



“...Of Christlike touch.”

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Our forever Leader, Mary Baker Eddy, concludes her autobiography “*Retrospection and Introspection*,” p. 95, with a poem by A.E. Hamilton,

“Ask God to give thee skill
In comfort’s art
That thou mayest consecrated be
And set apart
Unto a life of sympathy.
For heavy is the weight of ill
In every heart;
And comforters are needed much
Of Christlike touch.”

How much our world today needs the comforting touch of the Christ! We all need to feel it, and Jesus came to bring it to us and tell us how to comfort others. That is what all the dedicated workers here at Peace Haven are doing – the Christian Science nurses, staff, volunteers – bringing the comforting presence of the Christ to those in need of healing. This is the mission and purpose of every Christian Scientist. Our Leader’s Hymn 256 “Christ my refuge” tells us, “And o’er earth’s troubled, angry sea/ I see Christ walk,/ And come to me, and tenderly,/ Divinely talk.” Feeling that precious touch of the Christ, we can “awake to know a world more bright.” Mary Baker Eddy felt that touch of the Christ, and healed wherever she went. Remember when she saw a crippled man begging on the street, and whispered in his ear, “God loves you” and he rose up healed.

What is this touch of the Christ? What does it do? How do we have it? And what do we



need to know to feel that touch more deeply, and feel it more consistently? When we do, we can bless others in need of comfort. It's being a transparency for the Christ, feeling so close to God and feeling the presence of His love so deeply that anyone near us also feels the presence of that Love.

A shining example is an early worker, Frances Thurber Seal. As a young woman new to Science, she went to Germany to spread its teachings. She wrote about her experience of healing blindness: a young woman came to her home because she had been told that Frances could heal her mother of blindness. She told her to bring her mother the next day. This is Frances' account of the experience: "The entire afternoon and evening until midnight were spent with my books, the Bible, and Science and Health, and Miscellaneous Writings. I read and pondered. In thought I walked with Jesus and received his teaching. I entered in some degree into the spirit of Mrs. Eddy's teaching, and went to sleep toward morning conscious of God's presence, and awakened with the same uplifted thought. The next morning the two women came, the younger one told me that it was her mother and she was blind, and the mother echoed this statement. Not for one instant did the suggestion enter my thought. Immediately came the thought, 'No, no, no—not in God's whole universe.' The mother talked for some time and I sat looking out in the sunshine, happy in the presence of divine Love, with no consciousness of what she was saying...(and they left). I ...did not think of them until the following morning when I entered my study to begin the day's work. I found the mother there, radiant with happiness. She told me that she had come alone, that her sight had been restored. I then asked her if she had been blind. Truth had so filled my consciousness that the statement of error had not reached me."

Then Frances wrote further that the woman and her daughter had taken the streetcar home the day before, and it was then that her healing of blindness was evident. They told everyone on the streetcar of her healing, and all of them came to the Wednesday testimony meeting the following week (*Christian Science in Germany*, by Frances Thurber Seal).



I was impressed with her statement that after many hours of study, in thought she received Jesus' teaching, and entered in some degree into Mrs. Eddy's teaching. She was a transparency for Christ, feeling that touch of the Christ which healed the woman.

I have been so inspired, as I'm sure you have been, by the dedication of many outstanding Christian Science workers I've known, beginning right in my family – my great aunt who healed my young sister of polio in 2 days which brought our family into Science, my mother-in-law who was in the C.S practice for 70 years, still helping patients until she was almost 102. In her nineties she had what appeared to be a near fatal heart attack, but in 4 days she was healed and back at her desk helping patients. Her life was total love, and she was always joyful, and kept giving "of her heart's rich overflow" (Hymn 139).

How can we do more of such wonderful healing work? How do we prepare our thought to receive that touch of the Christ, God's presence, His love, so deeply, which makes healing inevitable? It is having the Mind of Christ, to know God as Christ Jesus knew Him, as our Leader knew Him. She lived in that Christ presence, and that is why she could say "I cannot help healing" (*We Knew Mary Baker Eddy*, Vol. 1, p. 319). This is living in the Kingdom of Heaven, it is living in the Third Degree (116:1) sometimes called the fourth dimension of Spirit, which is even beyond what the world calls a three dimensional view of things. A Journal article says "The Christ is the presence of the power of God, and the power of the presence of God" (Ivimy Gwalter (12/57 *Journal*)).

To feel the presence of Christ, we enter into the heart of prayer, as the Bible says, by being still and knowing that God is with us. We listen for the messages which God is constantly telling us, and then we are receptive to His angels. We stay inspired – we dwell in Love's presence, where we feel "the unspeakable peace which comes from an all-absorbing spiritual love" (264:26). To live in this presence is to live a life completely free of fear. Our textbook says "Security for the claims of harmonious and eternal being is found only in divine Science" (232:7). In Isaiah we read, "Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee" (*Isa. 26:3*). And that is the answer to any fear – to trust God. Then we are defended against the negative suggestions of animal magnetism – they don't come to



us, any more than darkness can enter a lighted room.

The touch of the Christ enables us to know we are safe in God's care, assured of His presence, and as safe as Daniel was in the lions' den. As safe as the 3 Hebrew boys were in the fiery furnace, coming out without even the smell of smoke. Feeling the Christly touch is to be undisturbed by any testimony of the material senses, to be unimpressed by evil, refusing to be intimidated by anything the 5 senses try to tell us – seeing it as the mirage of error, no more real than a mirage which appears as we drive across a desert.

