

From His View “I”
Am Free Now

10 Ways to Start Realizing True
Freedom

Florence A. Roberts

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ISBN:
ISBN-13:

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Disclaimer: This book contains my insights, from my continuing study of the Bible and *Science and Health with key to the Scriptures* by Mary Baker Eddy. These insights have given me a new way of thinking about the different areas of life. The new view is helping me realize a more satisfying and peaceful life. The truths that are working for me have been around for many years, but their practicality and benefits are grossly underestimated, perhaps not appreciated enough and therefore unused. Though I do not make any representations here that what I am sharing is a guarantee for everyone who reads this book, I do know that when people in sincerity and honesty endeavor to understand and love God, as *Science and Health* explains these concepts, they realize healing in their lives. I have simply done my best to share what I am learning. I hope that others can achieve greater sense of peace if they awaken to what is true about who we are and our relationship with God. I do not make any warranties with respect to the completeness and life changes everyone can experience from reading this book. I disclaim any warranties implied or expressed. I shall in no event be held liable for any loss or any damages including but not limited to special, incidental, consequential or other damages. I do know that for some this awakening, from the sincere and honest study of the Bible and Mrs. Eddy's book, will make a difference. I hope that some shared insights will lead others to the answers they are seeking and encourage them to engage in their own study to gain understanding for their spiritual growth. I can say that the more understanding I gain about the nature of God the more I realize my own freedom now.

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DEDICATION

This book is dedicated to all Truth seekers, my parents, John and Hannah Fletcher and my dear sister Justina.

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ACKNOWLEDGMENTS

I am grateful that my parents made the teachings of the Bible so significant in our lives. That background formed the basis for what I am learning through Christian Science. Thanks to my husband, Kofi and our children Ama, Lance and Dede for being patient with me when I did not know where I was going with this new way of thinking and they did not understand my actions. I thank my sister, Efua, for being the first to urge me to explore Christian Science with her after our father's healing. I also thank all the practitioners whose help I have sought along the way. My most sincere thanks to the independent practitioner/teacher whose love and strength gave me what I was yearning for to go forward to study and live this Science in the right way. Her teaching helped me to examine my thoughts often, to make sure I keep my thinking on God and to have God in all the details of my life. Last, I thank every sincere seeker of truth who may be led to this book. If just one insight from it leads you to start your own study of *Science and Health with key to the Scriptures* by Mary Baker Eddy with your Bible, God only knows how many lives your living the truth can touch and change. Together the whole brotherhood of man can realize our true selves and our true freedom.

I extend my sincere gratitude to my primary editor Jan Ackerson, for her prompt and conscientious editing. Visit her site at: www.superioreediting.biz

For *comments* please write to florence@thinkerschallenge.com.

Thanks again to all my readers.

INTRODUCTION

“And Ye shall Know The Truth and The Truth Shall Make You Free.” Christ Jesus

“What is the permanent solution?” One night a relative who had been seeking an answer to his long-standing stomach problem asked me this question. I had tried previously to share with him some of the answers I had found, but he would never listen. This night, tired of suffering, he finally asked the question.

I confidently answered that the answer is our willingness to yield to God with our whole hearts, and to the truth about who He—the only creator— says we are. My life changed when I started to understand what God is and who I am.

Sometime earlier, I had started reading Mary Baker Eddy’s *Science and Health with Key to the Scriptures*, because a Christian healer had read passages from it to my father when she came to see him on his supposed dying bed. My father recovered from his illness and lived seventeen more years, until his passing in 1992.

The memory of my father’s healing encouraged me to seek a better

understanding of my relationship with God. During this period, I was married, had three children, and was working as a registered medical nurse. However, everything seemed wrong. Constant anxiety about the future and deep dissatisfaction plagued me. My husband and I were not happy. We had financial problems and I had a constant sense of pressure, trying to balance my career, my duties at home, our children's care, and all my other daily affairs.

Previously, I had searched for answers in positive thinking and self-help books. In addition, the Bible had always been my anchor. As a child, I went to Sunday school. I was taught to pray and was made to memorize some of the Psalms so I could use them when needed. Most Bible stories were very familiar to me. Those stories and the Psalms helped to calm me.

