

# SICKNESS FOR SALE:



CHRIS JACKSON

*News stories about many different illnesses, and advertisements for countless medical treatments seem to dominate the airwaves, newspapers, and magazines. In response, spirituality.com hosted a live chat on not buying in to the inevitability of becoming ill. The guest, **LYNN GRAY JACKSON**, has been in the public practice of Christian Science healing for many years, and has taught Christian Science since 1994. She has also given public talks on spiritual healing and contributed many articles to the Sentinel and spirituality.com. To hear the full chat, go to [www.spirituality.com/chats/sicknessforsale](http://www.spirituality.com/chats/sicknessforsale).*

# DON'T BUY IT!

**It's almost impossible not to buy into sickness. If someone has succumbed, how can he or she now rise above it?**

It does seem that we're constantly assaulted by these ads. And yet, we do have to rise above it. There's this wonderful quote from *Science and Health with Key to the Scriptures* by Mary Baker Eddy that I use a lot: "Look away from the body into Truth and Love, the Principle of all happiness, harmony, and immortality" (p. 261). I love that because, to me, she's telling us to do two things: Look away from the body. And then look into what? Into Truth and Love, to really see what is true about man—about ourselves as God's child.

Even though we're surrounded by these ads and so forth, it doesn't necessarily mean that we have to accept sickness into our experience. We can train our thought to turn away from that which is harmful to us. And anything that tries to project illness, or sickness, or something that we don't want, is not

helpful. We can turn to something better—an understanding of our spiritual self.

I think you're only as susceptible as you allow yourself to be. Again, we're back to governing thought, keeping thought at one with God, and seeing Him as the good cause and Creator of all. We learn to put up a mental guard, if you will, that blocks any suggestion coming to us that we are susceptible. Even though a description of disease passes in front of us, we can ask ourselves, What do I do with that suggestion? What do I do with that advertisement or that conversation with my friend?

We learn to guard our thought and to turn away those false beliefs, or suggestions, and see that they truly have no basis. They have no power or authority behind them. Then, we see that we're not susceptible to matter, but only to God.

**I'm always concerned by those ads that say, "Talk to your doctor about" whatever the drug is. It seems like it's encouraging people to imagine ailments. Can you suggest a way to think past this?**

We really are making a choice about whether we allow belief in these ailments to take over our thinking. Again, go back to that quote from Mrs. Eddy, to "look away from the body." Look away from matter in this case. "to Truth and Love"—to God, and to a higher sense of what the true cause of health is, which is God. And God causes health and brings forth health. So these imaginations that go on, or these vivid descriptions that take place, this epidemic of self-diagnosis that we sometimes find making our minds just wander through channels of fear and concern—these are things that are put down by an understanding of one's relationship with God.

**How can Christian Science survive in an age where disease and medical practices are so omnipresent in society?**

I think we're seeing it survive. And how is that happening? Because it's effective. Christian Science is practical, and people are coming to it because it frees them from the chains of medical theories. And that's truly what we want to be free of.

Everybody in the whole wide world is concerned with healthcare in one form or another. And we see many different approaches to healthcare.

As we leave off false beliefs and these suggestions of disease that bombard us constantly, there is a solution. In fact, Christian Science is a systematic solution that is effective, and has been effective for many generations.

Christian Scientists aren't Christian Scientists because they got drafted into this. They're Christian Scientists because they've seen prayer work. They've chosen this method of healing because it's been effective for them. And as long as it's effective, which it is, it will survive. It's inevitable.

**How can we help others redirect their thoughts of disease when they share their self-diagnoses and predictions of disease?**

Anytime that we're faced with a situation where others are bombarding us with disease, or are, in a sense, trying to sell to us the reality of disease, we never want to be uncompassionate and act like we don't care. Because we do care! But how do we redirect the conversation? Often by stating something very simple, something that they possibly know.

I love the 91st Psalm, where it's written, "There shall no evil befall thee, neither shall any plague come nigh thy dwelling" (verse 10). Often, just sharing that statement right there—that no plague can come near their dwelling, or their consciousness, or their body—takes thought off the material condition long enough for the other individual to grasp that, "Yes, that's what the Bible says, and I can turn to that."

**How can we best handle suggestions of contagion, when it seems evident that something as simple as a cold is spreading around an office environment?**

I think you go to the whole concept of guarding your own consciousness. You're absolutely enveloped in the arms of divine Love, and error—sickness or contagion or disease—can't penetrate your thought to make you manifest something God didn't create. Contagion is something that everyone deals with almost on

a daily basis, whether you go to a movie or a restaurant or anywhere. It's a prominent theory out there, one that we have to combat. But it's combatted by our own sense of what we allow into our thought, what we allow to affect us in one way or another. And we can't be affected by something God didn't create.

I love the terms *defense* and *protection*, especially when we're talking about thought. To me, to *protect* yourself brings forth an image of maybe cowering in a corner and putting a garbage can over you, so you don't get hit and pelted by the things that are being thrown at you. But to *defend* yourself, as I see it, would mean to go up against the false concept or the false belief. Not just to say, "Well, it can't affect me," but to actually go out and destroy it.

**What can we do if we're suffering from the symptoms of a prevalent disease—something that's being widely discussed in the media? What's the first step in finding freedom?**

Again, that first step goes back to where Mrs. Eddy says, "Look away from the body into Truth and Love . . ." To me, that's really a first step. We're looking away from the material, and we're looking into Truth and Love. We're looking into what God knows.

Are we into self-diagnosis, where the imagination just takes off with us sometimes? Suppose there's a popular disease out there. It's all over the news, maybe we've got a few friends who have it, and we're hearing about it constantly. If we feel that we're suffering some of those same symptoms, then we want to take those symptoms one by one, and see the fallacy behind them. I would go after them on the basis of the true cause, which is God; the true substance, which is spiritual; the true law, which is the law of God in your experience and in your thought.

Because man's true substance is spiritual, matter can't create a malfunctioning effect in man, because all functions are governed by divine Mind, by God. That's what man—all men, women, and children—reflects. There's no law behind disease. There couldn't be a law to enforce it in any way, shape, or form. There's just no presence to it. **ICSS**