



Ageless Being

Watch Booklet

"What I say unto you I say unto all, WATCH."

— CHRIST JESUS

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A LADY WITH
A LAMP
SHALL STAND
IN THE GREAT
HISTORY OF
THE LAND



A NOBLE TYPE
OF GOOD
HEROIC
WOMANHOOD
Longfellow

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Why can't we call aging spiritual maturing? When we learn in Christian Science, as Mary Baker Eddy says, "Man in Science is neither young nor old?" (Science and Health, page 244:23)

Our thoughts and beliefs about advancing years must change. We associate decrepitude with this and expect everything to take a downward spiral. Thus, people often ask what medications one is on when you are past sixty and consider it a marvel when you say you are not on any. Some clinics no longer want to see you anymore, assuming you won't be around much longer to need their help if you are of a certain age.

What if retirement is selflessly thought of as a time to focus on benefiting others with the knowledge and wisdom one has gained through the many challenges one has learned from? If we have made God first in our daily living, we would have matured spiritually with increased spiritual sense and a quicker turning to one's spiritual Truth of Being. Instead, retirement often becomes a time for focusing on doing only for oneself. Much of the time is spent on improving the body, making it the indicator of how we are doing. In some cases, medical appointments are regarded as social visits.

It is clear that "loving out," a term I learned, meaning caring about others, thinking well about ourselves and others, and desiring good for all people, brings us more joy than living selfishly. We are to live selflessly, because we love our neighbor; that is why the scripture says, "to love our neighbor as ourselves." There is no greater joy than to live Love, to glorify God, and to bless and be blessed! Think of being ageless, rejoice and be grateful that man, as a reflection of God, is never young nor old.



I know no life divided,
O Lord of life, from Thee;
In Thee is life provided
For all mankind and me:
I know no death, O Father,
Because I live in Thee;
Thy life it is that frees us
From death eternally.

I fear no tribulation,
Since, whatsoe'er it be,
It makes no separation
Between my Lord and me:
Since Thou, my God and Father,
Dost claim me as Thine own,
I richly shall inherit
All good, from Thee alone.

From The Christian Science Hymnal, Hymn 135



Painting by Luanne T

The law of God to this day is a law of infinite perfection, of action, and of perfection in every manifestation.

All things which pertain to this day are already perfected, already arranged and completed; under Christian Science treatment this completeness unfolds. There is no deterioration in this day to mind or body in belief, or at all.

This so-called law of deterioration is broken, annulled, now and forever. There is no growth materially that can result in deterioration and decay. All being is already established and is mature, and perfectly mature. There is no age, no growing old in this day in belief, or at all. There is no law of death or disease in this day; the belief of such a law is annulled now and forever.

This law of God to this day is a law of perfect Mind, perfect consciousness to infinite creation. It is a law of understanding to every Christian Scientist — a law of completeness and harmonious comprehension of Christian Science to all mankind.



“The human history needs to be revised, and the material record expunged.”

From *Retrospection and Introspection*, by Mary Baker Eddy, page 22



I came across a very interesting article in an old copy of The New York Herald Tribune from 1948. A group of medical specialists and surgeons had been researching the process of aging. They came to the conclusion that anyone experiencing a lack of vigor or any other disorder due to age was suffering from what they termed “time neurosis.” The report stated that “every human tissue is endowed with potential immortality,” and there was really no good reason for anyone to get old and decrepit. Anyone who was experiencing such symptoms had submitted to the “prevalent superstition” that time in some way poisons the system and causes one to grow old.

When I read that article, it made me so grateful for Mary Baker Eddy and for the textbook she wrote, *Science and Health with Key to the Scriptures*, which truly debunks the belief of old age. On page 245, Mrs. Eddy states, “Decrepitude is not according to law, nor is it a necessity of nature, but an illusion.” What a revolutionary and liberating statement!

It is helpful to work daily with “I am ageless, diseaseless, and deathless, because God has made me so!” And also to watch out for what are termed “the creeping things,” such as failing eyesight, poor hearing, or a general slowing down. This is not the truth about God’s perfect creation, and we have the right not to allow any of these lies into our experience. It is wonderful to know and to prove we do not have to succumb to the aging process, but we can continue on with the work God has given us to do with strength, alertness, and rejoicing!