However, making decisions had always been an ordeal because of self-doubt. I had a great sense of lack: lack of money, lack of courage, and lack of confidence. Because of this lack of confidence, I ignored many good opportunities, and then suffered from self-condemnation. I postponed my joy, thinking that something had to happen before I could be happy. I did many things to please people, sometimes even if the action compromised my own happiness. I lacked the courage to stand with truth and trust in its power over every circumstance. I did not understand it was my birthright to glorify God at all times, no matter what it cost me.

What I needed was something that would free me from constant anxiety and sadness, so I could have a permanent sense of peace. I found this in my study of Mrs. Eddy's book, her other writings, and articles by other Christian thinkers inspired by her work. There, I gleaned something I had completely missed during the many years I called myself a Christian.

What needless fear! The anxiety I suffered was so severe at times that it was exhausting. I had been taught to pray, but my prayers were comforting only to an extent, because they were prayers without understanding. I reached outward for God, thinking He is "that man sitting up there". I don't think I really believed my prayers.

When I started reading *Science and Health with Key to the Scriptures*, I noticed I no longer woke up from a nap with horrible anxiety and a feeling of impending doom. This was a big difference from the deep anxiety I had lived with for many years. I felt a compelling desire to share what was being revealed to me. I had gained a deeper understanding of those scriptural messages I had grown up with.

I had to wonder—why hadn't the unchanging fact that we are children of God been adequately explained to me? Why was I never taught Christ Jesus' truth, just as I was taught the principles of arithmetic? If I do not know the right principles in math, my calculations will be wrong. Similarly, it appears our basic principles about humanity are incorrect, and the woes of life stem mainly from our wrong thinking. Correct understanding of the nature of God would have saved me many tears, many mistakes, and many sleepless nights.

If I am the reflection of God—this understanding was not taught. If God is Love itself—I did not get that message. If God is Truth—that understanding completely escaped me. So I lived, feeling separate from Him. For that, I paid the price. To have begun rightly would have prevented many, many ills; some so painful it has taken years to “unknow” them.

When a friend told me about her brother's diagnosis of cancer, I wanted to tell her that many people had been healed from reading Mrs. Eddy's book. However, I knew my friend would not have anything to do with it and would refuse to give the book to her brother. I listened to her tell me about her brother with deep regret, because I knew I could not help him with what I knew.

I couldn't really blame her, because what I was learning involved a radical readiness to change what we have been made to believe about who we are. Twice before, my friend had visited me and saw the book I was reading. The first time, she made a face, and the second time she simply put the book down after a glance at the title.

Around the same period of time, another friend came to my store, to tell me that she had been diagnosed with breast cancer. She was frightened. When she told me about her diagnosis, I was not alarmed. Something led me to give her a Bible verse I had been pondering. “What do ye imagine against the Lord? He will make an utter end: affliction shall not rise up a second time” (Nahum 1:9). I shared my new views with conviction, that God's pure love for His children could not allow any illness to afflict His own. Then I gave my friend a copy of Mrs. Eddy's book.

She came back a few weeks later more relaxed, with her usual smile, and thanked me. She said she had been praying with the Bible verse and seeing the doctor and that everything was all right. She gave the book back to me. I do not remember what her reason was for giving it back, and I did not question her, because by then I knew people made judgments about Mrs. Eddy's book without

the needed study and understanding.

Shortly after this, I went to another state to study a healing ministry based on the expanded spiritual Bible Principles. During this time, I lost contact with my friend, but I thought of her often. Then one day during a visit home, I went to our local market. I had just purchased some eggs and was heading towards the fish section when I met my friend's husband. His face changed when he recognized me. He told me that my friend had passed on a few months earlier. He also said she had requested to see me, but he didn't know how to get in touch with me.

I am sure you can imagine my grief and disappointment. I had no words that could effectively express how I felt. When we parted, I felt guilty, partly because I couldn't make her see that she needed to continue reading to claim her birthright as God's child. And yet, I also knew I could not really force what I was learning on anyone. One must have a humble, sincere heart that yearns to understand God in order to reap the benefits of Mrs. Eddy's book.

I knew that even though some people reject my religion, when I tried to reason with them based on the fundamentals accepted by most religions, they agreed with most of what I had to say. What I offered was a new approach to life, a practical application of the scriptural messages Jesus came to teach.

I have written *this* book to help awaken truth seekers to what they already possess. I hope to inspire people to study the Bible more and to gain the spiritual significance of the Bible message through the sincere, honest, and persistent study of Mrs. Eddy's book along with their Bibles.

