

# FORUM HIGHLIGHTS

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ISSUE 170

**SUBJECT: Spirit —**  
**August 9<sup>th</sup>, 2020**

## **Spiritual Living**

“Spirit and its formations are the only realities of being. Matter disappears under the microscope of Spirit. Sin is unsustainable by Truth, and sickness and death were overcome by Jesus, who proved them to be forms of error. Spiritual living and blessedness are the only evidences by which we can recognize true existence and feel the unspeakable peace which comes from an all-absorbing spiritual love.” (*Science and Health* 264:20)

And from *Mary Baker Eddy, Her Spiritual Precepts*, Vol. 1, p.79, “She [Mrs. Eddy] knew that when error appeared in effect, it must be in cause, and unless she challenged and overthrew it in the first instance, it might overthrow her in the second.” Mrs. Eddy handled all error that was presented to her no matter how small it appeared in order that a door in thought was not left open to a larger form of error.

I am realizing how important this way of thinking is in order to keep my spiritual balance each and every day. I must always go back to motive and cause, whether I am talking to someone or doing a Watch, and this takes me to God...the only Cause and Creator.

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## **"The Microscope of Spirit"**

“Matter disappears under the microscope of Spirit.” (*Science and Health* 264:21)

A microscope makes things that seem to be invisible, become visible and magnified to our sight. So it is with Spirit, “which is the only true conception of being.” (From *True Vision* by John Morgan.) Further in that same article, Morgan says, “The clear sight of Spirit does not blind me to

faults and errors. Rather I detect them more clearly — but as unrealities.” It is this “microscope of Spirit” which searches me and knows me, where “known” is defined as “examined” and “approved.” Spirit exposes any faults — not to punish or condemn, — but only so these faults may disappear as unrealities; thus magnifying the good, and approving of us as the child of God. Such a beautiful image this Lesson has given us!

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## **"That Which is Taking Place is a Further Revelation of What I Already Am."**

The title of this post is taken from [“Notes from a Class as Taught by Laura Sargent”](#) on the Website.

I loved your idea spoken of in the Roundtable discussions, to take a thought from the Lesson with you for the day. So, taking with me “As mortals gain more correct views of God and man, multitudinous objects of creation, which before were invisible, will become visible.” (*Science and Health* 264:13-15), I was wondering during the week how to experience this and what it means?

One example of objects of creation that “before were invisible,” was actually discovering Plainfield Independent Church, which had not been visible to me until now. It existed prior, but I didn’t see it.

Finding this Laura Sargent article (that I am still reading through) has really opened my eyes some in regards to the answer to this question further. She talks about “Looking out from Truth.” Also, that “God is not giving anything to me, but He is expressing himself as me.” “Do not study as a human person acquiring knowledge from a book...You are not a person using Christian Science to solve problems.” “Healing is the lessening of the material sense of body.”

In Genesis 1, it says God created man in His image and likeness. Hence, it’s all done and finished, so it’s up to me (not a person “me,” but

the individual expression of God as “I”) to realize what already is, by being it. How was it possible for the man with the palsy to take up his bed and walk? Because nothing was stopping him. He just had to be what he already is. So, he got up and walked.

Thank you so much for this week’s Lesson and all the Lessons.

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Supplanting flesh with Spirit, sense with Soul: “Healing is the lessening of the material sense of body.” (Laura Sargent)

“That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.” (John 3:6)

This saying may be expressed metaphysically: “That which is born of nonexistence is nonexistent and that which is born of Spirit is Spirit,” (note the capital S). Compare the King James Version translators’ rendering of the first letter of the word “spirit” in John 3:6 with Mrs. Eddy’s direct and bold statement on p. 77 of the first edition of *Science and Health*: “The final understanding that we are Spirit must come.” An appropriate metaphor for this affirmation of absolute oneness is the sun and the rays emanating from it. Thus, originating from Spirit, I express, through and through, the nature of Spirit, my one and only origin, just as a ray originating from the sun expresses, through and through, the nature of the sun only. And, as the sun is greater than any of its rays, so Jesus said, “My Father is greater than I.”

Again, in the unveiled first edition, Mrs. Eddy insists: “That we are Spirit and Spirit is God, is undeniably true...” (p. 155). And yet again: “We are Soul, Spirit and not matter...” (p. 169). Likewise, the third edition, volume 2, affirms on page 58, “At present we know not what we are, but this is certain, that we shall be Love, Life and Truth.”