At one time Mrs. Eddy said, “All there is of us, is what there is of us under the fire of mesmerism.” At an earlier date, she gave the same thought as follows: “All there is of man, is what is left after animal magnetism has gotten through with him; now measure your height.”

In Psalm 103, we read of the Lord, “who satisfieth thy mouth with good things.” This verse hints at the spiritual truism, that merely listening to Truth does not make it our own. We can claim it, only when we take it in and digest it, until it becomes so firmly implanted in consciousness that we cannot be robbed of it.

The proof that Mrs. Eddy gave to the world through her own experience, was that the claim of old age can never strip man of the Truth that he has made his own. With many mortals, as age creeps over them, you can see them being stripped of the human knowledge that they have spent a lifetime in gaining. But, when I lived with our Leader, I saw her at eighty-five with a spiritual consciousness in no way impaired by the encroachments of old age. Every bit of Truth she had ever demonstrated and attained, she still had. She evinced no signs of age mentally. On the contrary, her mentality showed an increasing spiritual comprehension and power; and it is surely a logical sequence to assume, that now she is still increasing in spiritual understanding, and imparting that knowledge.

Furthermore, when asked by a student, “Will we have *Science and Health* or the Bible on the other side?” She assured her, “When we go to heaven, the book will be there.” Then she called attention to Revelation 20:12, “And I saw the dead, small and great, stand before God; and the books were opened; and another book was opened, which is the book of life.”

from *Spiritual Footsteps*, Chapter Forty-seven, by Gilbert Carpenter

“And as a vesture shalt thou fold them up, and they shall be changed but thou art the same, and thy years shall not fail.”

Hebrews 1 : 12



Photo by Lynda

“Mortal mind claims that in order to age gracefully, we need lotions, pills, and “good” genetics. Christian Science shows us we move forward unchanged into eternity as we follow in the footsteps of Christ Jesus, who is “the same yesterday, and today, and forever.” (Hebrews 13:8)”

Jeremy Palmer



The added wisdom of age and experience is strength, not weakness, and we should understand this, expect it, and know that it is so — then it would appear.

I ask for you to keep a time for meditation every day. Ponder in thought your infinite, harmonious, Christ-expressing selfhood, and claim it as you. Drink in its unspeakable safety. All the truth and beauty of God's creation is yours and you.

Enjoy it in sincere prayer and thanksgiving. Preserve your human sense of yourself rightly by dwelling in definite treatment every day, within the sanctity and integrity of your real selfhood.

In that hour of prayer, discard all your false sense of selfhood, all that is involved in the beliefs of birth, heredity, association, time, decay, death. By the grace and authority of God, close your thoughts firmly against the interference of mortal beliefs. Hold yourself open to the plans of God and closed to the plots of satan. Rise into the spiritual forces of your own destiny. Each day will begin and unfold under the authority of divine Mind, and will be well-ordered, rightly balanced, filled with spiritual good.

This magnificent spiritual exercise of treating yourself in devoted prayer, and praying for yourself, will keep you in the secret place which is unknown to the senses and open to all that heaven holds for you.

In proportion as the law of Truth is understood and accepted, it obtains in the personality as well as character.



In the first chapter of Genesis, we read of “the creeping things that creep upon the earth” which God saw as good, and over which man was given dominion. But mortal man has misinterpreted these creeping things that were good, over which man has dominion, and often designates these creeping things as evil conditions which steal upon us slowly and stealthily, conditions which are not good, and over which we have no control.

Some of mortal mind’s creeping things are expressed in the material body as age, obesity, anemia, deafness, failing eyesight, wrinkles, thinning hair, slowing up of organs, and many other conditions which even Christian Scientists accept as inevitable, and over which they exercise no control.

Where is the dominion with which we were endowed and about which we love to boast? Why do we, as Christian Scientists, permit these so-called creeping things to come upon us, or supinely accept them as beyond our control? And what are we going to do about them in the future?

Mrs. Eddy says, “The scientific government of the body must be attained through the divine Mind.” “Mind governs the body, not partially but wholly.” “Immortal Mind feeds the body with supernal freshness and fairness, supplying it with beautiful images of thought.”

It seems to us that it is the body that ages and grows old, independent of the mind, but man’s body or embodiment is but the garment of his thought. The body always visibly manifests the mind from which it is evolved.