- A greater understanding of the nature of God
- An awakening to the concept that you are spiritual and how it impacts other areas of your life. In these pages, you will gain:
- A powerful way to pray
- A practical application of Jesus' message to your everyday life
- How you can realize better health, more peace and contentment
- The true meaning of humility

Life is spiritual: each person is on their own journey and only one truth makes

us free. Some have already discovered it and are on their way to that realization. Others have been awakened to the Truth through their love for God and others, and still others are seeking.

When Jesus was asked when the kingdom of God would come he said, “The kingdom of God cometh not with observation: Neither shall they say Lo here, or lo there, for, behold, the kingdom of God is within you” (Luke 17:20-21). If the Kingdom of God is within us, then it follows that when we find who we really are we shall find it. It is this kingdom we are admonished to seek first in order to have everything else.

We read in Luke 18:17, “Whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein.” The kingdom of God is known to people who have the innocence of a child, ready to accept and trust what is revealed to them. Only those willing to give up false conceptions and possess a childlike readiness to yield to the truth can accept with trust what Jesus came to teach. Just think—one right teaching that takes root in the fertile, innocent, and receptive thoughts of a child, could prevent many lifetime mistakes.

Despite all the degrees I have earned after my name, I must say the most satisfying is the one I paid no money to get; the title of “Unlimited Child of God.” I heard an inspired Christian healer use this once, and it made a lasting impression on me. I like to remind myself of this title because I know it is not only mine, but everyone else’s; we either just don’t know it, or we would rather be known by all the other titles we acquire. “Unlimited” conveys a sense of freedom that means more to me.

Nations and people seem to have so much trouble. Could it be because we are all trying to be what we were never meant to be? People are more at peace when they make the decision to take a spiritual path in life. This is true among all people, regardless of where they are from. We have different cultures, different faces, different languages, different tribes, and different views—but we all stem from one infinite Source.

We should deny false beliefs and firmly and humbly know what Paul said, that nothing can separate us from the love of God, and we live and move and have our being in Him (Romans 8:38-39, Acts 17:28). We are always in His presence. Just as we cannot be separated from our shadows, we are forever within God’s presence. I find this very comforting.

Christ Jesus came to teach us our spiritual perfection and the power that perfection includes. We cannot be reflections of the perfect original if we continually accept the imperfect images we have been made to believe. Every mistaken belief we accept

creates more dust, blocking our view from the clarity of the perfection we reflect. The Bible tells us over and over again that we are one with God. Why do we not obey that? Yet we continually believe what medical science tells us.

Can we say we love God and yet so surely deny His magnificence, His power and His allness? Can we say we are God's children and still believe we are imperfect beings? This misrepresentation of who we are results in our self-imprisonment. We are too busy deceiving ourselves so we can be happy in this dream. How many of us are truly happy doing or believing the very things that cause us hurt, fear, or pain?

We are "Unlimited Children of God, Ever in His Presence". This gives us peace and answers a lot of our questions. Understanding this truth does wipe out the fears, doubts, and anxieties we live with.

We own this birthright if we learn to appreciate God's ever-presence, His protecting power, and His infinite Love. This helps us to go to God first for all our answers. It is God who heals all our diseases. God is immediately available, no matter where we are and no matter what confronts us. We can start knowing ourselves truthfully by unlearning the many falsities about ourselves. We have a great promise that we are never separated from the Love of God; we only need to know this truth at all times and rejoice and be grateful for this grace.

Knowing this Truth cannot be accomplished when my thoughts are full of the false concepts about life. The human mind cannot know the spiritual man of God's creating; hence the Scriptural admonition to have the mind which was also in Christ Jesus (Phil 2:5). Jesus had the Christ Mind and this enabled him to see man's perfection at all times. Therefore, there is the need for us to educate ourselves out of these false concepts, to spiritualize our thinking. This spiritualization of thought can be realized by seeking the Truth, consistently studying the Truth, understanding the Truth, Loving the Truth enough to live it and trusting the Truth. It is what is helping me cultivate spiritual discernment to know the "I"; the real man, who is spiritual and free now.

CHAPTER ONE

Who Am I?