In Mrs. Eddy’s study of Job, he is healed, “born again,” by cursing the day (that is, the finite calendar day) he was born of materiality, blotting out the false sense of material birth. Job finally arrives at the understanding that he had never been born of the flesh to begin with, as a child of time, his true being having been begotten of Spirit, as a child of eternity.

“One day, Mrs. Eddy touched Adam Dickey’s hand with her finger and asked him, ‘What is this?’ He replied, ‘Matter.’ She said, ‘It is not; it is Spirit.’ Then another time she looked at him and said, ‘You are Spirit.’ And he said, ‘No, Mother, I am spiritual.’ She said in a very emphatic way, ‘You are Spirit.’ And he said, ‘Mother, I do not see that.’ She said, ‘You are Spirit,’ the third time, but he said he could not see it. When he was going to his room, he met Mrs. Sargent and told her of the conversation with Mrs. Eddy and she said, ‘Oh, Mr. Dickey, why did you say that! Mother was trying to give you her highest teaching.’”  
(*COLLECTANEA Of Items By and About MARY BAKER EDDY*)

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### **“I Am Fearfully and Wonderfully Made”**

“I will praise thee; for I am fearfully *and* wonderfully made: marvelous *are* thy works; and *that* my soul knoweth right well.” (Psalm 139:14)

The part of the quote “and my soul (spiritual sense) knoweth right well,” reminds me of something in Dorothy Rieke’s lecture *Immortality Brought to Light* that I have found very helpful. She says “...supporting my statement of perfection... ‘I know it. I understand it. I accept it. I am grateful for it. I am thrilled with it. I am demonstrating it. I am satisfied with it. And everyone sees the perfect demonstration. Exclamation mark, period, full stop.’” She then says, “This kind of testimony doesn’t leave any opportunity for the negative ‘buts’ or ‘ifs’ to introduce any compromising statements.”

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### **God is Always Everywhere**

“Whither shall I go from thy spirit? or whither shall I flee from thy presence?” (Psalm 139:7)

“It (Psalm 139) sings the omniscience and omnipresence of God. ...Psalms 139:7: Whither shall I go from thy spirit? or whither shall I flee from thy presence? As if he had said, ‘Whither can I flee from thee, whose essence, presence, and power is everywhere?’ ...Psalms 139:8: If I ascend up into heaven, thou *art* there: if I make my bed in hell, behold, thou *art there*. As if he had said,

‘There is no height above thee, there is no depth below thee.’ ... Psalms 139:10: Even there shall thy hand lead me, and thy right hand shall hold me. As if he had said, ‘Thence shall thy hand lead me back, and hold me fast like a fugitive.’”

“HINTS TO PREACHERS. Ver. 7-10.

1. God is wherever I am. I fill but a small part of space; he fills all space.
2. He is wherever I shall be. He does not move with me, but I move in him. ‘In him we live, and move.’
3. God is wherever I could be. ‘If I ascend to heaven,’ etc. ‘If I descend to Sheol,’ etc. If I travel with the sunbeams to the most distant part of the earth, or heavens, or the sea, I shall be in thy hand. Man is always somewhere, and God is always everywhere.” *by Charles Spurgeon*

After so many years of feeling apart from God, I am so grateful to be here learning to feel God’s presence. Only by your thoughts do you seem to separate yourself from God. Even if you feel like you are in hell, God hasn’t changed or gone anywhere, and if you feel like you are in heaven it is even more important to be alert to acknowledge God’s omnipresence.

**SUBJECT: Soul —**

**August 16<sup>th</sup>, 2020**

### **Unto Thee Do I lift Up My Soul**

These words that came to me as I read these verses help me make them my own and trust they can help others, too.

“Unto thee, O LORD, do I lift up my soul.” (Psalm 25:1) I am always with you because I am your very Soul.

“O my God, I trust in thee.” (Psalm 25:2) I am your God; you can rely on me with steadfast confidence.

“THE LORD *is* my light and my salvation; whom shall I fear? the LORD *is* the strength of my life: of whom shall I be afraid?” (Psalm 27:1) I am always revealing, and enlightening you with my presence; you have nothing to fear. I am the strength of your life and will save you from all that would make you afraid.

“Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this *will I be* confident.” (Psalm 27:3) Even if you feel overwhelmed with doubt, worry, fear, you can put all your confidence in me and be at peace for there is no power to oppose ME.

“One *thing* have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD and to inquire in his temple.” (Psalm 27:4) Your desire to find me will reveal to you I am right where you are, and will be all the days of your life; I have known you from everlasting to everlasting and see only a beautiful life for you.

