as part of a show. We entertained and sang for American troops - 133 shows in 4 months. When situations occurred, I prayed. Every time there was always a solution. This was noted by the other members of the show. So when new [occasions arose](#), they'd tell me to stay with the gear and pray while they went to see what they could do. They said they knew I had a connection to God. So I'd sit there with all our equipment and pray. They'd always come back with a solution.
- This showed me that "**Whatever blesses one, blesses all**". [Science and Health](#) p. 206:16. One person praying and having those spiritual ideas, can help resolve travel problems.

6. We travel to visit family. The last several visits I've gotten sick. How do I learn preventative prayer?

BEVERLY: When you've traveled and something happens, next time you go, the thought comes "Remember last time? Is this going to happen again?" So affirm that this is a new occasion. You've progressed, learned a lot, prayed a lot, and gained confidence in God's love and care. Expect to experience God's good for you.



Good, is one of my travel tools. **Tool 2: Spiritual attributes - qualities of God, which help you stay safe and well - expect good.** Affirm, "I'm safe. I'm well. I'm cared for because God is right there with me". Don't expect illness - what you expect is what you get. So expect good because God is good. God is going before you to prepare the way, thus good health, in the harmony of the whole trip, is already established. Bring your thought in line with what God has prepared for you, and expect His good to be there.

• Remember when traveling that you never leave "home". Home represents harmony, peace and security, and that's within us. Take your sense of home wherever you go. You're not going to a place out of your comfort zone - away from familiar surroundings and harmony. Like the snail, take your "home" with you. The harmony and wellness you experience at home, you experience wherever you go. God is going to be there. You're not traveling really from point to point. "**In him we live, and move, and have our being.**" [Acts 17:28, King James Bible](#)



7. In what way can we pray for the safety of others who are traveling?

BEVERLY: You can affirm - God goes before you to prepare the way; there's always an answer. This applies to everybody traveling. Also affirming God's love and care, helps and blesses everyone. It brings a healing atmosphere.

• At one time I had to attend a conference. I had a 14 hour flight from Brisbane to LA, then a connecting flight across the USA to an airport where I would catch the last commuter plane to my final destination. The timing was close. We were ready to fly across the States, when the pilot announced a delay. Someone had parked their truck up against the plane and gone to lunch taking the keys. People on the plane became angry and upset.





I unpacked **Tool 2: spiritual qualities of God which help you stay safe and well - patience and calmness**. I prayed for myself and all passengers to feel God's calm and patience. When you travel today, there are long security queues and people can become impatient and lose that sense of calm. I affirm, "God made me and everyone calm, and He keeps me and everyone calm". Nobody need be upset or impatient.

1½ hours later the man returned from lunch and we departed LA. I prayed, "Father, You go before me to prepare the way. There's always an answer, a solution. You're keeping me calm. I have nothing to be anxious or concerned about". I slept. When I woke, one of the cabin crew came and told me that we'd made up flying time and they had a plan for me - when the plane stopped they'd rush me to the door, open it a crack, put me out, and I'd have to run to the lounge for the bus to drive me onto the tarmac to the commuter plane. It worked. I made it in time and arrived at my destination as planned.

8. This time of year thunderstorms occur frequently and disrupt travel. What's the best way to pray about weather?

BEVERLY: You can affirm God's law of harmony and safety is in operation all of the time. Think of God going before you, preserving your way, looking after you, keeping you safe and well. Nothing can interrupt or disturb the harmony or safety of your trip. You can affirm that comforting verse from **Psalms 139**, about ascending up into heaven, and knowing God's law of harmony and order is operating there, just as it operates in your own home.

- I've been in planes, small and large, during thunderstorms. I affirm that over-arching the thunder and the spectacular lightning, is God's order, harmony and care. God is present, looking after us. The everlasting arms of Love hold us up; keep us safe.



- You can use **Tool 2: spiritual qualities of God which help you stay safe and well - assurance and confidence**. Assurance and confidence are the opposite of fear and worry.