So much is being written today on how to stay young-looking and attractive. At any newsstand, you can find magazines with articles on how to look five years younger, the wonders of estrogen, or the benefits of a facelift. So much time, money, and effort can be spent on this pursuit, it is almost overwhelming. How heartening to know Mrs. Eddy gave us the complete answer to the problem of aging, and it can be found in her textbook, *Science and Health*. When I first began attending the Plainfield Church, I was impressed with the youthfulness of all its members, and especially the Teacher. She told me she works daily with the thought, “I am ageless, diseaseless, and deathless, because God made me so,” and explained that aging is a slowing down of thought, a turning inward, that can occur at age twenty as well as age ninety.

I was told to study pages 244-248 in *Science and Health* and to apply these statements directly to myself. For instance, isn’t it wonderful to realize that we are governed by immortal Mind and are always beautiful and grand? Or that, immortal Mind feeds our bodies with supernal freshness and fairness, supplying them with beautiful images of thought. And I especially love where Mrs. Eddy states, “decrepitude is not according to law, nor is it a necessity of nature, but an illusion.”

As we express God’s lovingkindness and joy, our faces will shine with an inner radiance and beauty that can never fade or grow old. It is the vigor of Spirit that lightens one’s step and maintains an upright posture. Acknowledging God in all our ways is Principle, and this does more for strengthening backbones and controlling appetite than any diet ever could. And certainly it is the intelligence of Mind that gives one a keen and positive outlook on life that is ever attractive.



Meet the Claim of Advancing Age

Gilbert Carpenter

WATCH that you rise to meet the claim of advancing age with alertness and activity.

Another thing to guard against is mental and physical inertia, particularly the former; when your interests begin to narrow down to what principally concerns yourself, look out; this is one of the first signs of old age. By living on a diet of self, you will slowly but surely deteriorate into a dried up, uninteresting character, neglected and really unworthy of anything but charitable notice.

A sense of humor is a divine gift. It is the very stronghold of abiding youth. It slays care, sustains hope, and has the world with it from the start to the finish. If it is not yours by right of heart, then cultivate it as a fine art. It is too valuable to be ignored.

And don't look on life from any viewpoint with a protest. Cultivate a love for people exclusive of yourself — and let it be that divine love that sends out joy to everyone and so happiness to self.

From *500 Watching Points*, Watch 392, by Gilbert Carpenter



“Spirit is natural everpresence, never localised. The universe of Spirit is so vast that it cannot be measured.

Where space seems to be, right there is Spirit; hence there is no space. What would otherwise be space is filled with solid Spirit. This accounts for your safety when flying. You cannot fall through space-there is none!”

The Nature of the Infinite, by Doris Henty



Painting by Luanne T

“There is no death nor decay; no apex nor decline; only eternal, unchanging Truth, Life, and Love and its expression.”

Jeremy Palmer



Life is eternal and unchangeable, and can never grow old, for time is not, and youth is, immortal — you have always existed, and always will exist a perfect, complete and finished work, a spiritual being created of and by Spirit and subject only to spiritual laws.

You do now and ever must manifest the God-life that is shining in you. It is working always in every part of your being to will and to do.

There can never be any loss of your faculties — for they are of Soul and not of sense. The Life and strength of which you are the constant recipient, are indestructible and infinite, and nothing can prevent their inflow. You are governed and sustained by perfect Love in which there is no fear of helplessness or death. Your faith and trust in the omnipotent power of Truth are perfect, and unclouded, and you know that God is your sufficiency. Never was one of God's children palsied or helpless, for all His works are good and eternal. There is no mortal mind to say you are old or feeble. There is one infinite Mind, which is the understanding of the truth of your being, and holds you in perfect harmony and health.

From Lessons of the Seventh Day, by Mary Baker Eddy, page 135



Once I have heard, indeed twice, someone say something about getting old, and it just makes me indignant. It is the most stupendous lie anybody can utter, and the lie the devil best likes to tell. Refuse to accept its symptoms, and above all, refuse that anyone else could see them or accept them. How in the world could anyone see age, when looking at an exhibition of imperishable life? Age is not a necessity, an inevitable, or an honorable thing. It's a surrender to the siren call of ease, where there is not ease. Sometimes, you'll notice, people lie down and take refuge in age. Tiring of work and responsibility, they step aside to make way for the children, or younger members of the firm. They used to do it at two score years. But no more. Today they're on their toes at four score. Will the advancing race stop there? Certainly not! Age is doomed. Every morning brings a new day to every individual, and a new life. These new mornings, fresh from the highlands of eternity, never cease to arrive. Individual life is continuous. It can't hesitate or grow old. So today we can go forward with as much vitality as the most favored individual in the land, if we'll cultivate the habit of identifying ourselves every hour with omniscience, omnipotence, and omnipresence. Then we learn something of the power of everlasting Life, its freedoms, and satisfactions, and its joys.



