
THE HIGHEST TRUTHS IN SPIRITUAL HEALING #2

1. Healing is the result of Spiritual Consciousness. Man does not create Consciousness, but rather through recognition and attention man develops a state of at-one-ment wherein he becomes aware of the embodiment of Being, the Word made visible.
2. Healing is the result of Spiritual Living. Spiritual Living is being the emanation of God, Immanuel, "God with us."
3. Many find that mental argument (affirmations and denials) can direct individual attention toward that point of spiritual at-one-ment wherein the awareness of the Presence becomes a living experience.
4. Thus, after the individual has affirmed the Truth and denied error, he reaches a point of utter stillness; and, in stillness Truth frees. Truth is Christ and Christ is Truth. It is Christ (Truth) that saves man from the sense of sin and death. Christ is man's personal saviour. Man is indeed complete in Christ. But without Him (Christ), man is lost in a world of his own misconceptions.
5. Remember that whatever is true of God is true of God's man. "God is the health of His people." "Be still and know that I am God." All that God is, I am. Therefore, I am health.
6. Healing, after all, is incidental to consciousness. We need not stress it so much as we sometimes do. If we are in the right state of consciousness, we do the work without effort and without any form of personal responsibility. We work almost automatically.

—Principles of Healing, H. B. Jeffery

7. Realization of Pure Being or Spirit is the only true healing. The natural and final establishment of unwavering health must be through realization of Pure Being. It must be the result of consciousness which knows Spiritual things spiritually, and which speaks the spiritual language.
- Divine Science & Healing, Cramer
8. (God) created us out of its own health; healing is the realization of this health. Consciousness of being health must precede feeling well permanently. Appearance must not be allowed to govern our thoughts.
 9. Think and speak only health if you wish to realize it.
 10. Daily practice (realization of Omnipresence) cannot be over-emphasized. Success in helping others will be in proportion to one's daily living in Pure Consciousness. Pure Consciousness sees no evil.
 11. "Health is Truth and to be conscious of Truth is to be conscious of Health."

—Fannie B. James

12. Holiness is inner health, and Health is visible Holiness.

—Max H. Ballard

13. We have discovered. . .that disease (lack of ease) has no life, intelligence or substance of itself, and exists wholly through man's belief in it and the power which he has consequently given it.