Feeling the touch of the Christ enables us to be always at the standpoint of treatment, always ready to meet someone's need of healing, as Jesus and our Leader were. The military have an expression, to be "at the ready." A member of my church was captain of a Navy submarine that encountered a severe storm one night in the North Atlantic. Because of the strong winds and huge waves, he was preparing the ship to be submerged. He was on the bridge and two sailors were on the bow, and just as they were about to go below, a huge wave swept the sailors into the dark water. There was no human way to rescue them. My friend prayed to God, and quickly another huge wave brought them right back onto the ship and they were all able to get into the ship before it went below to find safety. What cannot God do?

What are some of the ideas to keep in thought that enable us to be a transparency for the healing touch of the Christ?

Our Leader wrote in *Miscellany* "Each day I know Him nearer, love Him more, and humbly pray to serve Him better" (*My*. 174:27-28). God is as close to you as your own thought. He is not separate from you, for you are His expression of Himself – He is your life. Right where you are, God is manifesting Himself – all His qualities. You are in "the secret place of the Most High," dwelling in His "peaceable habitation" (*Isa*. 32:18). So you don't dwell in a matter body or home or city. To live in Spirit – in that spiritual consciousness of the presence of the Christ – brings such peace, satisfaction, joy, health, harmony. It is to live a life free of fear, stress, anxiety, dis-ease. It is to have everything good, and nothing that isn't good. Then we can bless others with the Christly touch. Our Leader wrote, "Thought imbued with purity, Truth, and Love instructed in the Science of metaphysical healing, is the most potent and desirable



remedial agent on the earth" (*Mis.* 4:1).

Mrs. Eddy said we must know ourselves as "God's spiritual child only" (*Mis.* 18:11), and that is true self-knowledge. The belief of a mortal self would keep us out of the kingdom of God. She writes, "Mortals must drink sufficiently of the cup of their Lord and Master to unself mortality and to destroy its erroneous claims" (*My.* 161:16-18). As we deny the belief that we have a mortal selfhood made of flesh, moment by moment throughout the day, we awaken to claim our heritage as spiritual children of God, citizens of His kingdom. It may seem difficult to do this, but only to the human mind. As we let divine Mind be OUR Mind, it becomes more and more natural to think this way.

Here are a few other truths about man that enable us to feel and share the touch of the Christ. Mrs. Eddy tells us, "It is the spiritualization of thought and Christianization of daily life" (272:19) that is so necessary. It's what St. Paul said – put off the old man, put on the new man (*Eph.* 4:22-24). Our Leader said, "You must get rid of the 'old man', the old woman; you cannot make them better and keep them. You are not getting rid of the old man if you try to make him better. If you should succeed in making him better, he would stay with you..." (*Mary Baker Eddy: A Life Size Portrait*, L. Powell, p. 232). So we give up old, tired, unhealthy views of ourselves and others – old habits of thought, clinging stubbornly to the mortal sense of life. We must be willing to be transformed, and adopt enlightened, spiritual, inspired views of ourselves and others – claiming our Christ identity.

Mrs. Eddy wrote of her "lively battle with 'the world, the flesh, and the devil,' in which Love is the liberator and gives man the victory over himself" (*My.* 268:22). And she says, "When angels visit us, ...we know their presence by the love they create in our hearts...-- it is not...a loved person present; it is more than this: it is a spiritual idea that lights your path!" (*Mis.* 306:22). Her counsel: "Keep yourselves busy with divine Love" (*My.* 252:3). Then there's no opportunity for boredom or loneliness.

Man dwells in Love, so he has perfect ease – no dis-ease can touch him. Mrs. Eddy speaks of "...the great heart of Love..." (448:4), and that is man's only heart – no troubled heart, no broken heart, no heartless indifference. The Bible says "He fashioneth their hearts alike" (*Ps.*



33:15). Did you ever think of God as the Great Fashion Designer? He fashions man in His likeness! The Bible tells us, “A merry heart doeth good like a medicine” (*Prov. 17:22*).

In God’s man there is no destructive element. This handles one of today’s Parisian garments – cancer. The world’s fear of that belief cannot influence our thought. God’s love is our protection from this insidious lie – it prevents and cures it. Let’s watch criticism, which can become maligning, and malignancy, or cancer.

We can claim for ourselves: “my knowing is Mind’s knowing – I reflect the all-knowing Mind. I have no separate Mind from God. The Mind of Christ is MY Mind.” That helps us feel the touch of the Christ all day, and then be ready to heal. Our Leader told her 1898 class to work for themselves 3 hours a day, though not necessarily consecutively. That is good counsel for us also. Then we stay inspired – and it’s so important to stay inspired, to keep our supply of oil replenished. And self treatment also means radical self-purification. Remember our Leader’s words, “...never desert the post of self-examination and spiritual observation” (*Mis 154:26*).

In sharing truth with others, we need to be sure we are giving of our light, and not our oil – to watch that we use wisdom and don’t allow others to deplete our spiritual resources. We “give of [our] heart’s rich overflow” (*Hymn 139*), but we must first be filled spiritually—feeling the touch of the Christ so deeply -- before we can give of our overflow to others.

Mrs. Eddy speaks of the need for “settled and systematic workers” (*Ret. 87:9*). And she wrote, “The best spiritual type of Christly method for uplifting human thought and imparting divine Truth, is stationary power, stillness, and strength; and when this spiritual ideal is made our own, it becomes the model for human action” (*Ret. 93:13*).

