

FUNDAMENTALS OF DIVINE SCIENCE

LESSON XV

OUR INHERITANCE

The Bible clearly teaches that God is our health. Exodus 15:26 declares, “I am the Lord who heals you.” The healing records of the Gospels are unequivocal in their depiction of Jesus as the Great Physician, releasing the healing energy of Spirit. Is it not strange, therefore, that a large part of Christianity has long refused to believe that health is part of our divine nature? It is difficult to understand how Jesus’ followers could ever come to believe that God afflicts His children with illness and pain.

OUR INHERITANCE OF HEALTH

Divine Science has emphasized healing from the start. We know that God has already given us perfect health, by giving us His own nature as a center from which to express. If we are not experiencing health, it is because we either are not living from this center, or we are not expressing it fully. Our lack of awareness of our inner wholeness is what needs to be healed.

Our Divine Father/Mother, who is perfection itself, does not need changing. We do not pray to induce God to grant us a special favor, but that our eyes may be opened to see the true wholeness that already exists. HEALTH IS. Health is the natural state of all that God brings forth. This includes the babe as well as the sage; it includes everything when it is fully expressing the divine life within it.

THE TRUTH THAT FREES

Healing is a mental-emotional process. Disease, or lack of ease, is the result of some wrong thought or attitude, which is held in mind or feeling until it produces wrong conditions in mind, body, or affairs. Somewhere in the mentality, usually subconsciously, there has been registered some kind of negative thought or emotion.

In some schools of mental science and psychology, attention is given to finding the specific mental error that corresponds to a particular physical condition so that it may be erased. If one is experiencing the same type of difficulties again and again, whether physical or otherwise, it is well to look for a specific pattern of erroneous belief that is underlying the problem. In that situation, we would first face the problem, and then let it go emotionally and affirm its opposite.

In general, however, we do not dwell upon analysis and diagnosis. We do not need to discover the particular thought which brought about every case of disease or inharmony. We know that there is one basic cause for all difficulties; a sense of separation from God and His good.

We are safe in treating, praying to bring about a change in consciousness, to see the innate perfection that is ours as children of God. As if we were little children, we take an attitude of simple trust, confident that the divine perfection will be manifested. We assure ourselves of the

immediate presence of God, instantly available. In the light of this basic Truth, we speak the word that will manifest wholeness, completeness, and perfection, at any instant of time, whenever and wherever some difficulty demands it. We declare the Truth; it is the Truth that frees us from the effects of our own false thinking.

ALL HEALING IS GOOD

We recognize the contribution of those early metaphysical workers who helped show the relationship of mind and body, making way for the “psychosomatic” medicine of today. Indeed, we are thankful for all the methods of healing which in their own way have alleviated human suffering.

Many ask, “Do Divine Scientists believe in doctors?” We do not condemn those who try to help people back to wholeness through outer means. All healing is good. In their valid application, all methods of healing, whether it be the medical doctor’s drugs, the surgeon’s skill, the chiropractor’s adjustments, the psychologist’s power of suggestion, or some other method, serve to aid the natural healing energy within the patient. All are channels through which God can work, for God always meets us at our own level of unfoldment. These various methods attempt to bring about a state of mind and body that permits the patient to let himself or herself get well. The restoring, healing power flows up from the depths of one’s own being.

THE HIGHER WAY

Helpful as these methods may be, they are temporary, treating symptoms rather than the cause. To be permanently healed, we must be willing to take a higher step. We must go to the next level of consciousness where we see that the real body needs no healing. This is Christ Body, made in the image and likeness of God.

In healing, we must learn to discern the difference between Truth and fact. Truth is that which eternally is; a fact is that which temporarily appears outwardly. It may be a fact, for instance, that a certain man has a broken leg; but this will change. It exists today, but will soon be gone. It is not Truth that his leg is broken, for Truth is eternal reality; if it were the Truth, his leg would be broken forever. The Truth, which includes the divine idea of that leg, immediately begins to restore its outer wholeness. The bones are knitted together; the spiritual reality is translated once more into objective fact.

The human race is ready for this next step in consciousness. We need not try to make things come to pass; we begin instead to let the Omnipresence express through us. We see ourselves as God sees us; we know our bodies to be God substance, radiant with life and intelligence. We see every part of us as God sees, eternal, whole, and perfect. Jesus took this step in consciousness, seeing all things in the revealing light of God’s Presence.

MEETING APPEARANCES

We are outgrowing many things, including a dependence on outer methods of healing; but we are growing, rather than fighting, our way upward. We do not deny a condition as a temporary

appearance. We know that negative conditions may occur in human experience. We do not, then, use Truth to avoid facing up to problems. When dealing with a broken leg, for example, we would not pretend it hadn't happened. We would do all that seemed necessary to assist the healing process, while also knowing that Truth was translating the condition into a whole and perfect leg.

