

HEALING BREAKTHROUGH

By Martha Smock

A FRIEND asked, "Do I have to be perfect to be healed?"

Healing is not a matter of reward and punishment. It is a matter of connecting with the powerful life force within us. We may short-circuit this connection by giving way to fear and anxiety, by dwelling on thoughts of resentment, unforgiveness, bitterness. But always the life is there within us, always we can make the healing breakthrough.

For example, it is not a matter of reward or punishment when electric current needs to be restored. We have to put the plug in the socket in order to make the connection, and the connection has to remain unbroken in order that the current may flow.

God does not say, "You must be perfect before you can be healed." God says, "Because I have created you perfect, you can be healed."

Jesus said to the man by the pool, who had been ill for thirty-eight years, "Do you want to be healed?" (Jn. 5:6). The man, who had been hoping for some kind of miracle healing from the waters of the pool, said that he had no one to lower him into the pool. Jesus said, "Rise, take up your pallet, and walk" (Jn. 5:8). The connection was made, the healing breakthrough came. "And at once the man was healed, and he took up his pallet and walked" (Jn. 5:9). Not in the waters in the pool but within him was the healing life and power.

Healing is of the whole person, but healing of the body is not deferred until every thought is perfect, until every word is wise, until every part of life is in order and harmony. Very few healings would take place were this the case.

Jesus was very compassionate, yet never faltered in proclaiming life, no matter what the condition or how long its duration. He helped those in need of healing to make connection with the life force within them, to make a healing breakthrough. He saw them whole, He saw them perfect. He said, "Your faith has made you well" (Mt. 9:22). He spoke the word of healing and, for many who heard, there was an instant response. They felt a renewal of life. Mind, body, and soul felt the healing current. They literally came to life.

Silent Unity follows Jesus in proclaiming life, in reminding all who ask for healing prayers that the powerful life of God is within them. We say, "You can be healed." We pray for healing, and we hold to our vision of the perfect self, the Christ self, in all for whom we pray. We remind them that they are meant to be healthy, vitally alive, that they are meant to be loving, joyous, creative. We know that there is innate

in everyone a longing for Truth, a longing for light, a longing to be more than they have yet expressed.

I think this is why the prayers of Silent Unity are so effective, for they are felt as a great outpouring of love and life by those who have been tempted to give up, to accept illness and unhappiness as their lot, who may have been berating themselves for their failures, who may feel unworthy or wonder where they have gone wrong.

Jesus healed the sick, but more than that He gave a message of life—eternal life. He said, "Your sins are forgiven" (Mt. 9:2>. What sins? The sins of negative thoughts and feelings, false beliefs that keep us bound to sickness and disease, to unhappiness, to all the limitations of mortal mind.

The healthiest people probably think the least about health as such, but they are health-minded, they are life-minded.

Health, true health, is health of mind, health of body, health of soul. Health is of the whole person.

The evidence is all on the side of life. That we are meant to live vitally, healthily, with energy and enthusiasm is the basis for all healing. That there is a relation between our thoughts and attitudes and our state of health is being accepted by more and more people.

Jesus Christ brought a message of life to the world. His words were life-giving. He healed those who turned to Him. He did not ask, "Are you worthy of healing?" He did not say, "This condition is incurable." He did not say, "You'll just have to live with this chronic complaint. " Someone has rightly said that Jesus had no "patients." He healed, and the sick took up their beds, that is, they went about the business of living. When He healed Peter's mother-in-law, she rose and prepared dinner.

"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? . . . So glorify God in your body" (1 Cor. 6:19, 20). Your body is the temple of God and you are the life-giving Spirit that dwells in that temple. To glorify God in your body is to express life, vitality, and energy.