Let’s be always at the standpoint of treatment – feeling the Christ presence, and be ready to heal. Even in an emergency we can give treatment to strangers. I had that opportunity a few years ago on a Caribbean cruise. A passenger was seriously injured and the ship was speeding to the nearest port for his surgery. I felt led to call on him in the infirmary, and his wife was receptive to spiritual help. The picture was challenging, but I voiced Bible truths to him about his true being as the beloved son of God. Soon he began to respond, acknowledging he was



familiar with some of the ideas. I said I would pray for him, and his wife was grateful. During the night he left the ship, and I asked about him the next day. They said he had improved and the surgery was not necessary. I continued praying and when we arrived home over a week later I phoned their home, and his wife said he was out on an errand and doing well. She expressed much gratitude for the prayers.

Spiritual qualities needed to be a comforter

So let's talk specifically about the spiritual qualities that we need to be the comforters who have a Christlike touch.

Unselfed love

...unflinching love ... Infinite reservoirs of love, tenderness, gentleness, patience, compassion... Jesus' words: "greater love hath no man than this, that a man lay down his life for his friends" (*John 15:13*) which he did - he lived to heal and bless others. Dedication to healing others shows our unselfed love. Love is what inspires healing. Our Leader says "Spiritual love makes man conscious that God is his Father, and the consciousness of God as Love gives man power with untold furtherance. Then God becomes to him the All-presence...the All-power..." (*Mess. '02, p. 8:15-19, 29-3*).

Mrs. Eddy wrote this about love in *Miscellaneous Writings*: "I make strong demands on love, call for active witnesses to prove it, and noble sacrifices and grand achievements as its results... Love cannot be a mere abstraction, or goodness without activity and power... it is the silent, ceaseless prayer; the self-forgetful heart that overflows; ...the gentle hand opening the door that turns toward want and woe, sickness and sorrow, and thus lighting the dark places of earth" (*Mis. 249-250*). Doesn't this beautifully describe the Christian Science nurse? And a standard for us all?

To love as Jesus loved is to, as he said, "Judge not, that ye be not judged." It's so easy to judge – but it is seeing something other than what God has created. My husband used to say he was a retired judge – he no longer judged people.



Another aspect of love is forgiveness, keeping a loving thought when we are wronged. Forgiving is really letting someone out of prison and realizing that someone is you. Forgiveness is a gift you give yourself – and also a gift you give to the one who has wronged you. As you separate the error from them, it can free them to separate themselves from that error.

Humility – self-immolation.

Christ Jesus said, “If any man will come after me, let him deny himself, take up his cross, and follow me” (Matt. 16:24) – subordinate the mortal self. With humility he washed his disciples’ feet, and told them to do this for others. He said, “I can of mine own self do nothing” (John 5:30) ... “The Father that dwelleth in me, He doeth the works” (John 14:10). Jesus took no credit for healing – he knew God to be the Healer. How could Jesus say, “my yoke is easy and my burden is light” (Matt. 11:30)...? Because He knew God was doing the work. Our Leader said in humility, “All I have ever accomplished has been done by getting Mary out of the way and letting God be reflected” (We Knew Mary Baker Eddy, Vol. 1, p. 270). Let’s always remember who is doing the work – God is the Healer. An experienced practitioner once said, I used to do God’s work. Then I worked with God. Now I watch God work.

Our Leader writes, “To abide in our unselfed better self is to be done forever with the sins of the flesh, the wrongs of human life” (My. 6:6). Our textbook says “The denial of material selfhood aids the discernment of man’s spiritual and eternal individuality, and destroys the erroneous knowledge gained from matter or through what are termed the material senses” (91:16). So with any belief, we reverse it, we don’t rehearse it. It’s not easy to let go of a mortal sense of self, but that is what Christ Jesus said we must do to follow him, to feel that touch of the Christ and impart it to others. And our Leader promised: “Know thyself, and God will supply the wisdom and the occasion for a victory over evil” (571:16). This is feeling that touch of the Christ that heals.

Focus on the mortal self seems more evident than ever. In *No and Yes* we read, “Jesus had a resort to his higher self and relation to the Father, and there could find rest from unreal trials...It was this retreat from material to spiritual selfhood which recuperated him for triumph



over sin, sickness, and death" (No. 36:15). We also have a resort to our true spiritual selfhood as God's beloved child, the recipient of all His abundant goodness and love. To be conscious of the kingdom of heaven already within us is to know and experience our true selfhood, to feel the touch of the Christ.

Our true individuality is not a personality, which suggests a material being who is limited, struggling, unworthy, separate from God. To feel the touch of the Christ is never to be separated from who you really are as God's likeness. You have a distinctive spiritual identity, blessed with all of God's qualities. We don't allow the weeds of mortal mind to take hold in our thought; we weed anything out of thought that would deprive us of our joy and wellbeing. Then, just as a ray of light is one with the sun, expressing all of the sun's qualities, we are expressing God, our divine Source. Mrs. Eddy wrote, "To live so as to keep human consciousness in constant relation to the divine, the spiritual, and the eternal, is to individualize infinite power; and this is Christian Science" (My. 160:5).

Consecration – dedication

Our Leader wrote, "...to understand God is the work of eternity, and demands absolute consecration of thought, energy, and desire" (3:15). This was her prayer, "May God enable my students to take up the cross as I have done, and meet the pressing need of a proper preparation of heart to practice, teach, and live Christian Science!" (Mis. 115:12). This dedication and consecration requires great love, courage, moral purity, compassion, discipline, patience, and infinite reservoirs of inspiration. Her Message for 1900 says "The song of Christian Science is work-work-work, watch and pray" – that's 3 works, 1 watch, and 1 pray (Mess. '00, p. 2). Our consecrated work for mankind has never been more needed.

