

## A home filled with light

*Home.* The word calls up feelings of comfort, tenderness, and safety. Can we have this sense of home wherever we are?

Lynn A. Gray Jackson

WALKING out of a restaurant one evening, I was surprised to hear the sound of birds' singing, because it was dark outside except for the sidewalk lighting. As I looked around, I found that the birds weren't in the trees or bushes. They had built their nest within the structure of the streetlights, and because of where they had chosen to build their home, they were constantly in the light.

Are there times when our home could be brighter? Or when we are away from home and yearn for its brightness and joy? There is always the opportunity to build our mental home, our consciousness, in the light. By establishing the true sense of home—heavenly harmony—in thought, we can overcome sadness, discomfort, or sorrow wherever we are. We can learn to feel the Mother-love and Father-love of God everywhere.

It is probably evident that if we are sad, angry, or fearful, we will take these feelings with us, and we can be unhappy even in the best of circumstances. But we need to recognize the more important corollary: If, through prayer, we consciously change our inharmonious thinking and living, we will bring into our experience more love, joy, and peace. Christian Science teaches that true prayer changes the basis of our thought and life from mortality—with its fears, willfulness, and loneliness—to spirituality. If the basis of our thought and action is mortality, we are

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ulnerable to unhappiness and fear, but as we increasingly make God's law our basis, we will find His presence to be our joy and comfort. To move in this direction calls for a better understanding of man's oneness with God, our inseparable relation to Him. God is Mind, and the divine Mind expresses itself in its idea, the real man. Divine Mind can never be separated from its divine idea. God is cause, and man is effect, and there is no time lapse in this causation, no vacuum, no breakdown. Man is always conscious of God, always conscious of the presence of divine Love. Mrs. Eddy sheds light on this fact in her book *Science and Health*. For example, she offers this spiritual explanation

a line from the twenty-third Psalm: "Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house [the consciousness] of [LOVE] for ever."<sup>1</sup> Man dwells in the house, the consciousness, of divine Love, God. In this spiritual consciousness we find our peace, our haven.

Our true home, the consciousness of God, can never really be separated from us. Growing in our understanding and demonstration of our oneness with God will bring light, peace, and joy to us; it heals loneliness, agitation, or sorrow.

When I was living away from home in a college dormitory, I found I was going through a time of repeated sudden illness followed by sudden relief. I would sometimes wake up in the early mornings feeling extremely ill. Each time this occurred I prayed to know, feel, and understand the presence of God better. I knew I wasn't really a mortal, helplessly fighting mortal ills; it was the idea of God, perfect, peaceful, and harmonious. It wasn't until these episodes began to occur two to four times a week that I realized what needed to be eliminated in my thought—prayer about a complete healing.

Each time the illness occurred, I had had a particularly disturbing day or was fearful about the next day. I realized that I was fearful of becoming ill while I was away from home—away

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**Christian Science teaches that prayer changes the basis of our thought and our life.**

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from the comfort, love, and tenderness expressed there. As I prayed I knew that God would always be with me. I understood that there never was a time when I was actually incomplete, or separated or lost from divine Love, since in reality I was God's creation. God is all-powerful as well as all-loving and ever present. He is completely capable of maintaining His creation.

I also prayed to see and express God more clearly in my daily activities. I knew that fear of failure, lack of confidence, and worry were not from God and therefore could have no lasting influence; I didn't have to associate myself or my day with these false traits. I knew my real selfhood was established in divine Love, and therefore I could progressively express each day more competence, authority, dominion, and harmony. Because man is inseparable from the omnipotent God, I could go about my daily activities trusting in Him who guides and governs all. Through gaining a better understanding of God's government of my day, I stopped feeling like a fearful, incompetent mortal and began feeling and acting more like the child of God.

I knew my true home was Love and that what really mattered was that I feel the loving ever-presence of my immortal Father-Mother God. As I gained a better understanding of God's love and care, I learned to take the light of Christ, Truth, with me wherever I went. I gained my peace once again. Soon the episodes of illness ceased, and they have not recurred since.

If we seem to be surrounded by darkness, fear, doubt, whether at work, home, or school, let's feel and express the presence of God more in our lives. The understanding of God that Christian Science brings will calm the agitated thought, the hectic day, the turbulent household, by bringing the light of Truth and Love to our consciousness. Let's see that our true home, divine consciousness, is already filled with light. We dwell and sing in the brightness of divine Love.

<sup>1</sup> *Science and Health*, p. 578.

## Becoming conscious of heaven

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Finding heaven here now  
means continual discovery.

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*Kenneth H. Nickerson*

HAVE you ever said, "Oh, I never thought of that!" when reading or hearing something new to you? I have many—especially when I first started studying Christian Science. There are so many things about which to say, "I never thought of that!"—concerning God, man, the kingdom of heaven, as we become increasingly conscious of all the good that man reflects to his creator.

When I first became interested in Christian Science I had never had. It was for me a surprising and wonderful insight into the nature of God, of Mind. I had been brought up in Sunday School, had attended churches of many different denominations for many years. I had studied the Bible very seriously. But I did not have a feeling of closeness with God. It seemed as though He were a far-off Deity. One that should be followed and believed in and obeyed—especially His Commandments—was so difficult to understand or feel close to. Then one day a friend had lent me a copy of *Science and Health* by Mrs. Eddy. I browsed through it, reading here and there, I came to the section "What is God?" The answer read: "God is incorporeal, divine, supreme, infinite Mind, Spirit, Soul, Principle, Life, Truth, Love."<sup>1</sup>

When I read the word *Love* I was startled by the thought that if I expressed His Love, and if I expressed God's love, I must be express-