“Beloved Now Are We The Sons Of God...” 1 John 3:2

“Cease ye from man whose breath is in his nostrils, for wherein is he to be accounted of?” Isaiah 2:22 “Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.” Psalms 100:3–5

I have often asked myself, “Who am I?” Knowing what the Bible says, I always answered truthfully that I am a beloved child of God, but I did not fully understand what God says about who is really His child. Since we are all of one Father as Malachi says, “Have we not all one Father? Hath not one God created us?” (Mal. 2:10) then I should see everyone, everywhere as a child of God.

As I studied the Bible and its spiritual interpretation from the Christian Science textbook, *Science and Health with key to The Scriptures*, by Mary Baker Eddy, I saw clearly that I had entertained a limited view of God all these years. In order to embrace the truth about God, I had to give up the false notion of Him as a man somewhere and accept the infinite spiritual nature of God. Although this was not easy to do, it made perfect sense.

I am amazed at how contradictory the two accounts of creation are when pointed out. And yet no one ever explained that. I grew up believing the mortal sense of creation without question when the Bible clearly begins with what is the spiritual version of creation: Gen. 1:26, 27, 28 and 31 partially quoted here,

states, “And God said let us make man in our own image, after our likeness: So God created man in his own image, in the image of God created He him; male and female created he them...And God saw everything that he had made, and behold, it was very good.”

The second chapter gives the account of the mist going up, creating man from dust, and the creation of woman, from man’s rib. Then, after saying everything He created was very good, God now says man would suffer and is practically cursed.

I am not a Bible scholar, but I understand through my study that such opposing views of creation as given in the first and second chapters of the Bible cannot both be correct. If God is spirit, His creation in His likeness must be spiritual. If He is good then His creation must be good. He wouldn’t create a sinful mortal, watch him suffer, or make His own likeness capable of doing things that are incompatible with His likeness. Furthermore, it was obviously impossible for a finite God to be everywhere at all times, and yet this had been my unquestioned view of God my entire life.

The more I humbly and sincerely prayed to understand the nature of God, more was revealed to me. God’s intangible, infinite qualities become tangible *in action*. If God is all and is only good, then all good qualities express Him. All people then, are the expression, image, witness, reflection, and idea of God. In reality, we all possess all the qualities of the nature of God.

This understanding of God is very important. A Christian healer explained the concept this way: “To refer to ourselves as the small i, which always has something hanging over the top of it, is to identify ourselves wrongly.” It’s a funny analogy which perhaps explains why people say ‘There is always something.’ They come to expect there will always be something wrong with business, relationships, school, health, or the world.

I used to wonder—what else could go wrong? That type of worry implies the expectation of wrong is normal. Some say constant worry is just being cautious. I know many who always expect something will go wrong. It’s not surprising that something always does go wrong for them.

Pessimistic thinking is sinful, because it denies the allness of God and does not heed the command, “Be not afraid” (John 6:20). It enthrones discord and disobeys the first commandment: “Thou shalt have no other gods before me” (Ex 20:3). This admonition means I should not let anything preoccupy my thinking more than my thoughts of God.

The acceptance of many false beliefs about life kept me from realizing true mental freedom. My readiness to accept that God is all, that His creation reflects Him and is all good helps me to understand without question who I truly am. The Bible says “And God saw everything that He had created and behold it was very good” (Gen 1:31).

Further enlightenment through *Science and Health with Key to the Scriptures* broadened my understanding of the nature of God. God is Mind, Spirit, Soul, Principle, Life, Truth and Love. This understanding helped me to accept the spiritual nature of God and begin to see myself as the reflection of such infinite qualities.

The Bible references God as Mind: intelligent, wise, and all-knowing. “...we have the mind of Christ” (1 Cor. 2:16). This Mind is the infinite intelligence that knows nothing imperfect about His own child.

God as Spirit: real substance, grace, and goodness. John 4:24 states, “God is a Spirit: and they that worship Him must worship him in spirit and in truth.”

God as Soul: beauty, grandeur, harmony, and tranquility. Ezek.18:4 says, “Behold, all souls are mine; as the soul of the father, so also the soul of the son is mine.”

God as Principle: just, orderly, punctual, balanced, and courageous. Deut 32:4 pronounces, “He is the Rock, His work is perfect: for all his ways are judgment.” Later, we read “...he is excellent in power, and in judgment, and in plenty of justice” (Job 37:23).

God as Life: lively, energetic, full of vitality, and joyful. Ps. 27:1 says, “The Lord is the strength of my life; of whom shall I be afraid?” Another Psalm states, “That thy way may be known upon earth, thy saving health among all nations” (Ps 67: 2).