Absolute faith – trust

How many times Jesus said to one he healed, "Thy faith hath made thee whole." Faith, trust in God's power, is so needed today to silence the world's unbelief – including unbelief in the ability of Christian Science to heal. Confidence – conviction in the Truth – is vital in healing.



Fear is trust in evil, instead of God, good. Mrs. Eddy writes, "When we come to have more faith in the truth of being than we have in error, more faith in Spirit than in matter, more faith in living than in dying, more faith in God than in man, then no material suppositions can prevent us from healing the sick and destroying error" (368:14).

We cannot doubt our ability to demonstrate better healing. Thinking with the human mind, even the best right thinking by the human mind, will never produce the Christ. When Jesus' disciples failed to heal a case, and asked Jesus why, he said: "Because of your unbelief...if ye have faith as a grain of mustard seed...nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting" (Matt. 19-21). Fasting, Mrs. Eddy wrote, is "refraining from admitting the claims of the senses" (My. 222:14). So we must handle often the world's unbelief in spiritual healing, specifically, Christian Science healing.

Joy

Jesus said, "...your joy no man taketh from you" (John 16:22). "Be of good cheer... that my joy might remain in you..." (John 15:11 and John 16:33). Joy keeps us in the kingdom of God. It is the natural result of feeling the touch of the Christ. We have everything to be joyful about, because we have the most wonderful teaching mankind has ever known or ever will know! Joy is so vital in claiming a healing, for it magnifies God's goodness. Mrs. Eddy, describing her healing from the fall on the ice, said, "The uplifting of spirit was the upbuilding of the body" (Mis. 169:12-13). Lifting our thought spiritually, joyfully, to God's power and presence enables healing to take place, for it removes the negatives that would prevent healing. Joy is our badge of dominion – let's wear it at all times!

Joy is a divine demand, and is the inevitable result of knowing our oneness with God, divine Love, feeling the presence of the Christ. Persons can't truly give us joy, and persons can't rob us of our joy if we stay alert to handle personal sense, a spoiler. Nothing can separate us from joy, because nothing can separate us from God (see also My. 201:18 and My. 355:21).

Patience



Another quality needed in a comforter is patience, refusing to be irritated or react when someone is not doing or behaving as we think they should. Mrs. Eddy speaks of a healer needing “pitiful patience with (a patient’s) fears, and the removal of them” (367:4). We can trust that God is at work in the individual’s thought, despite what appears to us. This is an impatient society today – people want everything right now! We aren’t patient with error – but we do need to exercise patience in human relationships.

Mrs. Eddy wrote, “Love inspires, illumines, designates, and leads the way...Wait patiently for divine Love to move upon the waters of mortal mind, and form the perfect concept. Patience must ‘have her perfect work” (*Science and Health*, p. 454).

Patiently working through challenges can lift us higher, like the birds that use strong wind currents to soar to greater heights. We must not become impatient with our progress, or feel we are starting from square one every day. All the truth we have been knowing as we work out a problem contributes to the ultimate victory in healing.

Perseverance

Jesus said, “If ye continue in my word, then are ye my disciples indeed” (*John* 8:31). To continue holding to the truth is so essential – never giving in to the lie. Mrs. Eddy was a fine example of patience and perseverance. Remember her words, “The lives of great men and women are miracles of patience and perseverance” (*Mis.* 340:26-27). It’s important to be insistent, consistent, and persistent in holding to the spiritual fact. And we must claim the fruits of our work – to glean the harvest. “Having done all, to stand” as St. Paul said – stand on our work, because it’s God’s work. We never give up, never give in to any error. “Truth is always the victor,” (380:4) – that’s why we persist – because we know Truth must triumph. This is a Science – so the outcome is assured. It takes spiritual stamina and courage to persist; it takes fearlessness, a conviction of the inevitable victory of good over evil. It takes a deep faith and trust that God, good, is at work. The touch of the Christ gives us that faith.

Discipline - Singleness of purpose and being obedient to Principle



The words disciple and discipline come from the same root. To be a true disciple of our Master and our Leader, we need discipline in our thought and in our lives. A disciple is one who puts into practice what he has been taught. Mrs. Eddy says of Jesus' disciples, "...the power of healing was... the result of their cultivated spiritual understanding of the divine Science, which their Master demonstrated..." (271:11). They *cultivated* spiritual understanding. A garden doesn't just appear – it takes patient, persistent cultivating. So does the spiritual understanding that enables us to heal.

In today's world, the pace of life and the lure of distractions present an unprecedented challenge to Christian Scientists to exercise self-discipline. We need the discipline to let Mind order our lives – our days – so we don't waste time on trivia. And we must have the discipline to meet animal magnetism's attempts to undermine our spiritual vigilance. She challenges us to "...be in the battle every day" (*Mis.* 99:15). This means being ready to answer a call for help at 3:00 a.m.! We need to learn and practice the discipline of spiritual warfare – mental combat – that is essential for effective healing work.

We must be more watchful than ever of what we take into our consciousness, whether in our conversations with others, in the media, what entertainment we choose, and what we read. We must be alert so we don't take in descriptions of physical symptoms or diseases. When mortal mind says something, nothing has been said, for mortal mind is a liar.

Purity of thought and action – the moral demand... childlikeness

Jesus said, "Blessed are the pure in heart; for they shall see God" (*Matt.* 5:8). It is our purity of thought that enables us to feel the touch of the Christ, and help others to feel it. A young mother phoned to ask treatment for her little boy, not yet 3, who was ill. As we were working, the little one said to her, "I don't need fixing," and he was healed.