“For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.” (Psalm 27:5) If trouble should come, I shall always shelter you from any harm, lift you above it and set you safely in my protection.

“Teach me thy way, O LORD, and lead me in a plain path.” (Psalm 27:11) I am always showing you the way I have planned for you, and will lead you and keep you in it.

“Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.” (Psalm 27:14) All you have to do is rest in my love, I will give you courage and strength so you need have no doubt because my plan for you is perfect; I am your Father-Mother God.

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### **Panteth My Soul After Thee**

“As the hart panteth after the water brooks, so panteth my soul after thee, O God.” (Psalm 42:1)

“There is something to be lamented in this state of mind, for if the psalmist had maintained unbroken communion with his God, he would not have been so much panting after him, as enjoying him... Wherefore do we wander? Why do we grieve his Holy Spirit? Why do we turn aside from God, our exceeding joy? Wherefore do we provoke him to jealousy, and cause him to make us grope in darkness, and sigh out of a lonely and desolate heart? There is much of an evil heart of unbelief in these departings from the living God...it is an equally certain sign of a want of more grace, and

the loss of a privilege which we should strive always to possess...At the same time there is very much which is commendable in the desire expressed in the text; the insatiable desire which burned in the psalmist's heart is a heavenly flame enkindled from above. If I have not my Lord in near and dear communion, it is at least the next best thing to be unutterably wretched until I find him...blessed are they that do hunger and thirst after righteousness...so long as I am not contented without him, so long as I sigh, and cry, and follow hard after him, I may be assured that I am in the possession of his love, and that ere long I shall find him to the joy of my soul...Brother,...search and look, and pray the great Spirit to remove the ill and nourish the good." – *Charles Spurgeon*

This spoke to me of the beginning of our last Roundtable when we discussed Watch 351 which included this instruction from Mrs. Eddy, "If the fire burns low (devotion to Christian Science) or appears to be getting extinguished, replenish it with faith and love." I am deeply grateful for all that is available at this church to help us keep the fire burning.

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Thank you for this wonderful post. It has brought to mind the Beatitude, "Blessed *are* they which do hunger and thirst after righteousness: for they shall be filled." Also from a song which says, "Shine, Jesus, shine; set our hearts on fire." Yes, indeed, here at the Plainfield Christian Science Church, Independent the "fires" of Love are kept burning, and that is why so many come to the website, classes, and services!

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Thank you so much for your post. Hymn 105, second verse, says:

"Help us to build each other up,  
Our little stock improve;  
Increase our faith, confirm our hope,  
And perfect us in love."

I am so grateful for the provision that this church's website provides for members to share their inspiration of the weekly Lesson in this way. I have found sharing as much a benefit to me, as what is shared. Thank you to everyone who

participates, and to the Lesson writers for their inspired Lessons.

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## "All Things in The Systems of Mind"

"Science reveals Soul as God, untouched by sin and death, — as the central Life and intelligence around which circle harmoniously all things in the systems of Mind." (*Science and Health* 310:14-17)

I love working with the following "Argument" of Mrs. Eddy's in *Watches, Prayers, Arguments*, p. 90: "The law of divine Life, Truth and Love is a law of instant and complete expulsion and elimination of all poisons and impurities from the system. Why? Because the floodtides of divine Life, Truth, and Love are pouring and surging through consciousness, uplifting, purifying, nourishing, healing, elevating, sustaining and energizing mankind."

This is the law for *any and every system*, whether it be bodily, economic, political, household, religious, or educational. All things are harmonious when governed by the one "Soul-ar" system.

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## "Thy Will Be Done"

Around A.D. 70, the church at Corinth was once again in disharmony as in previous days, when Paul composed his two epistles to restore them. Now it was Clement's turn, one of the earliest church fathers, to write. His first letter contains a magnificent exhortation urging the congregation to reflect the harmony omnipresent in God's creation. This excerpt is a relevant "treatment" for any discordant condition on earth today, especially any group or nation in conflict with itself:

"Let us consider and behold with the eyes of our understanding His long-suffering will; and think how gentle and patient He is towards His whole creation.

"The heavens moving by His appointment, are subject to Him in peace.

"Day and night accomplish the courses that He has allotted unto them, not disturbing one another.

"The sun and moon, and all the several companies and constellations of the stars, run the

courses that He has appointed to them in concord, without departing in the least from them.

“The fruitful earth yields its food plentifully in due season both to man and beast, and to all animals that are upon it, according to His will; not disputing, nor altering any thing of what was ordered by Him.

