

THE MOST COMMON perception of medicine is that it's a material substance you apply to a disease or illness—as in drugs, pills, and lotions. But in my study and practice of Christian Science, I've discovered that medicine isn't limited to this concept. Instead, I'm continually learning about an entirely spiritual system of medicine, based on the teachings of Jesus.

Take this example from Jesus' ministry: "And he arose out of the synagogue, and entered into Simon's house. And Simon's wife's mother was taken with a great fever; and they besought him for her. And he stood over her, and rebuked the fever; and it left her: and immediately she arose and ministered unto them" (Luke 4:38, 39).

Jesus didn't rebuke Simon's mother-in-law or place blame. Instead, he rebuked the fever. How did he do this? Not by acknowledging that the fever was a force to be reckoned with. He recognized the potency of God, the one divine intelligence or Mind, right then and there. He employed no prescriptive formula in his healing work. And he recognized the powerlessness of the false concept the fever represented. Mary Baker Eddy, the founder of this magazine, wrote, "Jesus' only medicine was omnipotent and omniscient Mind" (*Miscellaneous Writings 1883-1896*, p. 25).

It's interesting to note that Jesus made sure he rebuked a *false concept*. He was discerning in realizing the fever was not a burden given to Simon's mother-in-law to carry. Rather, it was a misconception of her God-given spiritual identity. In his healing practice, he never blamed the individual struggling to be free of illness, because the individual was not the problem. But the misconception about God's child—at times very aggressive—was the culprit.

Christian Science treatment reveals how false concepts masquerading as the truth yield to the medicine of Mind, the same medicine Jesus employed. And this medicine is administered mentally, not physically. *Science and Health* illumines this concept: "Christian Science brings to the body the sunlight of Truth, which invigorates and purifies. Christian Science acts as an alternative, neutralizing error with Truth. It changes the secretions, expels humors, dissolves tumors, relaxes rigid muscles, restores carious bones to soundness. The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind" (p. 162).

The medicine of divine Mind is not applied through rubbing or consuming or injecting, but through thought. The method of application is often spiritual reasoning, sometimes revelation. And the change can take place in an instant, requiring no partnership with time. As it works in consciousness, false concepts or beliefs that contradict our true selfhood as God's image and likeness fall away, and healing takes place.

A few years ago, I saw how this medicine of divine Mind operates. I'd just experienced the sudden and unexpected death of a member of my extended family. After the initial emotional shock was over, and after my sister and I had finished taking care of our family member's estate as best as we could, I came down with a heavy cold. It lasted for almost two months, only to be followed by headaches and coughing that wouldn't subside. Since I'd relied on Christian Science my whole life, past experience had shown me that spiritual healing was the best means of care. I took time each day to consider spiritual concepts. Rather than just lying on the couch feeling sorry for myself, I prayed to strengthen my

spiritual understanding. As I did this, I felt improvements, although the whole situation didn't dissolve quickly.

During this time, I was scheduled to help a friend in another state. The morning when I had to catch the flight to get to her home, I still didn't feel up to the trip. But there was no one else who felt they could take my place. So I got on the plane to help my friend.

All through that entire visit, I reminded myself that selflessness, love, and joy are qualities of God, and that expressing those spiritual qualities had an actual, beneficial, healing effect. Because they were in my thought, they also had to be *felt* within my experience. I was able to keep up with my heavy schedule and continue to take time to pray. And I felt further physical improvement during my travels. But when I returned home, I was again tired and sick.

At that point, I really buckled down in prayer, listening to God. But this was different from trying to "pray my way" to fixing an exhausted body. My prayer went like this: "Since I am God's child, *only* the qualities of health, harmony, love, and peace reside within my thought." And I reaffirmed that, because of this spiritual fact, harmony was actively taking shape in my experience. Rebuking the false idea that sickness could stake a claim in my life gave my prayers strength. The symptoms of the heavy cold and exhaustion began to fade.

In the coming weeks, I was well enough for most of the day, but toward the evening I'd again be tired and back to sitting on the couch. These intermittent bouts of sickness lingered until I mentioned the problem to my sister, through an e-mail. Quickly, her response came: "... the power of prayer is sustained by God. God sustains you. Matter does not and cannot express Spirit." That did it. That

BY LYNN G. JACKSON

THE APPLICATIO

spiritual reasoning lifted my thought and became my medicine.