Obedience to the Ten Commandments and the Sermon on the Mount is so vital to keeping our consciousness pure and holy. We have defense work to do for our youth, many of whom have not learned these important guidelines. Animal magnetism cannot draw our young Scientists away from their "first love" (*Rev.* 2:4) – the precious truths they have been taught at



home and in Sunday School. No erroneous influence can taint their natural purity and spiritualized thought, their childlikeness. Jesus said we must become as a little child to enter the kingdom (*Mark 10:15*). It is imperative that we pray every day for the children of the world, that they know God loves them and guides them.

And it is important to cherish the child in ourselves and in each other -- everyone can express the childlike qualities of innocence, purity, sweetness, joy, resilience, trust, quick forgiveness, expectancy of good, teachability, unselfishness, absence of ego, etc.

Watchfulness – defending our thought

Staying focused on our mission and staying alert to distractions

Jesus admonishes us to “Watch.” Watching our thought is one of the most important things we do as Christian Scientists. Sometimes a patient will say, I can’t control my thought. We CAN and we must “stand porter at the door of thought” to forbid entrance to AM suggestions. We are not responsible for what knocks on the door of our thought, but only for what we let into our consciousness – what we accept as real. Let’s be experts at thought-watching!

The 6th Tenet says “...watch, and pray for that Mind to be in us which was also in Christ Jesus” (497:24-25). In the Colloquy between Good and Evil in *Unity of Good*, Good says, “My mind is divine good, and cannot drift into evil” (*Un. 24:4-5*). Know that your consciousness is divine good, so it can’t respond to negative suggestions. We have Jesus as our Wayshower and Mrs. Eddy as our Leader. Let’s weigh all our thoughts and actions against what they would think or do. Then we stay inspired, in that rarified atmosphere of Spirit, where we have peace and dominion.

We must be absolutely sure our decisions are being guided by wisdom. She says, “A lack of wisdom betrays Truth into the hands of evil as effectually as does a subtle conspirator” (*My. 128:23-25*). We need to be especially alert today to watch that we are not taking into our thought the wandering pollen of worldly thinking – the media drumbeat about diseases,



economic hardship, political opinions, medical ads, listening to persons, family, friends voicing error, or listening to body sensations. We listen instead to what the Christ, Truth is saying.

Jesus tells us to seek first God's kingdom – and Paul said "set your affection on things above, not on things on the earth" (*Col. 3:2*). Mrs. Eddy wrote, "I learned long ago that the world could neither deprive me of something nor give me anything..." (*Mis. 281:7-8*). When Jesus had completed his earthly mission, he made this remarkable statement: "Be of good cheer: I have overcome the world" (*John 16:33*). He was in the world, but not of it. He lived in the kingdom of heaven, where worldly demands were subdued – and so must we, if we are to be effective healers and have our Movement survive. We must leave all for Christ, put everything on the altar – then we win and wear the crown.

We need to watch that we aren't too attached to persons, places, or material possessions. A Journal article said of our Leader, "The lighter the material weight of possessions became, the greater was the unfoldment of spiritual treasures" (*6/43 Journal*, F. Decker). And she writes, "Conscious worth satisfies the hungry heart, as nothing else can" (*Mess. '02*, p. 17:24-25). As we quiet the noise of mortal mind and materiality, and in stillness commune with God, we feel the touch of the Christ, a deep satisfaction that cannot compare with anything in the human experience.

A friend was visiting an estate one summer that had beautiful gardens. She saw the gardener nearby and told him he must have to weed a lot to keep the gardens so lovely. He said he rarely had to weed because of the profusion of flowers – it didn't allow the weeds to grow. Our Leader tells us, "Beloved Christian Scientists, keep your minds so filled with Truth and Love, that sin, disease, and death cannot enter them" (*My. 210:1*). We are what God, divine Mind, is knowing. Right where you are, Mind is expressing itself.

Confidence

We must have unwavering confidence in the supremacy of Spirit, the conviction that healing is inevitable because God loves us. Mrs. Eddy wrote, "...if with the certainty of Science [we know] that an error of belief has not the power of Truth, and cannot, does not, produce the slightest



effect, it has no power over [us]" (*Mis. 220:30*). When I first went into the practice a young mother called to say her little child was very ill and she was quite fearful. I said I would give treatment, and when I hung up the phone, the suggestion came, What if you don't know enough to heal this child? But immediately came the angel thought, It's not just what YOU know, it's what GOD knows about this child that heals. The fear was silenced, and so was the mother's fear, and naturally the child was healed quickly.

Peace – calm

Jesus said, "My peace I give unto you; not as the world giveth, give I unto you" (*John 14:27*). He quieted the whole Galilean Sea with his authority, "Peace, be still" (*Mark 4:39*). "The calm and exalted thought or spiritual apprehension is at peace" (*506:10*). "Thy calmness bends serene above, my restlessness to still..I feel Thy touch, eternal love, and all is well again" (Hymn 134). We need to "feel the calm and joy of things immortal" (Hymn 64) because we feel and know God's love and know we are in His presence, the presence of the Christ. Mrs. Eddy wrote, "I have all in divine Love; that is all I need" (*We Knew Mary Baker Eddy, Vol 2, p. 573*). How deeply satisfying it is to feel divine Love with us always. To have peace and be truly satisfied, we must claim our oneness with God, to know Him as Jesus knew Him, as Mrs. Eddy knew Him – our loving Father-Mother, dearest Friend and Companion, our constant Partner in life whom we can turn to for every need we will ever have. Then we never feel alone or lonely. Our one real relationship is our relationship to God – all other relationships flow from that one. The Christ in us greets the Christ in everyone we meet.