“So also the unfathomable and unsearchable floods of the deep, are kept in by His command;

“And the conflux of the vast sea, being brought together by His order into its several collections, passes not the bounds that He has set to it;

“But as He appointed it, so it remains. For He said, Hitherto shalt thou come, and thy floods shall be broken within thee.

“The ocean, unpassable to mankind, and the worlds that are beyond it, are governed by the same commands of their great Master.

“Spring and summer, autumn and winter, give place peaceably to each other.

“The several quarters of the winds fulfil their work in their seasons, without offending one another.

“The ever-flowing fountains, made both for pleasure and health, never fail to reach out their breasts to support the life of men.

“Even the smallest creatures live together in peace and concord with each other.

“All these has the Great Creator and Lord of all, commanded to observe peace and concord; being good to all.

“But especially to us who flee to His mercy through our Lord Jesus Christ; to whom be glory and majesty for ever and ever. Amen.”

“**[T]he truth of Christian Science [is], — namely, that man’s harmony is no more to be invaded than the rhythm of the universe...**”

*(Retrospection and Introspection, Mary Baker Eddy, p. 61:9-11)*

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So beautiful! Thank you.

**SUBJECT: Mind —**

**August 23<sup>rd</sup>, 2020**

## **Like Attracts Like – Externalization of Thought**

“For as he thinketh in his heart, so *is* he.” (Prov. 23:7)

“...whatsoever a man soweth, that shall he also reap.” (Gal. 6:7)

“... evermore [man] takes  
The tool of Thought, and, shaping what he wills,  
Brings forth a thousand joys, a thousand ills: —  
He thinks in secret, and it comes to pass:  
Environment is but his looking-glass.”  
*(As A Man Thinketh, by James Allen)*

“Stand porter at the door of thought. Admitting only such conclusions as you wish realized...”  
*(Science and Health 392:24-25)*

“I saw how the mind’s ideals were evolved and made tangible; and it matters not whether that ideal is a flower or a cancer, if the belief is strong enough to manifest it.” *(Christian Healing, Mary Baker Eddy, p. 6:15-18)*

“If mind can kill, as has been proved, it has power to cure also.” (1<sup>st</sup> Edition, *Science and Health* 364)

Paul understood the power of thought to out picture itself in my daily life experience, which is why he wrote to the Philippians 4:8, “...whatsoever things *are* true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things” — persevering in such thoughts as these will help usher in the millennium.

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Thank you for this post. I have been thinking and praying about many things written here and especially what Paul said. “Paul understood the power of thought to out picture itself in my daily life experience, which is why he wrote to the Philippians ‘...whatsoever things *are* true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever

things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things' — persevering in such thoughts as these will help usher in the millennium."

I ask myself about this list, and it does help keep me on the straight and narrow in these serious days. There is joy here, too, when you think about what is lovely and pure...hearing children laugh in our neighborhood, birds enjoying the birdbath, and people taking the time to say hello while they are walking by our yard.

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Beautiful...and true. Thank you!

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## Mind as Our Only Being

Deuteronomy 6:5 "...thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might."

I love this commandment; and a recent website article, "[Glorifying God](#)" by Blanche Hersey Hogue, brought greater meaning. In my daily activity am I asking, "Does this glorify God?" "How much did it glorify God?" She also writes, "And St. Paul admonished, in his letter to the Corinthians, 'Therefore glorify God in your body, and in your spirit, which are God's.'"

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## Silence

"What we term mortal mind or carnal mind, dependent on matter for manifestation, is not Mind. God is Mind: all that Mind, God, is, or hath made, is good, and He made all." "Remember, brain is not mind." (*Science and Health* 311:3-6; 372:1)

This week, I came across this line: "God is Not Silent; We Are Too Loud," and "I can't expect to live a life of freedom if I am not connected to the One who gave me freedom in the first place."

We are continually instructed at Plainfield to cultivate a listening heart, to take time to be quiet with God, to feel His presence, and practice daily this living, saving habit.

The author that wrote the above line also made a list of the many things that crowd into our thoughts creating the noise, such as to-do lists, responsibilities, fears, and worries which "drown out the Voice of Truth." To that I added feelings, memories, people, news, and the list goes on. Many believe their "brain" can't turn off. Mrs. Eddy shows this lie to be one we can be free of. This list made me stop and take account of all the noise pollution I am not stopping at the door of thought. It gave me a greater appreciation of the practical teachings of Mrs. Eddy's pure Christian Science and the materials provided here that have been helping me become more disciplined so I can hear God speaking to me.