“But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day.”

II Peter 3.



“For then shalt thou lift up thy face without spot; yea, thou shalt be stedfast, and shalt not fear: Because thou shalt forget thy misery, and remember it as waters that pass away: And thine age shall be clearer than the noonday; thou shalt shine forth, thou shalt be as the morning.”

Job 11

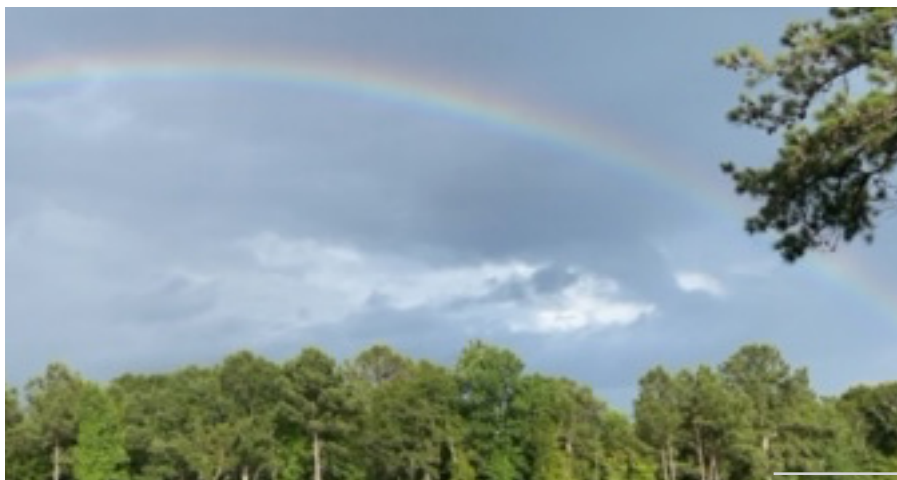


Photo by Jeremy

“If the heart stays young, old age can never become anything but ennobled thereby. Years do not make one grow old if one grows in grace. Decay does not belong to matter so much as to mind. Now I believe that if we kept our mind fixed on God, Life, Truth and Love, He will advance us in our years to a higher understanding and change our hope into faith, and our faith into spiritual understanding, and our words into works, and our ultimate faith into the fruition of entering into the Kingdom.”

From *Divinity Course and General Collectanea*, (the “Blue Book”),
by Mary Baker Eddy, page 185

The subject of age is a topic people either avoid or dwell on continually. What is this all about, and what makes people get old? I've heard it said that you can be old at 25. This means that you can have a negative attitude about everything, thinking, "I can't do this anymore. I'm getting too old." Or perhaps you have a cloud over your head all the time, saying, "Things are going to go wrong, I just know it." And guess what. They will, because we receive what we believe.

How can we get past this age thing? We can get past it by understanding that it is a lie. But what is trying to cause it? The first mistake is recording ages with, "I'm seventy years old, so I can't do that anymore." Who said so? Now just remember Emma Graf, at 98, bounced up the church stairs, rosy-cheeked and happy.

The recipe for eternal youth is joy, and to love sincerely. People feel it if you really love them. Be joyous, be enthusiastic, be ready for things new and fresh. Let your days be fresh and new. Be enthusiastic about the things God gives you to do.

Now, stand fast in this liberty that God has given you. When error tries to suggest negativity, tell it, in no uncertain terms, to get out. It's just a wicked, lying suggestion that would try to rob you of your good, and trap you into thinking negative, wrong thoughts. However, if you will hold onto the right thoughts, the positive thoughts, the loving thoughts, your life will reflect it. I know it's true. I've seen it demonstrated year after year, and I know that it works. You have the same right to see it, and be blessed.



“Man in Science is neither young nor old. He has neither birth nor death. He is not a beast, a vegetable, nor a migratory mind. He does not pass from matter to Mind, from the mortal to the immortal, from evil to good, or from good to evil. Such admissions cast us headlong into darkness and dogma.