If you have a concern, don't leave it sitting on a "worry list". Shift it onto a "prayer list". Get that feeling of assurance and confidence. Affirm, "God made me confident and He keeps me confident". We have every reason to be confident. "Then shalt thou walk in thy way safely, and thy foot shall not stumble. For the Lord shall be thy confidence, and shall keep thy foot from being taken" Proverbs 3:23,26. That's very re-assuring. Have confidence in God. He's in charge. Don't soak in a bathtub full of worry and fear.

1. Get OUT of the bath
2. Pull the plug
3. Let the worry flow down the drain.



- I was on a sailing vessel in Fiji during a storm. I contemplated if I could swim to land with my passport in my teeth if we sank. But as my husband David didn't swim well, I decided to pray. I thought of Jesus asleep in a boat on a stormy sea. His worried disciples woke him up. Unworried, Jesus rebuked the sea and it calmed down. **Mark 4: 36-39**. Jesus had dominion. He was confident and assured. When my husband and I reached the outer island, we prayed about the return journey. God's law of harmony was in operation. If Jesus spoke to the sea and it calmed, this showed it was possible. By the time we all got on our ship to sail back, the sea was like a mill pond. It was absolutely flat calm.

9. How do we prepare spiritually for the possibility of encountering individuals who might pose a health risk to fellow travelers?

BEVERLY: Think about safety - that we're protected. Mary Baker Eddy talks about the "panoply" - being "Clad in the panoply of Love". **Science and Health p.571:18**. A panoply is a bit old-fashioned these days.

We're more into spacesuits. Think about a spacesuit - it covers you from the top of your head to the tips of your toes. Inside you're perfectly safe - secure. Nothing bad can get through. The spacesuit represents God's protecting power - His divine Love that totally preserves and protects us. And when you think about being inside the spacesuit, you have that great sense of safety and security and it doesn't matter if somebody near you feels ill. I've sat alongside people who haven't been well. I've affirmed for me and them



too, that we're all safe and well in God's care. I'm protected. I don't have to take on someone's thoughts about illness. I preserve my thinking in a harmonious, good way, and feel safe and protected. Just as astronauts in outer-space don't breathe the atmosphere of outer space because they're connected to the mother ship, so I affirm that I breathe the atmosphere of God, where everything is healthy and well, normal and natural.

10. I'm traveling to London. With terror threats I'm quite wary. I've tried praying, but still feel unsettled.

BEVERLY: I'd use **Tool 2: spiritual qualities of God which help you stay safe and well - alertness.** Alertness is



an important quality to pack and take with you. Alertness for me means listening for God's intuitions. They're the intuitions that keep you safe. Alertness means be proactive - pray as you go! Don't wait until there's a situation. Right now affirm that God's intuitions keep you safe.

- In [Science and Health](#), Mary Baker Eddy writes: "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." p. 234:32-3. That's important to keep in mind - no evil intentions can harm us; can interfere with our good activities. I had an example of this in Vietnam during the war.
- One evening in Saigon, members of my show had planned to eat at a restaurant. We were all dressed and ready to go when loudly, like somebody speaking to me, I heard the words "Don't go! Stay home". I obeyed the intuition and said "I'm not going". The others were astounded and spent ten minutes arguing with me, trying to convince me to come with them. Suddenly there was a huge explosion. We rushed outside of our hotel. The restaurant we were meant to visit had been blown up.
- This shows that we don't have to be fearful about being in the wrong place at the wrong time. I remember after the terror bombings in Bali, a number of tourists said they'd had a very strong intuition that night not to go to the club where the bombers struck. They obeyed and were protected.
- If we're alert, we're proactive, we're listening to God, seeking His direction, His presence and power, then we will be given those intuitions that will keep us safe. That's why I always affirm that God is my Keeper. He's my Preserver. He's looking after me. He is my Helper. I am totally safe. But you have to be proactive - you have to pray as you go. Then you'll find that those qualities - patience, calmness, assurance, confidence, and now alertness, will keep you safe and make that journey a joyous one.

