

HEALED OF A HEREDITARY CONDITION

As a child I was often told of a relative who had a peculiar rash. The story described what this relative did about it, and how it disturbed her. There was much fearfulness and mystery in these accounts of the malady.

I thought little about this condition, however, until the day I found this peculiar rash on my body in the same location where my relative experienced it years before.

Then I began to think that what was called for was my prayers and mental treatment in order to heal this malady. I turned to God with all my heart and soul to learn what He knows of me. I prayed to feel God's

presence, to know His power. I could feel my thought turning from fear to comfort, from uncontrollable anxiety to peace. I reasoned that God's presence fills all

space—both in thought and in life—and that there couldn't be room for evil in His universe. His infinitude is all good, which naturally precludes anything He didn't or wouldn't create.

As the creation of God, Spirit, I reflected His spiritual substance. This meant that my true being is spiritual, not a combination of spiritual and material substance. The mental struggle of whether I was matter-born or Spirit-created eased, because I was turning to God for an accurate record of my wholeness. I felt the healing take place. Soon after that the rash completely and permanently disappeared. I was healed. But, more, I had learned that I could do something about conditions believed to be hereditary.

What I was doing is explained eloquently in *Science and Health*: "When the condition is present which you say induces disease, whether it be air, exercise, heredity, contagion, or accident, then perform your office as porter and shut out these unhealthy thoughts and fears. Exclude from mortal mind the offending errors; then the body cannot suffer from them" (p. 392).

Understanding that our actual selfhood is from God, not matter, we see that our lives are subject only to what God gives man. And that is only and forever good.

LYNN GRAY JACKSON
LUBBOCK, TEXAS

SELF-DESTRUCTIVE BEHAVIOR AVOIDED

My sense of identity, of who I am, could easily have been lost and never found again if I had accepted that where I came from humanly must determine who I am. I hated where I thought I came from.

When I was at my lowest, however, I met a spiritual mentor who changed my life. She directed me to God as the sole source of my identity. She helped me see that I belonged to none other than God Himself, and that no one could change what He had made. I began to see that my human relations had no claim to or authority over my identity or my health.

I thought a lot about a statement from *Science and Health*: "In Science man is the offspring of Spirit. The beautiful, good, and pure constitute his ancestry. His origin is not, like that of mortals, in brute instinct, nor does he pass through material conditions prior to reaching intelligence. Spirit is his primitive and ultimate source of being; God is his Father, and Life is the law of his being" (p. 63).

Through holding to this statement, and with the help of my mentor's prayers, I escaped the negative be-

havior that seemed to trap so many of my relatives—alcoholism, abuse, fighting, sexual im-

morality. I could see that not one of these troubles was part of who I was—or actually of anyone. We are each really created in God's spiritual likeness. I simply couldn't be someone God didn't know.

I'm so glad to have learned that what is written in the first chapter of Genesis serves as man's blueprint. We're told that God made us in His image and likeness and that everything He made is good. This is for all men, women, and children. No one is left out. The blueprint is completed and accepted by its author, God, our only and original Parent, the only Mother-Father we ever need or require.

SYLVIA L. LOYD
KENT, WASHINGTON



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