“Even Shakespeare’s poetry pictures age as infancy, as helplessness and decadence, instead of assigning to man the everlasting grandeur and immortality of development, power, and prestige.

“The measurement of life by solar years robs youth and gives ugliness to age. The radiant sun of virtue and truth coexists with being. Manhood is its eternal noon, undimmed by a declining sun. As the physical and material, the transient sense of beauty fades, the radiance of Spirit should dawn upon the enraptured sense with bright and imperishable glories.

“Never record ages. Chronological data are no part of the vast forever. Time-tables of birth and death are so many conspiracies against manhood and womanhood. Except for the error of measuring and limiting all that is good and beautiful, man would enjoy more than threescore years and ten and still maintain his vigor, freshness, and promise. Man, governed by immortal Mind, is always beautiful and grand. Each succeeding year unfolds wisdom, beauty, and holiness. Life is eternal. We should find this out, and begin the demonstration thereof. Life and goodness are immortal.

“Let unselfishness, goodness, mercy, justice, health, holiness, love — the kingdom of heaven — reign within us, and sin, disease, and death will diminish until they finally disappear.”

Excerpts from *Science and Health*, 1910 edition, by Mary Baker Eddy, pages 244-248



“Beauty, as well as truth, is eternal; but the beauty of material things passes away, fading and fleeting as mortal belief. Custom, education, and fashion form the transient standards of mortals. Immortality, exempt from age or decay, has a glory of its own, — the radiance of Soul. Immortal men and women are models of spiritual sense, drawn by perfect Mind and reflecting those higher conceptions of loveliness which transcend all material sense.

“Comeliness and grace are independent of matter. Being possesses its qualities before they are perceived humanly. Beauty is a thing of life, which dwells forever in the eternal Mind and reflects the charms of His goodness in expression, form, outline, and color. It is Love which paints the petal with myriad hues, glances in the warm sunbeam, arches the cloud with the bow of beauty, blazons the night with starry gems, and covers earth with loveliness.

“The embellishments of the person are poor substitutes for the charms of being, shining resplendent and eternal over age and decay.

“The recipe for beauty is to have less illusion and more Soul, to retreat from the belief of pain or pleasure in the body into the unchanging calm and glorious freedom of spiritual harmony.

“Love never loses sight of loveliness. Its halo rests upon its object. One marvels that a friend can ever seem less than beautiful. Men and women of riper years and larger lessons ought to ripen into health and immortality, instead of lapsing into darkness or gloom. Immortal Mind feeds the body with supernal freshness and fairness, supplying it with beautiful images of thought and destroying the woes of sense which each day brings to a nearer tomb.”

Excerpts from *Science and Health*, 1910 edition, by Mary Baker Eddy, pages 244-248



“Pain, sickness, poverty, old age, death, cannot master me, for they are not real. There is nothing in all the universe for me to fear, for greater is He that is within me – true self – than he that is in the world. God says, ‘I will contend with him that contendeth with thee.’ He says that to every child of His, and every person is His child.”

From *Divinity Course and General Collectanea*, (the “Blue Book”),
by Mary Baker Eddy, page 265

“The way leads upward and its goal draws nearer,
Thought soars enraptured, fetterless and free;
The vision infinite to me grows clearer,
I touch the fringes of eternity.”

From *The Christian Science Hymnal*, Hymn 64

“My health, strength, life, intelligence, action, etc., are subject to the governing and controlling power of the divine Mind, and to nothing else, for there is no other power. There is no insufficiency of any kind in Truth, in infinite Love. Good is ever-present, and is the only reality of existence; this renders evil obsolete.”

From *Divinity Course and General Collectanea*, (the “Blue Book”),
by Mary Baker Eddy, page 77