NONRESISTANCE

We do not think of spiritual healing as “mind over matter.” The error of this expression is in the implied assumption that there is an opposing principle, of matter, to overcome or mitigate. It posits a kind of inertia or resistance that does not, in fact, exist in nature. Our spiritual understanding, which modern science, including nuclear physics and quantum mechanics supports, reveals that there is no matter to overcome. All is Spirit, manifesting as consciousness and form.

Just as there is no contest between Spirit and matter, so there is no struggle between Truth and error. We do not give entry, in our belief, to a supposed opposite called “mortal mind” or “animal magnetism.” True perception sees our body as it *is*, rather than as it appears to be. Error dissolves in the light of Truth. When light is brought into a dark place, the darkness does not fight the light; it simply disappears. Error, whatever its form, has no reality in itself and is self-limiting; it creates nothing. We need not resist it. When we redeem our thought from negative attitudes, and from the belief that disease is reality, we will be on our way to demonstrating perfect health.

MENTAL ATTITUDES WE MUST RELEASE

It is not enough to give up certain specific beliefs, such as “drafts bring colds,” or “onions cause distress.” In addition, we must be aware that emotional attitudes and feelings which do not belong to us as children of God have a marked effect upon our health. It is not simply a conscious belief in a particular disease that may affect us. It may be our subconscious attitude toward someone or something that is manifesting in this particular way.

LIVING THE LIFE

As important as affirmations of Truth are in developing a spiritual consciousness, we cannot realize health, or harmony, or anything else merely by repeating words. It is necessary to *live the life*. We cannot bring our health into expression if we are clogging the channels in consciousness with hate, jealousy, or self-pity. No amount of beautifully spoken words, even if deeply felt, can bring us an abundance of supply if our mentalities are choked with envy, anxiety, or ingratitude.

To try to regain health without purifying the channel would be like turning water from a reservoir into a conduit filled with silt and rubbish. We would find that the water could not flow into the fields. Only as we live in accordance with our true nature, the God-nature within us, do we open the channels for power to flow into our bodies and affairs.

Some of the destructive attitudes that block the inflow of Spirit are given below. Small though some may seem, they are “the little foxes that ruin the vineyards.” We must refuse to keep them. They do not belong to us as children of God. We must let them go.

Fear	Worry	Envy
Self-pity	Hate	Anger
Fault-finding	Anxiety	Remorse
Jealousy	Self-condemnation	Resentment
Impatience	Hurry	Negative excitement
Sensitivity to criticism (real or imagined)	Restlessness	(as opposed to enthusiasm)
Feelings of inferiority or superiority	Overloading (trying to do too much at once)	Holding grudges
Indecision	Irritability	Regret
Dislike of people or things	Overambition	Overstimulation
		Greed

We suggest that you look this list over well. How much of this “rubbish” are you holding in consciousness? You cannot be a clear channel for God’s perfect life unless you let go of that which is blocking your mental and emotional realms.

How do we clean out mental and emotional rubbish? We dissolve it into the “no-thing” that it really is by putting true attitude in its place. We fill our hearts and minds with attitudes that are like our true selves. We replace anxiety and worry with faith in the one Presence. We replace self-pity and self-condemnation with the certainty that God knows us as we really are. We replace fault-finding, jealousy, and impatience with love. For overstimulation, overambition, and excitement we substitute the poise that comes from knowing the quiet place within our own soul. For feelings of inferiority, superiority, or insecurity, we substitute the realization that we are all one in God. Cooperation, not competition, is the truth of God’s universe.

START WHERE YOU ARE

We hope you will remember that healing is not just for the spiritual elite. Begin with self-acceptance, at whatever level you find yourself. Take whatever spiritual consciousness is already yours, and be faithful to your vision of Truth. Do your best and God will do the rest. Declare the Truth in your thought, word, and act, and discover the power of the Living Word for yourself.

“So shall my word be that goes out from my mouth;
it shall not return to me empty,
but it shall accomplish that which I purpose,
and succeed in the thing for which I send it.”

-Isaiah 55:11

ASSIGNMENT FOR LESSON XV

Study Chapter 7 in *Divine Science: Its Principle and Practice*.

Affirmation: THE SPIRIT WITHIN ME ATTRACTS AND RETAINS ALL THAT IS NEEDED FOR MY BODY TO BE A PERFECT EXPRESSION OF THE PERFECT PATTERN WITHIN.

Bible Quotation:

“Bless the Lord, O my soul,
and all that is within me,
bless his holy name.
Bless the Lord, O my soul,
and do not forget all his benefits,
who forgives all your iniquity,
who heals all your diseases.”
--Psalms 103:1-3

Questions:

1. May we attain a state of changeless health?
2. What is man's natural state?
3. What is healing?
4. Do we try to change the body in healing?
5. Do we deny the body in healing?
6. Did Jesus change God's laws in healing?
7. Explain the difference between the Truth and a fact.
8. How do we clean out mental and emotional rubbish?