11. I need to fly with a pet who has never traveled from his home. Any special thoughts for our journey?

BEVERLY: Think about that wonderful idea I shared about never leaving home. Your pet is going to BE "home" while travelling because, that sense of harmony and peace and security is with that pet always. Don't think that it's going to be strange or difficult for your pet to make the flight. Don't go down that track. Reassure your pet. Say to him, "Look! You're coming with me. We're journeying with God. God is keeping us safe and well, and you have nothing to be anxious about. That sense of harmony, peace and security is with both of us, and we're going to have a happy, joyous trip."



12. When you travel, how do you explain to your family that God sent you and that you will be okay?

BEVERLY: I remember my parents' consternation when my brother and I told them that we were going to Vietnam to sing. We didn't feel in danger. Our motive was to do something good for our troops there. We felt confident that this right motive would be a blessing and a protection to us. My parents got over their initial shock. My mother supported us by praying for our safety and well-being every day we were there.

- Encourage your family/friends to be supportive. They WANT to be supportive. They don't want to be negative or make you unhappy about traveling. Ask them to be supportive, think good thoughts about you, stay positive for you, to be encouraging. Most people respond to being given a way that they can be supportive. They're worrying! So help them shift the worry off the 'worry list' on to a constructive, practical, supportive list. Give them something to do that's constructive and good; this makes them feel better. Every good thought of theirs helps smooth your journey and makes it successful.

13. While driving, images of accidents pop into thought, news reports make me feel afraid; what about others?

BEVERLY: Use **Tool number 1: spiritual ideas that enable you to fix problems that arise - God goes before you to prepare the way.** That's a powerful tool when you step into the car to drive.



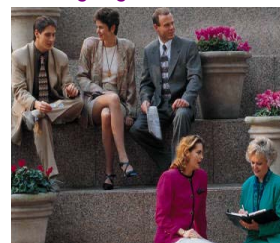
Tool 2: spiritual qualities of God which help you stay safe and well - patience, calmness and alertness. We need patience and calmness on our roads. We hear of "road rage" incidents. Express patience and calmness yourself, and affirm those qualities for other road users - that there's patience, calmness, and also alertness on the road. • People eat, drink, and talk on phones while driving. They're not being alert. Pray for alertness. Be alert when driving. Listen to God for intuitions to keep you safe. Affirm that other drivers are obedient and listening to the one Mind. Express these qualities and resist the temptation to become impatient and frustrated with others. In this way you're contributing to safety on the roads.

- If you hear news items about accidents, affirm the intelligence of every driver. God is Mind, protecting all of us on the road. God's qualities of intelligence, patience, calmness, and alertness are expressed by every driver. Affirming this, ensures that everyone arrives at their destination safe and well.
- If you're concerned about people who may have been hurt, affirm that God is right there caring for them. That's proactive prayer, rather than being passive in those situations. Remember Jesus' parable about the Good Samaritan? Being a 'good Samaritan' means praying about road issues - affirming the truth that God is protecting and governing each and every driver. All drivers respond to His direction - we have Mind's intelligence, patience, calmness, and alertness.

14. How can you pray about communicating while traveling in a country you don't know the language or culture?

BEVERLY: We have a way of communicating with each other, even if we can't speak the language. God is Mind and Mind gives us the intuition and understanding to meet the needs of others. When traveling, wonderful people will stop, listen, and work out what you're asking, if you do it with grace, patience and calmness.

• My brother and I sang on Italian cruise ships. The crew spoke Italian. We didn't. Yet when we really desired to communicate with them, we did so. It often made us all chuckle. But we did communicate.



Use **Tool 3: Gratitude**. Gratitude helps you understand and appreciate cultural differences. Being appreciative of others helps you to communicate with them. **Malachi 2:10** says, "Have we not all one father? hath not one God created us?" Thus, if we all have one Father, then we all have one means of communicating.

• When I'm traveling my prayer goes something like this: "Thank You, dear Creator, that everyone I meet is a member of Your family. You are their Father-Mother, just as You are my Father-Mother. This means that we can communicate with You and with each other".