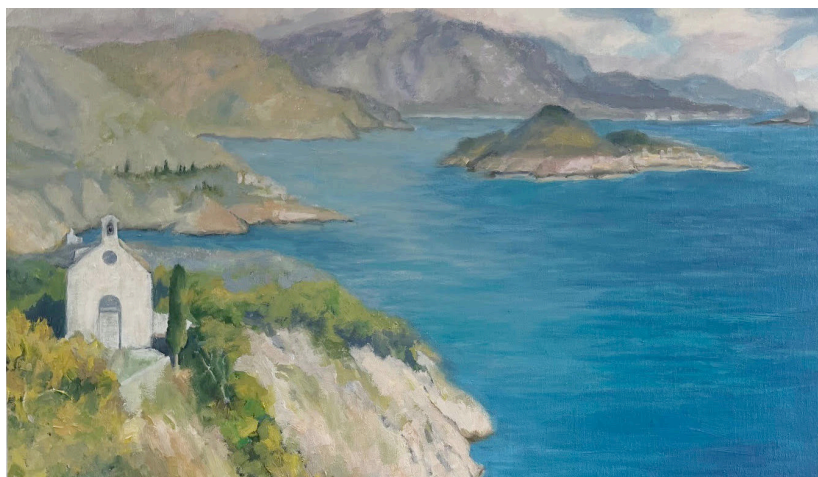


Body (Second Article)

Martha Wilcox

The universe is spiritual because all cause is Spirit or Mind. The flower, bird, tree, landscape, rock, house, stomach, eye, hand, arm, head, etc. are all spiritual. Mortals placing substance, cause, law as matter and material, of necessity therefore, view things from a material point of view; and this is all that ever makes them seem material, sick, decaying or dying. When mortals change their viewpoint, we will have flowers that will not fade; birds, animals, and man that cannot sicken, grow old, or die; and stomachs that cannot be disturbed. We will have a man who cannot become lame, blind, or limited. As matter, bird, animal, tree, flower, stomach and man are governed by so-called laws of matter, beliefs only, which if not broken by the apprehension of Spirit and spiritual law, will go on being governed wrong to ultimate discord and destruction.

Excerpt from *Addresses*, by Martha Wilcox, page 67



Painting by Dale A.

This is what Mrs. Eddy meant when she compares life to the sun, and manhood to its eternal noon. There is no noontide of an accumulation of years, but only the fullness, the completeness of reflection. How better could our true spiritual birth be expressed than this wonderful quotation from *Science and Health*: “Creation is ever appearing and must ever continue to appear from the nature of its inexhaustible source.”

Having no age, it is impossible for man to pay the penalties connected with age. The fundamental truth of no birth closes the door on childhood diseases. Is there a receptive thought to measles and chicken pox when a family is rejoicing that man is ageless, when parents are not thinking of their little ones as infants or tiny tots, but as mature ideas of God? Skin problems connected with adolescence yield readily to the glorious truth that man, never having been born, is not one day old, much less seventeen years old. Certainly one who rejoices consistently that he is immortal and understands that he is so, cannot possibly undergo any penalty for change of life. Never having been born, he is not one day old, much less fifty years old. Knowing that Life is God, changeless, ageless, he must necessarily demonstrate changeless perfection and harmony.

Mary Baker Eddy writes, “Life and goodness are immortal. Let us then shape our views of existence into loveliness, freshness, and continuity, rather than into age and blight.”

“The acute belief of physical life comes on at a remote period, and is not so disastrous as the chronic belief. I have seen age regain two of the elements it had lost, sight and teeth. A woman of eighty-five, whom I knew, had a return of sight. Another woman at ninety had new teeth, incisors, cuspids, bicuspid, and one molar. One man at sixty had retained his full set of upper and lower teeth without a decaying cavity.” (*Science and Health*, page 246-247)



There are no laws of limitation in the divine sight. It is no effort for me to see all things easily, as man is “the unlabored motion of the divine energy.” My sight is ever fresh, for it is the expression of newness of Life.

I know that my sight derives direct from the Father. It did not begin with birth, nor does it diminish with age. It is ageless, fadeless, ever new, self-renewed, and restored perpetually. I rejoice that I have perfect sight now.

No mortal inheritance, environmental effects, forever never dying never born into matter, untouched by mortal experience. Ever complete free enveloped in Love.



Photo by Lynda

Let Love Come into His bones Like Oil Mary Beth Singleterry

I would like to share something that I found in the book, *Mary Baker Eddy's Lessons of the Seventh Day*. Very often I will get requests from people who would like help with joints, or limbs, and bones, and various things like that. One day I turned to this on page 131 of that book, where Mrs. Eddy wrote "let love come into his bones like oil. In Psalms 6 : 2 it says, "O LORD, heal me; for my bones are vexed: and from Ezekiel 37 : 4 "O ye dry bones, hear the word of the Lord." Mrs. Eddy says, "And your bones shall rejoice, for God governs them." In Psalms 51 : 8, "Make me to hear joy and gladness; that the bones which thou hast broken may rejoice."