I have a sticky note on my computer given to me by my practitioner here. It reminds me daily, "Yesterday is over. Focus on today. One day at a time, and tomorrow will take care of itself." I am grateful to be learning how to discipline thought to refuse to worry about tomorrow and face each challenge one day at a time with God.

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Thank you. This explains very well the challenge we face as God's children, or as His image and likeness. In the Lesson, from Deuteronomy 4:36, it says, "Out of heaven he made thee to hear his voice, that he might instruct thee." God made us all capable of hearing His voice so that He could instruct us.

Mrs. Eddy refers to this ability as our "spiritual sense." The challenge for us is to use it, to trust it, and to obey the voice when it speaks to us. As we learn in Science, that voice is always speaking! I find it useful to periodically take time out and examine what I allow to occupy my consciousness. Worry and fear give power to something other than God. Some people drown out their fears by having the TV on, or playing music constantly. Others medicate with drugs or alcohol. All of these are part of the "noise" that blocks out God's voice. I saw an article recently that stated 40% of Americans are suffering from mental stress or substance abuse. Whether the number is accurate or not, it points to the great need of mankind for the truth of Christian Science, and to learn to cultivate our spiritual sense so that He might instruct us. It is the only way!

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## Hand Washing

Last week I was so glad to find an article by Edward Kimball called ["Fearlessly Meet the Claim."](#)

He writes, "If there is any resentment or hate in your heart, stay at home, pull down the blinds; don't wash your hands, until you have cast it out."

I love how this week's Lesson explains to me further what he meant by "don't wash your hands," as I was a bit puzzled by that. In Matthew 15:2 the scribes and Pharisees asked Jesus, "Why do thy disciples transgress the tradition of the elders? for they wash not their hands when they eat bread."

Jesus went on to explain that "Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man...For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are *the things* which defile a man." (Matt. 15:11, 19-20)

For me, this says, don't act like you are clean (clean hands) and holy on the outside when inside you are indulging in ungodliness in your heart. Wash the inside first. This is an ongoing lesson I am learning from this church, as I used to think it was okay to just act nice on the outside, when the inside is a mess. Thanks to the most dedicated Practitioners, and I am so grateful for the examples here at Plainfield, including Edward Kimball.

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Thank you for this post. Kimball was giving the same rebuke as did Jesus to the state of thought that would be more concerned with surface appearance than to the things of God.

Mrs. Eddy explains this in *Science and Health*, p. 382: "If half the attention given to hygiene were given to the study of Christian Science and to the spiritualization of thought, this alone would usher in the millennium. Constant bathing and rubbing to alter the secretions or to remove unhealthy exhalations from the cuticle receive a useful rebuke from Jesus' precept, 'Take no thought...for the body.' We must beware of making clean merely the outside of the platter."

She then goes on to say, "He, who is ignorant of what is termed hygienic law, is more receptive of

spiritual power and of faith in one God, than is the devotee of supposed hygienic law, who comes to teach the so-called ignorant one."

Here, Mrs. Eddy rebukes not only the washing of hands, but the study of hygiene rather than the study of Christian Science and the spiritualization of thought. Too many are proud of their secular education. Many others worship or admire those who have a PhD or a big house or a fancy car. Jesus, Mrs. Eddy, and Kimball are telling us that is not what matters. In fact, it will impede one's true education in the right direction. So, don't be impressed. And don't waste time studying subjects that aren't going to be useful in promoting Christ's Christianity and the spiritualization of thought.

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## Safety & Love

"Search me, O God, and know my heart: try me, and know my thoughts: And see if *there be any* wicked way in me, and lead me in the way everlasting." (Ps. 139:23, 24)

"...and if in any thing ye be otherwise minded, God shall reveal even this unto you." (Philippians 3:15)

These two passages in the Lesson really moved me, and showed me what is vital for spiritual growth. First, to humbly and honestly desire to have my heart and thoughts examined by God. Second, if there is anything unlike good therein, to have it exposed to me — whether through my own inspiration from God, or by a loving practitioner, or any rightly-motivated individual — and not take offense from it. What safety and love this is! So many times, this loving searchlight — when I have listened *and obeyed* — has saved me from impending dangers. I am grateful for all the loving lessons I have learned from practitioners here through the years.

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## Hymn 240

*The Christian Science Hymnal 1932 edition*

O Spirit, source of light,  
Thy grace is unconfined;  
Dispel the gloomy shades of night,  
Reveal the light of Mind.