Grace

Mrs. Eddy says angels "will administer grace, do thy errands, and be thy dearest allies" (*My.129:20*). Strong's defines grace as "the divine influence on the heart, and its reflection in the life."

Man lives under the grace of God, is held in His favor, is the recipient of the outpouring of God's abundant love and care. Love's affluence sustains, supports, and supplies man. His



heritage is a constant flow of God's abundance. As the Prodigal's father said to his older son, "Son, thou art ever with me, and all that I have is thine" (*Luke 15:31*). We must claim all the good our heavenly Father gives us. Mrs. Eddy says "God giving all and man having all that God gives" (*My. 5:9-10*). And we must claim this for every child of God. Our Leader wrote, "When will mankind awake to know their present ownership of all good...When will the world waken to the privilege of knowing God, the liberty and glory of His presence..." (*My. 356:1*).

Grace means favored or approved of God, which gives us a sense of peace and love. Grace is doing spiritual things easily. Our Leader's interpretation of the Lord's Prayer verse, "Give us this day our daily bread" is "Give us grace for today; feed the famished affections" (*17:5*). Grace is the divine influence that lifts thought above the mortal to the spiritual sense of things.

There is such a need in our society today for the graces of Soul to be expressed – the graciousness, refinement, dignity, peace, satisfaction, harmony which belong to God's beloved children. God's idea cannot express vulgarity, disrespect, animal impulses, immorality. He expresses holiness, humility, serenity, purity. The Christlike graces of kindness, spiritual sensitivity, gentleness, and patience express the Mind of Christ. Under the control of Soul, man manifests courage, inspiration, joy, mobility, beauty, spiritual poise. Looking through the "camera of divine Mind" (*264:6*), we see only beautiful images of man as God sees him, – spiritual, whole, perfect.

Let's pray that these graces of Soul may permeate our society, be expressed by our government leaders, media, educators, entertainers, parents, and all in our society, lifting public thought to a higher level, rather than the cultural climate we see today. Then our youth will have better role models, a higher humanity, as our Leader says, "The cement of a higher humanity will unite all interests in the one divinity" (*571:19-21*). This will remove the divisiveness, meanness, acrimony, polarization today, and provide a climate for our citizens to unite in our common purpose to be the best we can be and effectively solve problems.

Spiritual sensitivity



Jesus expressed such spiritual sensitivity, when he discerned the character of the Samaritan woman at the well, and the woman in the crowd healed when she touched his robe. Discerning someone's state of thought is necessary in healing them. We are not given the sensitivity to discern someone's need, without being given the spiritual truths to handle it. Human sensitivity which is easily offended or has hurt feelings is the counterfeit, and must be overcome – it's personal sense which is a robber.

As metaphysicians we have our mental antenna up and we often pick up the signals of what needs handling in the thinking around us, or world thought. We must realize it is not really our thought, but just something coming to us as a call to be answered by the truth, and we get to work.

Christ Jesus could only have done his wonderful healing work by loving God with all his heart and mind, knowing Him as All. The Bible often says that as he approached someone in need, he was moved with compassion... a deep caring, patience, no judging, and his Christly touch healed them. Our Leader wrote, "From the interior of Africa to the utmost parts of the earth, the sick and the heavenly homesick or hungry hearts are calling on me for help, and I am helping them" (My.147:28). Our prayers can also heal others all over the world.

Animal magnetism -- deterrents to feeling the Christly touch

What is it that would keep us from feeling the touch of the Christ, and helping others feel it? Animal magnetism – specifically aggressive mental suggestion, which our Leader says in the Church Manual we must handle every day. There are legions of worldly distractions today: a world gone digital, people checking their smart phones constantly (is that really smart?), pursuing amusements instead of deep thinking, sensual indulgences, personal sense, loneliness and self-pity. Sometimes it's being disturbed by news reports, or some physical problem demanding attention – that is just when we need to turn our attention to what the Christ is saying to us!

We're talking about defense, which includes giving ourselves a good treatment every day – before we work for others. Self-treatment is the most unselfish work we do, for it equips us to

then help others more effectively. Mrs. Eddy writes, "To preserve a long course of years still and uniform, amid the uniform darkness of storm and cloud and tempest requires strength from above – deep draughts from the fount of divine Love" (*Mis. ix:15*). And she told her household, "The first thing I do... when I awake is to declare I shall have no other mind before divine Mind, and become fully conscious of this, and adhere to it throughout the entire day; then the evil cannot touch me" (*We Knew Mary Baker Eddy*, Vol. 2, p. 353). Isn't that a wonderful way to begin each day! We need to be alert not to believe any report from the material senses. It's fake news! This is serpent talk and we must refuse to listen.

How did Jesus defend his thought? We learn in Matthew that just before he began his 3-year ministry, he spent 40 days in the wilderness alone with God preparing for his great mission. Then the devilish temptation came, "IF thou be the son of God, make these stones bread." He had to face down aggressive mental suggestion. He had been knowing his sonship with God and now he had to defend it. At first he quoted Scripture and argued with the first two temptations, but finally the third time it came he recognized it was not his thought. He realized it was Satan, or animal magnetism, and then he could reject it – "Get thee hence." And the devil left him, and angels came and ministered to him. Having proved the powerlessness of evil, he was ready to go forward with his healing mission.