God as Truth: honest, trustworthy, truthful, pure, and faithful. Deut. 32:4 calls Him “...a God of truth and without iniquity, just and right is he.”

God as Love: compassionate, loving, and affectionate. 1John. 4:8 says “He that loveth not knoweth not God; for God is love.”

It is this fresh view of the nature of God that has awakened me to my real selfhood. 2 Cor. 4:18 says, “...we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the

things which are not seen are eternal.”

As I strived to make these attributes real for myself, I felt led to read a lecture by Herbert E. Rieke, C.S.B. titled “Discovering Peaceful Relationships.” Mr. Rieke talked about a discussion he once had while an army chaplain, in an informal religious service held on a convalescent ward. In order to make the concept of perfect man clear, the group chose the subject “Women” for the discussion. This topic caught the attention of all the men present.

He asked all the men what they desired in the women they would like to marry. The men were initially focused on physical beauty, until one of them said that beauty is not everything. Another of the men then said, “I don’t want a wife who is dumb.” So Mr. Rieke discussed the importance of intelligence with them. They all agreed they wanted a wife with wisdom and intelligence.

Then he asked them, “What if the woman was intelligent and beautiful, but hateful and mean?” They all also agreed they wanted a woman who expressed love, compassion, tolerance, and the ability to forgive. So he asked, “What if she had all of those qualities, but did not express truth?” The men agreed that they certainly did not want a wife who could not be trusted because she lied.

Everyone wanted a wife who would be true to them. Then he asked, “What if she had no life in her; if she was lazy and boring, had no enthusiasm, and was indifferent?”

Of course, they all wanted someone who would be energetic, lively, interesting, and active. Then one man said he did not want someone with too much life, who would run to clubs all night long. He wanted someone who loved their home, good books, flowers in the garden, and children. They all recognized these qualities were the deeper spiritual interests that expressed *Soul*. They agreed on the importance of depth, spiritual poise, and harmony; the unseen beauty that is felt, rather than seen on the outside. Each man also agreed his wife-to-be would have to express fairness, orderliness, balance, and good grooming, for these are qualities of principle.

With the healer’s help, they all saw it is the spirit that satisfies, and that those are the spiritual qualities God has given to each of His children. They are eternal realities, and we all have the ability to allow their expression.

At the end of this discussion the men asked where they could find such a girl. To that, the healer asked them, “What kind of a man would such a girl be looking for?” They all burst out laughing. Of course the answer was that she would be looking for a husband who possessed the very same qualities. With this, they saw that with these

qualities, they identify the complete child of God.

God's child, as His reflection, never lacks anything, because good health, wisdom, love, right judgment, moral courage, wealth, intelligence, energy, humility, patience, and joy are included in the eternal qualities of God's nature and therefore man's true nature.

Paul said, "Nothing can separate us from the love of God" (Rom. 8:39). That statement means nothing, if we think of ourselves as what God is not. If we see ourselves as limited mortals, we can never be receptive to spiritual truth. We are always in the presence of God. We can never be separated from our own shadows—and every drop of the ocean is always part of the whole ocean. I find this spiritual fact very comforting.

"I am a felon," was the ready answer a young man gave me when I asked him to register to vote. He was telling the truth about what he had come to believe, but what was surprising and sad was the readiness with which he gave the answer. This now is his identity. Since he thought of himself as a felon, I believed he would do something else consistent with this identity before his probationary period was up. He might always remain a felon. He could have simply said "I cannot vote" and then given me his reason. Does the system really understand why there is a high rate of recidivism?

Accepting any limitation is disobedience to God. If I dwell on the fact I am a woman and accept any limitations that come with that, I am disobeying God because that is not how He knows me. If I affirm I am shy, unworthy, timid, resentful, or revengeful, I also suffer from being all these things that God has not created as part of me. The power of truth displaces all the lies about who I am, so I can fully see the loving, worthy, deserving, obedient, and beloved child of God that He knows.

I am "an Unlimited Child of God, Ever in His Presence". This knowledge has helped to erase a lot of the fears, doubts, and anxieties I used to have. I own my birthright as a child of God. Learning to be grateful for God's ever presence, His protecting power and infinite Love, helps me turn to God first for all my answers .