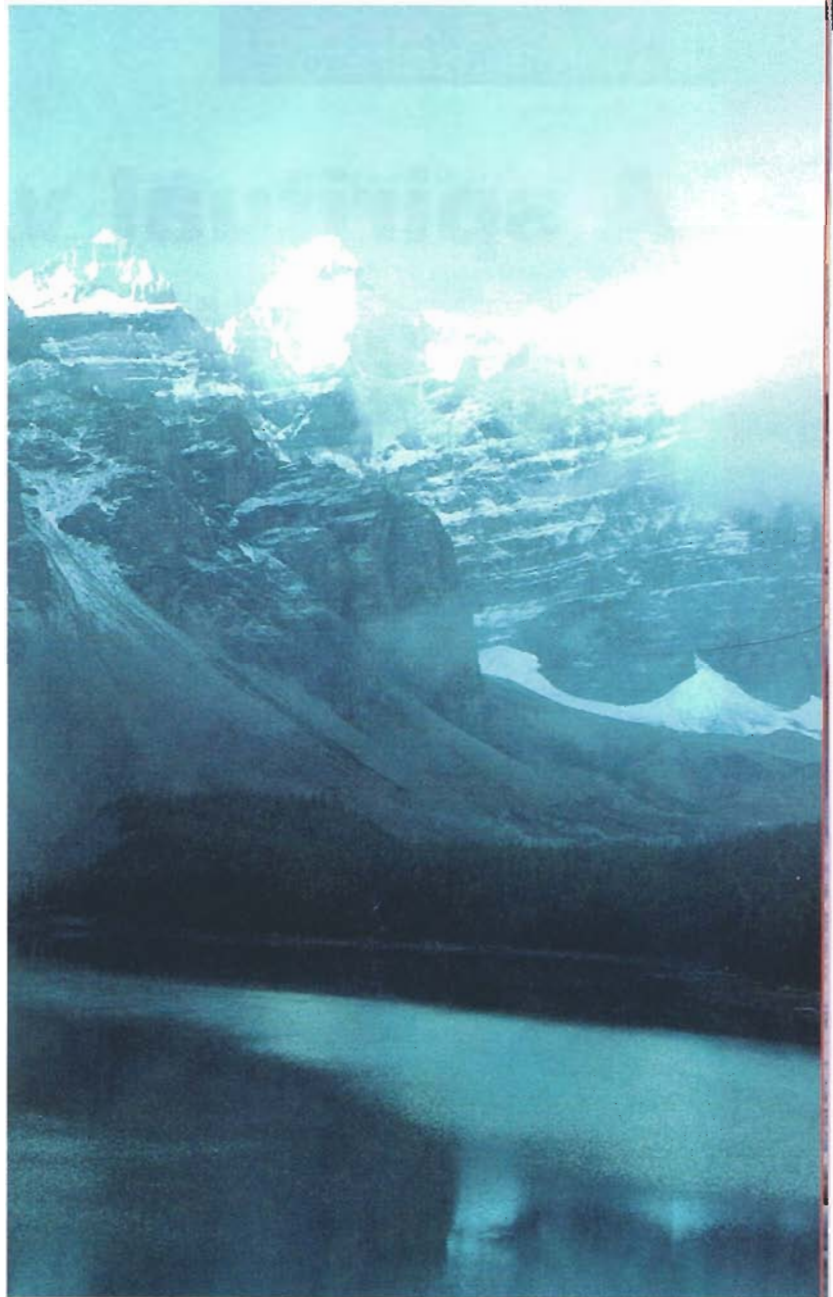
Immediately I recognized that although I'd been consistently praying for about three months, I'd also been surrendering to fear, anger, and resentment, still generally feeling upset about my family member's death. These elements of thought had to be thoroughly ousted. So I prayed to get beyond the clamor of the past few months, to the spiritual understanding that God was always taking care of me, as His reflection. Knowing that *God sustained me*, even through that difficult time, was all I needed. That afternoon, I was up off the couch, and my energy level was back to normal. All symptoms of coughing and headaches were gone within a few days. This application of truth healed me for good.

In Christian Science treatment, the healer and patient gain clarity on the fact that God has no knowledge of disease. That means, then, He also recognizes no pain or want, no illness, inharmony, or hatred. Instead, the Infinite cares for us and recognizes only health and peace.

Mary Baker Eddy had a startling statement about her own practice of the "medicine of divine Mind": "When I have most clearly seen and most sensibly felt that the infinite recognizes no disease, this has not separated me from God, but has so bound me to Him as to enable me instantaneously to heal a cancer which had eaten its way to the jugular vein" (*Unity of Good*, p. 7).

Another statement from *Unity of Good* supports what I felt that day when I took my sister's e-mail to heart: ". . . an acknowledgement of the perfection of the infinite Unseen confers a power nothing else can" (p. 7). An acknowledgment of God's perfection confers a power! This means that my acknowledgment of God's wholeness had conferred a healing force. So the benefit in using spiritual medicine not only included relief from lingering physical symptoms, but transformed my mental outlook. *This* is the application of the medicine of divine Mind to human consciousness. And it's this application that heals. **ess**

Lynn Jackson is a practitioner and teacher of Christian Science in Lubbock, Texas.



The medicine of divine Mind is not applied through rubbing or consuming or injecting, but through thought.

ON THAT HEALS