Jesus said, "the prince of this world cometh, and hath nothing in me" (*John 14:30*). Animal magnetism could find no response in his Christ-consciousness, and it can have no response in us, for we also have the Mind of Christ. We don't react to mortal mind suggestions; instead, we respond to the Christ. When we refuse to react to error, we destroy the bridge through which it can reach us.

We discern error as a call to know the truth about something, not a reality to be believed or to react to. It is never our thought or a failing on our part, or a weakness. We don't need to ask ourselves, "Why is this coming to me?" It is just a call to work metaphysically.

Remember, as I mentioned earlier, we are not responsible for what knocks on the door of our thought, but only for what we let into our consciousness – what we accept as real. And we have that Christly authority to reject any aggressive mental suggestion, seeing it as an



imposition. Then Love's angels come to comfort us, the Christly touch. We stand porter at the door of thought and refuse to admit the robbers of fear, anger, sadness, inadequacy, discouragement, – the whole Pandora's box of mortal suggestions. We don't let mortal mind make a mortal out of us.

As mature metaphysicians, we don't make a reality of evil. As Mrs. Eddy says, "Good must dominate in the thoughts of the healer, or his demonstration is protracted, dangerous, and impossible in Science" (446:15-18). So as I mentioned earlier, we reverse it, we don't rehearse it. Any physical problem is just a suggestion of AM trying to get our attention. Feeling the touch of the Christ leaves no room for the wandering pollen of today's mortal beliefs to take lodgment. We are alert, awake, on guard, to silence AM.

And that which we reject cannot be forced back into our thought. In the presence of God, there is no animal magnetism, so staying in the presence of the Christ is your immunity from AM's attacks. Jesus passed through the midst of an angry crowd unseen – they couldn't even see him, because he knew he was in God's presence.

Animal magnetism claims that Christian Science cannot heal. Every day, and in every case, we must handle the claim that Christian Science doesn't heal. The world's skepticism cannot deny the healing power of the Christ as demonstrated in Christian Science. Christian Science heals because it is the power of God manifested right where we have gotten our mortal sense of self out of the way. I try to read several testimonies each day to affirm the power of Christian Science to heal.

The basic aim of animal magnetism is to separate us from God – only then could we seem vulnerable to all its claims. Jesus said, "I and my Father are one" (*John 10:30*) and his oneness with God was his defense against evil suggestions, and it is also our defense. We silence these negations, and then the angels – God's messages telling us the truth – come to us. We are in the presence of the Christ.

What are some of these negatives of animal magnetism? Fear is certainly a major one, – we seem to have a culture of fear today – fear of disease, violence, failure, lack, loneliness – and much more. Jesus often said to those he healed, "Fear not" – "Be not afraid." And our



textbook says, “Christian scientific practice begins with Christ’s keynote of harmony, ‘Be not afraid!’” (410:29). The Bible tells us “There is no fear in love – perfect love casts out fear” (1 John 4:18). Fear is a robber – it’s always about something that is unreal, that never needs to happen. It’s anticipating evil, instead of good. Fear is trust in evil, simply a belief that God’s love isn’t present. God is everpresent, so evil is never present. Fear is Forgetting Everything About Reality – F-E-A-R. Knowing God’s love is what heals fear. We can’t feel God’s love and be fearful at the same time. Fear can never separate us from God’s love, if we stay alert. The definition of Abraham in the Glossary says, “This patriarch illustrated the purpose of Love to create trust in good” (579:12). It is right to live a life free of fear. Handling fear allows Truth to work in our thought and in a patient’s thought.

Another temptation of AM is disease. There is only one disease, the lie about health. And there is no possible way of making a lie true. AM would keep us focused on the matter body – but we need to be “absent from the body, and present with the Lord” as St. Paul says.

Another temptation is time - it’s important not to dwell on a mortal past which Mrs. Eddy says is “the record of dreams, not man’s real existence” (Ret. 21:13-15). And she tells us “the human history needs to be revised, and the material record expunged” (Ret. 22:1). Count your blessings, not your birthdays. Recalling a past is a robber, it’s AM’s attempt to tell us we are mortals. A spiritual idea – a reflection – has no past or future – it just is. Let’s focus on the good we have now, seeing opportunities each new day presents. As God said to Moses, “I will make all my goodness pass before thee” (Ex. 33:19). Let’s not “calculate [our] life-prospects from a material basis” (319:5). A man stood up at a Wednesday testimony meeting and said, “I’m grateful that I’ve been healed of yesterday and tomorrow,” and he sat down. Let’s stay in the “now.”

A few other temptations of AM, the little foxes the Bible mentions that spoil the vines (Song of Solomon 2:15):

Discouragement – often it’s disappointed human will

Depression – gratitude breaks that dream. An EXPRESSION of God can’t have depression.

Restlessness –the unrest of AM can’t keep us from having real rest



Worldly "Busyness" – B-U-S-Y – Being Under Satan's Yoke

Fascination with mechanical devices connecting us - they cannot rob us of our most important connection – our oneness with God!

Dissatisfaction - dissatisfaction is spiritual starvation, which can't be true of God's child.

Ego – Edging God Out

Incessant demand for amusement – TV, busy social life, frequent travel just for pleasure

Frustration

Irritation, annoyance

Anger – add a D and it becomes Danger

Envy

Criticism – the public admission of one's inability to see the Christ

Self-pity – PLOM disease (poor little ole me)

Sadness – unhealed grief

Getting into someone else's dream

Procrastination – which can result in delayed healing

Burden and false responsibility – instead of our response to God's ability

One aspect of animal magnetism that tries to enter relationships is personality. It is the basic lie that man is separated from God, has a personal mind and identity apart from the one Mind or Soul. Our Leader said, "There is no personality, and this is more important to know than that there is no disease" (*Mary Baker Eddy, Christian Healer*, p. 229). When we leave the realm of personal sense, we leave the realm of problems. Personality is the counterfeit of knowing our Christ identity. We are not personalities separate from God, because we all go back to our Source, God, as His perfect expressions. And we must know that evil is never person. Our Leader wrote, "Evil has no reality. It is neither person, place, nor thing, but is simply a belief, an illusion of material sense" (71:2).