15. My husband travels for a living. He feels he has 2 distinct lives - home and on the road. Transitioning isn't easy.

BEVERLY: Use **Tool 4: Joy**. Joy oils the wheels of successful traveling. Affirm: God made me happy and buoyant, and He keeps me happy and buoyant. Joy brings balance into your life. Take joy with you. Include it in what you're doing. • **Isaiah 55:12** says, "For ye shall go out with joy, and be led forth with peace" Coming home is the same thing! You shall come home with joy, and with peace. Home is a sense of harmony, peace, security, assurance, joy, gratitude. You take 'home' with you wherever you go. Don't compartmentalize life into work and home. Your life's not divided up into little boxes. You don't jump out of one box into the other box. Because you take "home" with you, you're not transitioning. You're always "at home"!



16. How can we deal with poisonous bites from spiders, snakes or mosquito bites when traveling?

BEVERLY: Use **Tool 1: Spiritual ideas that enable you to fix problems that arise**.

Mark 16:18 says, "They shall take up serpents; and if they drink any deadly thing, it shall not hurt them". This tells me that wherever I go, whatever I do, I'm always safe in God's care. God made everything, and everything He made was good. What can actually harm us?

• As a Christian Science practitioner, I had a case of a little child who was bitten by a poisonous Australian red-back spider. I prayed and affirmed that God made everything good. There was nothing harmful in, or to His creation. One part of His creation wasn't in conflict with another of His creation. They all lived together in harmony, and they couldn't hurt each other. The child was well. No effects from the bite. She was safe.

17. How can I pray in advance about the fear of getting sick while traveling?

BEVERLY: Use **Tool 1: Spiritual ideas that enable you to fix problems that arise**. • Think about the "spacesuit" - the sense of being truly protected in every way. Affirm for yourself: Wherever I go, whatever I do, I am always safe in God's care. That means your health, your well-being, the harmony of your trip - everything is safe in God's care. If you affirm that before you leave, and have that expectancy of good that your health will be maintained wherever you go, whatever you're doing, it certainly will be. You'll always be safe in God's care.

18. Judith: At times I feel resentful because I'm not able to travel due to finances and family obligations.

BEVERLY: It's lovely to go away, but it's great to come home. As someone who's traveled a lot, I appreciate home so much more. Sometimes we think that enjoyment or pleasure, is "out there" somewhere. Whereas they are truly within. Be grateful for the peace of home. Appreciate the safe environment, the atmosphere in which you live. It's something worth treasuring. The opportunity to travel will come if that's your heart's desire.

SPIRITUALITY.COM HOST: Thanks Beverly. Any final comments before we close?

BEVERLY: Every person who travels wants it to go smoothly and to be safe and well.

This can be achieved. Here are **7 spiritual travel tips**.

Tip 1: Pray while you're packing your bags, as you hit the road, as you travel, and after.

Tip 2: Be proactive. Don't wait until there's a situation before you pray. Pray as you go.

Tip 3: Take your [Traveler's Spiritual Tool Kit](#) with you.

Tip 4: Affirm: God goes before me to prepare the way.

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

Tip 5: Give thanks often. Thank God for His love and care.

Tip 6: Energize your joy. Joy oils the wheels of successful traveling.

Tip 7: Remember wherever you go, whatever you do, you are ALWAYS safe in God's care.

References in this talk:

King James Bible: Ps 91:10, Ps 121:8, Ps 139:7-10,
Proverbs 3:23,26, Isa 55:12, Malachi 2:10,
Matt 6:25, 31, Mark 4:36-39, Mark 16:18,
Luke 10:30-37, Acts 17:28.

Science and Health: p. 206:16, 234:32-3,
388:22-24, 494:10-11, 571:18-19.



Print [Traveler's Spiritual Tool Kit](#)

Beverly Goldsmith is a Christian Science [practitioner](#) and [teacher](#) in Brisbane, Queensland, Australia. Visit her [web site](#) for more inspirational, healing [articles](#), [Takeaway Tips](#), and [E-Cards](#).