Why was it so challenging for me to accept this truth? To be honest, I felt unworthy to be identified with God. Jesus taught truth makes us free—the truth of our true perfect spiritual being. Jesus taught that this perfect identity was for everyone to claim. "Be ye therefore perfect as your Father in heaven is perfect." (Matt. 5:48) Each step toward fully realizing this truth brings me more peace and freedom.

The more convinced I become of the power of the truth, the more readily the truth comes to my consciousness when challenged by a problem. I no longer simply talk the truth—I feel it and apply it. I am so grateful for this step forward, because I used to feel problems were bigger than the power of God. I must continue this way of thinking whether I am confronted with challenges or things are going fine.

In the Bible, a man named Nicodemus asked Jesus how He did His miracles. Jesus answered that Nicodemus would have to be born again. Taking this literally, Nicodemus did not understand. Jesus explained what He meant by being born again. He said, “Except a man be born of water and of Spirit he cannot enter into the kingdom of God” (John 3:5). This birth of the Spirit is the acceptance of your spiritual identity as a child of God.

I had been living a life full of contradictions. When I respected and loved someone, I heeded the good things they said to help me—but I had been doing just the opposite with God. I professed to love God, but I was not obeying His laws. I had to give up my personal will and realize that God already had a perfect plan for my life. I must not accept any discord as reality. Discord is healed by the establishment of truth in my consciousness, and truth will reveal how unreal the discord is.

I used to pray by asking God to grant my self-willed requests. Now, instead of pleading with God, I have learned to simply spend quiet time alone with God, just knowing His presence with all my heart. In that time, I seek to feel His power and His presence. Such quietude fills me with inspiration that leads to practical answers to my questions. In this way of praying, I humbly and fully acknowledge that all good is from God.

I often examine my thoughts and actions in order to gain clarity as to the extent of my indifference, disobedience, disrespect, and ingratitude to God. We read, “If ye love me, keep my commandments” (John 14:15). I must prove my love for God; it is no use just professing it.

For example, I often ask myself if I am judging people according to skin color or nationality. I do this because I recognize that the world has wrong beliefs about these things. In order to be obedient to God, this honest exercise has become important to me as I make the effort to see God’s creation in every human. We are all brothers and sisters; there are no enemies in Truth.

I desire understanding—no matter what it may cost. This leads to a better concept of “rejoicing in tribulation”. God is always present, and confusion is temporary. Every conflict is an opportunity for spiritual growth. Therefore, I welcome challenges with a deeper conviction that God is helping me.

The Bible tells us in Matt. 5:8; “Blessed are the pure in heart; for they shall see God.” This purity is the effort to keep my thoughts clear. I cannot keep sadness, self-condemnation or self-doubt in my mind and realize the beauty, grandeur and harmony of God’s presence at the same time.

Jesus said, “But seek ye first the kingdom of God ...and all these things shall be added unto you” (Matt. 6:33). In order to see how well I am doing this, I ask myself several questions. Am I starting my day with God? Am I turning completely to God for my answers? Am I making the effort to express only the qualities that are consistent with God’s nature?

Ps. 17:15 says, “As for me, I will behold Thy face in righteousness: I shall be satisfied, when I awake, with Thy likeness.” When I finally recognize myself as God’s likeness, I will be free. “. . . . And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might” (Deut. 6:5). These verses point out to me to what extent God demands our full attention.

Isaiah 31:1 warns against faltering when we look to material things instead of God for our answers. In Rom. 8:9 we read, “But ye are not in the flesh but in the Spirit, if so be that the Spirit of God dwell in you.” This tells me my real life is in the Spirit.

Do you sometimes feel you have more faith in the unhappy situations than in the power of God’s Love to heal them? This happened to me when I was faced with the problem of physical pain. I prayed, knowing I am God’s child, and such pain could not possibly be a part of me. As I spent time thinking about my perfection, I suddenly realized I still had more faith in the reality of the pain than I did in God and the reality of my perfection.

I burst out laughing when it finally dawned on me I had been trying to be *humanly* spiritual. I was not thinking of myself as the reflection of God, and therefore perfect. I was still seeing myself as a mortal, while claiming spiritual truth as my own. It was an awakening to realize spiritual perfection must be my starting point in order to begin to correctly counter any discord. I prayed by lifting up my thoughts with the truth about my spiritual being. As I stayed with these truths I felt the pain easing until I could no longer feel the disturbing sensation.