I thought that was so beautiful to "let love come into his bones like oil." We know oil as a lubricant, and that's really dry bones, sore bones or whatever we might have. We can think of oil as a lubricant coming from God. I love, as I know you all do as well the 23rd Psalm. The psalmist David says "Thou anointest my head with oil, my cup runneth over." The beautiful definition Mary Baker Eddy gives of oil in *Science and Health* is, "Consecration; charity; gentleness; prayer; heavenly inspiration." Those are beautiful things to think about. I think of that 23rd Psalm every morning, that we should have ourselves anointed with oil, with this beautiful definition of what oil is. Fresh every morning, and to keep ourselves fresh and new and ready for the day ahead, so that we are lubricated, and limber, and feeling ready for the day. I am so grateful for these beautiful thoughts we get from our dear Mrs. Eddy, from our Bible, and from Christ Jesus, that we can make practical and use in our daily life. Because they certainly do bring healing to every part of our body, including our bones.



Are you determined to live or are you consenting to death? Have you anything to say about it? Mrs. Eddy told Calvin Frye that his duty was to live and she proved it. Is not God forever saying, “make you a new heart and a new spirit: for why will ye die, O house of Israel? For I have no pleasure in the death of him that dieth ... wherefore turn yourselves, and live ye” ? (Ezekiel 18 : 31-32)

Have you anything to say about whether you will get old or not? You know physicians of today are frankly saying that old age is a disease and has nothing to do with years and that it is just like any other disease. So age, increasing years, can no longer be held as harmful. Human belief finally had to make this admission because it had already, for some time past, established as a fact of this human mind that the body, due to replacing of its cells, is never over seven years old. Years mean experience and experience is always valuable and life-giving, never destructive.

Does hypnotism say that you feel that you are getting old? Remember then that the very mind that says you are getting old is the same mind that says your body is never more than seven years old. “Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter?” (James 3 : 10-11)

The acceptance of old age is just the same, whether you say that somebody “over there” is getting old or someone “here” right at home. If you see trees, animals or anything as getting old, are you not accepting old age? Nothing can grow old. If you accept the suggestion that things are growing older and older in the sense of becoming infirm, then death must finally arrive. As a Christian Scientist, you know that there is no law of death. Why then bow down to the suggestion of such a law? The only law of death there is, is the law of Life which is the law of death to everything unlike itself.



“The indestructible faculties of Spirit exist without the conditions of matter and also without the false beliefs of a so-called material existence.”

From *Science and Health*, 1910 edition, by Mary Baker Eddy, page 162



“You hear divine Mind, the voice of Truth, Life, Love and there is no other mind to hear. No rheumatism, no sore joints, no inflamed or weak eyes, no old age; but the meridian of Being.”

From *Collectanea*, by Mary Baker Eddy, page 22



We know there is but one Faculty, which is God, or Mind-Faculty. This Faculty, functioning as thinking, seeing, knowing, evidencing itself, understanding itself, seeing itself, this one Faculty is enough for everyone; but belief claims five faculties. This multiplicity of the One Faculty is the phenomenon.

The unfolding idea or the One Faculty is objectified as seeing, hearing, feeling, tasting, smelling. And being God's Faculty, it is indestructible because it is God's vision of Himself, His vision of His infinitude.

Man is forever what God is. Man reflects God or reflects the one infinite Faculty. What the God-Mind unfolds constitutes our seeing, hearing, etc. Mind sees, therefore my sight is eternal by reflection. If I believe that my sight is material, this is the belief of an imperfect faculty, or an imperfect God-Mind, and is a self-destroying belief.

The only reason any faculty seems to be defective is because we believe it to be in and of matter, instead of in the God-Mind.

We believe that our sight is in and of a matter eye; we believe our hearing depends upon a matter ear; and that our feeling depends upon a nerve. But when we realize that our individual seeing, hearing, feeling, smelling, is coincident with Mind's seeing, feeling, hearing, smelling, this is enough to heal the belief of imperfect faculties.

What the God-Mind sees is what I see humanly, and is infinite. God sees ideas which appear visible as objects which we behold humanly. Everything is visible to the God-Mind, and is therefore visible to us. Blindness is a belief that ideas are not apparent to us, the belief that sight is material. Eyes as matter do not see, but as ideas are an all-seeing substance.