Jesus was not asking the impossible when he said, "Be ye therefore perfect, even as your Father which is in heaven is perfect" (*Matt. 5:48*). He was simply asking us to see ourselves as



God sees us – and others – as His perfect idea, His creation. How can we see something God doesn't see?

Another claim of AM -- Belief of Age

We can claim ageless being, renewed continually in the awareness of our perfect spiritual being, bringing freshness, invigorating us. Mrs. Eddy proved this in her own life. She tells us to "...rise into newness of life with regeneration" (24:12-13). "Each successive stage of experience unfolds new views of divine goodness and love" (66:14).

The understanding of our true spiritual individuality, God's reflection, without age beliefs, enlarges our capacity, frees us to demonstrate undiminished strength, health, joy, harmony, and success in our endeavors. Mrs. Eddy says "We are all capable of more than we do" (89:22). And she wrote, "The radiant sun of virtue and truth coexists with being. Manhood is its eternal noon, undimmed by a declining sun...Each succeeding year unfolds wisdom, beauty, and holiness... Let us then shape our views of existence into loveliness, freshness, and continuity, rather than into age and blight" (246). Mrs. Eddy read those pages 244-249 every day, according to Edward Kimball's daughter Edna White. The definition of blight is "that which causes cessation of growth, which ruins, which frustrates one's plans or withers one's hopes; that which impairs or destroys." Who wants that!

Man exists at the standpoint of opportunity. Age is the accumulation of unhandled mortal beliefs. We can demonstrate the "radiance of Soul" and deny the conspiracy of age beliefs. Unselfed love has no age – we need to keep expressing God's love at every opportunity. Watch our conversation – listening to or seeing or talking about age.

An 1884 Journal reports that Mrs. Eddy was asked if it were possible to change an elderly body to one of youth without going through the change called death. Her reply: "... The deformities and infirmities said to be the inevitable results of age, under the opposite mental impressions, disappear. You change the physical manifestation in proportion to your changed thoughts of the effect of accumulative years. Expecting an increase in usefulness and vigor from advanced years with as much faith as you look for decrepitude and ugliness, a



favorable result would be sure to follow. 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." And Mrs. Eddy proved this – she would run up the stairs in her home when she was considered a senior.

Let's claim the "easy and rapid strides" of youth our textbook speaks of (236:31), rather than the plodding, heavy, burdened, slow steps of age-beliefs. We stay flexible and agile in our thinking, not rigid, and then we move freely and harmoniously.

Our Leader wrote to a student, "May the gentle presence of Divine Love so reward your lives that you shall so rise in faith and understanding as never to doubt or dread in a single conflict with evil" (*Sentinel* 8/22/36).

I had a call from a friend who was hiking on a mountain with her husband, and fell and broke her wrist. She was miles from where their car was parked, but fortunately her cell phone worked. She was able to call me and also to reach a Christian Science nurse who was in a nearby town and could meet her when they descended the mountain. We held to the spiritual fact that she could never fall out of God's tender love, and that this lie never touched her perfection as His beloved spiritual child. She was firm in her stand to rely on Science, and so was quite free of fear and pain. With the loving support of the Christian Science nurse, her healing progressed rapidly. Within two weeks she was able to do nearly all her household tasks, and soon complete healing followed. We rejoiced in this proof of God's healing power.

Concluding our discussion about the healing touch of the Christ, Our Leader tells us, "He who gains self-knowledge, self-control, and the kingdom of heaven within himself, within his own consciousness, is saved through Christ, Truth" (*My*. 161:14-16). And she wrote, "The great miracle, to human sense, is divine Love, and the grand necessity of existence is to gain the true idea of what constitutes the kingdom of heaven in man" (560:11). She said this kingdom is "the actual reign of harmony on earth" (122:6). To feel Christ's healing touch is to be secure in the kingdom of God where we know that God's love is everpresent, all-powerful, governing His creation. Our Leader's entire life was living God's love. She wrote, "Father, teach us the life of Love" (*My*. 301:10). When she was asked how she healed, she replied: "I saw the



love of God encircling the universe and man, filling all space, and that divine Love so permeated my own consciousness that I loved with Christlike compassion everything I saw. This realization of divine Love called into expression 'the beauty of holiness, the perfection of being' (253: 2-3), which healed, and regenerated, and saved all who turned to me for help" (*We Knew Mary Baker Eddy*, Vol. 1, p.153).

A poem which Mrs. Eddy quotes in *Mis. Writings* (p.338:20) by Horatius Bonar sums up what the touch of the Christ means:

"Thou must be true thyself,
 If thou the truth wouldst teach;
Thy soul must overflow, if thou
 Another's soul wouldst reach;
It needs the overflow of heart,
 To give the lips full speech.

"Think truly, and thy thoughts
 Shall the world's famine feed;
Speak truly, and each word of thine
 Shall be a fruitful seed;
Live truly, and thy life shall be
 A great and noble creed."

So let's "put on the robes of Christ" (My. 247:11-30) and express the comforting touch of the Christ that everyone needs so much today.