It is also helpful to understand the concept of the infinity of God. Since God is infinite, all of His qualities are equally present. This means I can be courageous, loving, strong, and beautiful. I can have abundance, affection, and honesty. I know everyone else can express all these qualities at the same time, too. I can be sure of having an everlasting supply of whatever I need. Can infinity ever end?

The answer is obviously, No.

Since God is infinite, the discords we face are not real. This teaches me to seek God first for every answer, always holding on to perfection and realizing the lie of material circumstances. Hence, in healing, we are *always* healing wrong belief. The truth we claim replaces and vanquishes wrong belief, *never* the material circumstance. It is essential to keep the spiritual value of all things in mind.

So, for example, if my marriage is discordant, I am still somehow holding on to the belief that my husband can be selfish, immoral and dishonest. God tells us to leave the material dream for the truth. If I continue to seek my answers from my own and others' opinions, I am either still ignorant of the spiritual reality, or I choose to disobey its cautions.

If what we experience is an expression of our thoughts, doesn't it make sense to heal the discordant thoughts? It is a wrong belief that man can be forgetful, and a wrong belief that a home can have holes in its protective cover. It is the belief that people can be dishonest, unjust, and deceitful that needs destroying. We must be careful not to get distracted by the things we see with our eyes.

It is, therefore, absolutely necessary to cling to the presence of perfection. We are warned in the Bible: "Be ye therefore perfect even as your Father in heaven is perfect" (Matt. 5:48). This is a present acceptance. There is no time in the future when I can accept this perfection, and I am not waiting for any particular occurrence to bring me to that perfection. Our perfection is a present fact.

I was sitting in the congregation at a burial service in Ghana when I heard the preacher refer to a future eternal happiness. This future rest had been part of my earlier Christian education. But eternity is ceaseless; everything good is eternal—here and now.

Subtle misrepresentations and their implied contradictions lead us into wicked beliefs that supplant spiritual realities. I cannot ignore such beliefs. Even simple beliefs can be taken for granted, like the belief that if I am hurt I cannot have instant relief. We are taught that God is an ever-present help, more instant than any material remedy.

Since Jesus was the Son of God, then we should see ourselves as such, and follow His example. His understanding of God's allness, power, presence, wisdom, and love served as his bank account, his medicine for healing every discord, his everything.

The following verses emphasize the value of spirituality and the benefit of giving up every false belief in order to gain it: "...the kingdom of heaven is like unto a merchant man, seeking goodly pearls: Who when he had found one pearl of great price, went and sold all that he had and bought it" (Matt. 13:45-46). And in Romans 8:6-7: "For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God." We see that false suggestions which originate from the human mind to try to supplant the omnipotence of God are enmity to Him.

Understanding who I am took a long time; trusting that understanding and putting what it means into practice is a lifetime affair and I am happy to do it. There is no terrible struggle in this if we are happy to accept this uplifting concept of self. Paul said, "...be ye transformed by the renewing of your mind that ye may prove what is that good, and acceptable, and perfect will of God" (Rom. 12:2).

When I ceased the warfare with myself and humbly put my footsteps into His footprints, I began to feel the peace that has always been mine to have. To have peace in any relationship starts with our own peace. When I talk about negative things, I affirm they are real, either about me or about someone else. If I accept someone is poor or sick, I accept its reality for myself as well, and sooner or later the false belief of sickness could become my own experience.

This explains why obedience to the commandment to love our neighbor is imperative to our own harmony. If we hold a wrong belief attached to someone else, we also admit it for ourselves. Wherever we see wrong, we are to deny its reality as part of the Kingdom that is within each of us.

"Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he can not sin, because he is born of God" (1 John 3:9). We are constantly deceived by our five physical senses; that is why we need to be awake to our spiritual identity to see the truth. If I do not stay awake to the truth, I fall for the 1+1=3 premise. The solution is wrong. Our greatest work then, is to stay awake to correct self-identification.

Daily, I must see in myself and in everyone else the wisdom and intelligence of Mind, the substance and reality of Spirit, the beauty and harmony of Soul, the strength and justice of Principle, the vitality and freshness of Life, the purity and innocence of Truth, and the absolute perfection and loveliness of Love. If I meet every circumstance: sickness, unhappiness, and lack, with such a viewpoint, I put into practice what Jesus said, that anyone who believed in him could also do.