This letter was written by a Christian Science practitioner to a patient born totally blind. It brought complete healing to the patient.

My Dear:

I want you to see what must take place in your consciousness. With the utmost clarity you must see that material eyes do not need healing, for matter does not see, and nothing we can say or do about it can ever give it that which it never had, namely, sight. What must be cast out is the lie about the Truth, namely, that sight is material, not spiritual.

You may rejoice that you have come to the point in your journey from sense to Soul, where divine Love is forcing you to lay hold on what Mrs. Eddy says in *Science and Health*, “Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul.”

The first thing that we see in this healing is that the object of sense, a frail belief called the material eye, which, in turn, is preyed upon by other beliefs called age, accident, disease, etc., has nothing, in reality, to do with the harmonious, ever-present, ever-active spiritual quality called sight.

So you take your first step when you realize that eyes as matter never see, and have nothing to do with sight. “Neither age nor accident can interfere with the senses of Soul, and there are no other real senses. Spirit’s senses are without pain, and they are forever at peace. Nothing can hide from them the might and permanence of Truth.” (S&H)

All that needs to be done is to replace the false sense of sight with the true God-given one. Sight is no more dependent on matter than is honesty, kindness, love – mental qualities which we are free

to express at will, and to use as much and as often as we wish. The more we use these qualities, the more strength and vigor they gain in our thinking, and they are never weakened, impaired or strained by constant use, but grow stronger thereby. So will it ever be with sight, when we see that it, too, is purely mental. Mrs. Eddy says, "If it were possible for the real senses of man to be injured, Soul could reproduce them in all their perfection; but they cannot be disturbed nor destroyed, since they exist in immortal Mind, not in matter." (S&H)

The cause of all loss and suffering is not because matter is diseased, but because of the breaking of the commandment, "Thou shalt have no other gods before me." (Spirit) Keep the first commandment, separate sight from matter, restore it to Mind, where it belongs, and all fear and suffering depart.

Evil is nothing, it is neither a quality, a quantity, a person, a place, or a thing. It is always it – and it is nothing. In belief it is the seeming absence of good, just as hate is the seeming absence of Love. When we bring a positive love into our thinking, negative hate disappears, for hate is only the seeming absence of Love.

One of the definitions of "blind" in the dictionary: "Without light morally and intellectually; indiscriminating; something to mislead the eye or understanding." Blindness was given as "want of discernment; heedlessness."

Blindness is the expression of blind belief. Sight is spiritual perception, understanding, revelation. Hate and fear are darkness. "Love, redolent with unselfishness, bathes all in beauty and light." (S&H)

The psalmist prayed, "Open thou mine eyes, that I may behold wondrous things out of Thy law." So must we pray constantly that our eyes be opened to light and love, and to be obedient thereto.



A few years ago, enslaving fears were being in a car on the road, whether I was driving or someone else was. Many negative thoughts would come, which made me very fearful. Large cargo trucks, which would come so close sometimes and pass by so fast, had me on edge most of the time.

One rainy day, there were many huge trucks along the way, and they were driving very fast and passing me on both sides. I decided to use what I knew in Christian Science. It was a bit snowy, and the road scene was tricky, so I prayed for all the drivers, for the planes, and anything moving that day. I kept clear in my thinking that God is at the wheel of my car, and everyone else's car. I stopped focusing on the messy road and repeated to myself that God is keeping everyone safe in their right lane.

Learning to discipline my thinking with the spiritual fact of God's omnipresence, I learned to always pray before getting into a car. This practice of praying before going anywhere has helped me overcome this false sense, but even more effective has been the surrendering to God's care. A couple of simple prayers are now part of my mental preparation before going anywhere. I pray that "The Christ goes before me and the way is prepared." I also trustingly declare that "God makes a way" when I have to make a turn while in traffic, and I have found that the way opens for a harmonious turn each time.

I have a different feeling when I drive now. I think correctly! I think of God's Omnipotence, Omnipresence, Omniscience, and Omni-action and surrender to His unfailing care. This has enabled me to appreciate the wonderful scenery along the way and keep my focus on holding others in God's love. Truly, when we love God and love to live His Truth, nothing can take away our joy. What a powerful Truth this is from Psalm 34 : 4, that: "I sought the Lord and He delivered me from all my fears."



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