

THE HIGHEST TRUTHS IN SPIRITUAL HEALING #3

1. We have found out that it is not necessary to have a full knowledge of disease in order to heal it, any more than a study of discord would be an aid to a perfect knowledge of harmony, or than a careful study of mathematical errors would be of assistance in solving difficult problems. On the other hand, the more we know of Health, the more fully will we comprehend the fact that it is the Truth of the body . . . its real and eternal state. The surest way to perpetuate disease is to believe in its reality, while the surest means to overcome it is to diagnose health. How apparent, then, is the folly of studying evil in order to overcome it when our only true means of overcoming evil is Good. And yet the whole world for generations has believed that to acquire perfection we must have a full understanding of all imperfection.

—Studies in Divine Science, Baum

2. "Put belief of disease out of mentality and the body is healed, for there is only diseased belief."
3. BEING, not becoming WHOLE, must be our Realization.
4. "As often as one thinks of Being Health (not gaining or making health) he is laying hold of the understanding that will be realized as health of body. For no less source than the understanding that I AM HEALTH can bodily health be realized. I AM means ME, SPIRIT, LIVING SOUL and BODY."

—Truth and Health, F. B.

James

STATEMENTS FOR MEDITATION

God is my health this moment.
 My health is changeless.
 My body is always in perfect health.
 The Substance of my body is perfect.
 I am now in perfect order.

—Truth and Health, F. B. James

God is the source and cause of my health.
 My health does not depend upon external things.
 My health does not depend upon climate, altitude, or weather.
 My health does not depend upon what I eat or drink.
 Health is from God, substantial and enduring.
 My health is eternal and changeless.
 Health and harmony are the reality of my world.
 The word of health is now made manifest in my body.
 God is the health of His people.
 God is my health now and forever.

—Studies in Divine Science, Baum

Your life is in God; your strength, health
and peace are gifts of God, which you are.
Nothing can deprive you of these.

NOW you are free, for all truth is NOW.
NOW is your day of salvation and you are conscious of this truth.

—Truth and Health, F.B. James