

Health Through Spiritual Methods

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THOSE who are well have no need of a physician, but those who are sick," Jesus said (Mt. 9:12). The sick do indeed need help, and the services of Jesus Christ, the Great Physician, are freely given to all who seek His aid. He heals all manner of disease and restores the broken heart or distressed mind as well as the ailing body.

The redemption of Jesus Christ includes redemption for the whole person. Matthew makes this very plain when he says that Jesus healed all who were sick. The truth about redemption, when it is known, makes and keeps us free and whole.

Ignorance of the great redeeming and atoning work of Jesus has kept the world long in sin and suffering. His love and compassion have always been ready to heal, but people have gone about trying their own healing methods. Now redemption is coming to be recognized at its full value; and in every part of the earth its benefits are being realized by those who accept the Lord Jesus Christ as their Savior from sin and all its effects of sickness, depression, and lack in mind, body, and affairs.

Through the teachings of Jesus Christ we learn of our oneness with God, our unity with the perfect life of God. When you appeal to Silent Unity for help, the word that is spoken for you is patterned on the living Christ word. It is Spirit and life. It illumines your mind with the Christ light, quickens it and sets it to work acknowledging the wholeness and unity of your entire being.

You refrain from talking about sickness or inharmony because you perceive that neither is in accord with God's will. Your thoughts feed on divine ideas of joy, freedom, substance, life, faith, and love. Through conscious unity with God, the source of all health, you are healed.

Should some part of your body especially need restoration, do not give way to the condition, but direct a healing blessing to the part in the name of the indwelling Christ. With loving, prayerful thought Silent Unity compiled this booklet to help you meet just such a need.

Let Not Your Hearts Be Troubled!

"Let not your hearts be troubled, neither let them be afraid" (Jn. 14:27). Draw close to the healing Christ, which abides in your heart.

Blessed is your heart, for through it flows the pure, renewing love and life of God. Being the center through which this life-restoring current flows, your heart is strong, sound, vital, and harmonious.

No heart that is unified with God in understanding and love can help but beat in perfect rhythm with His joyous, peaceful, eternal life.

Should you feel that the orderly activity of your heart is hindered in any way, let go of all fear or foreboding and center your consciousness in God. The same unchanging law of divine order that so perfectly governs the universe and that so easily holds the worlds in their place governs your heart and works through it with unfailing and loving precision.

Bless your heart with these dynamic words: *Blessed is my heart. The pure, renewing love and life of God pulsate through it in perfect rhythm and order. It is cleansed of all misunderstanding, inharmony, impurity, or disease. It is free, and unburdened. Its action is well-ordered and harmonious. Its perfection is established through the power of Jesus Christ.*

Blessed Are Your Eyes!

"Blessed are your eyes, for they see" (Mt. 13:16). Accept these words of Jesus Christ. From the indwelling sanctuary of your soul where He abides, He is blessing you with light eternal. Acknowledge His light. Answer Him in faith believing: *Blessed are my eyes, for they see.*

When His light sheds its glory in your mind and heart, as it is now doing, things begin to appear differently to you. Love shines through your old fears or bitterness, and their shadows are dissolved. Faith shines through doubt and disbelief, and all sense of darkness, of confused or imperfect vision is lifted.

Bless you! The eye of God that looks out through you always sees good. Your physical eye responds to His perfect vision.

No thought of cataract can curtain them; no thought of age can weaken, dim, or blur them; no thought of disease can injure them; no thought of physical inheritance can keep them imperfect when you consecrate your eyes to God and let His vision be your vision.

Looking upon the world through God perfected eyes, you find your world transformed. God pronounces a benediction of love and harmony through you toward all that you see.

As your eyes look forth through the prism of God's love and light they are blessed with perfection. Look now and see the beauty and goodness of God. Behold His omnipresence.

Blessed Are Your Ears!

When you appealed to Jesus Christ for healing, your ears were opened to the voice of Truth. "Blessed are . . . your ears, for they hear" (Mt. 13:16).

It has been said that you hear with your mind. Consider this Truth and keep your mind open and receptive to the things of Spirit. Take time every day to quiet your mind and your body, that you may hear the still small voice of Spirit. Throughout the day, while at work, watch faithfully and keep yourself in an attitude of quietness and confidence. The stress and the inharmony, which result from tenseness, will disappear. Say: *I hear with my mind, and every avenue is open and free. Blessed are my ears, for they hear.*

Perfect Lungs

Life—beautiful, wondrous, eternal life—is God's gift to you! With every indrawn breath you breathe in life; with every outgoing breath you give it forth. Each respiration starts a new current of life flowing through your lungs to every part of your body.

With every inspired thought that comes to you, you appropriate something of God. With every outpouring of that inspiration in words or deeds of faith love, life, and blessing you express God. Thus does God breathe through you the breath of His own Spirit, and permeate you with His restorative, all-sustaining, and eternal life.

Keep your windows open, those of your mind and soul as well as the windows of your home or workroom. Let in the clean, fresh air and likewise the new, health creating ideas. Both are expressions of the breath, the inspiration of the Almighty. Do not let foolish fears or fancies deprive you of the good, pure air that God has supplied for you to breathe, nor permit disbelief or prejudice to close your mind to the inspiration of Truth.

Be still and receptive to the healing power of God. He breathes through you the breath of divine life, and every cell in your body is radiant with life.

As you lift your thoughts Godward, your breath deepens, your lungs expand, your consciousness of God increases. Sometimes in the deep stillness of Spirit the outer breath seems almost to cease, but an inner quickening is observed that metaphysicians know as the etheric or divine breath. Enter your silent hour of prayer with your faith fixed on your Lord and you will feel the life-renewing quickening of the divine breath. You may use this affirmation as the basis of your meditation: *The inspiration of the Almighty now fills my mind. It quickens me in newness of life. God breathes into my lungs the breath of His own life, and I am healed*

Freedom From Colds

Here is a treatment that will heal a cold. Lie flat on your back. Relax mind and body and let the joy of the Lord flood your whole being and free you from all negation or depression. Say: *Not my will, but thine, be done.* Repeat this quietly until you feel all tenseness leaving you. Then bless your nose, throat, stomach, abdomen, back, knees, and feet in succession, saying: *The equalizing, harmonizing, healing power of the Holy Spirit is now established in you and you are whole and well.*

Do this until you feel the gentle flow of life throughout your body. The cold will disappear.

Harmonizing the Stomach

Cheerfulness is the ideal stomach tonic. Love and patience are spiritual harmonizers. Hope and faith are substance builders and distributors.

Look on the bright side of things. Blend love and patience with joy and cheer. They will sweeten the secretions of your stomach. You will have no trouble with acidity in any part of your body.

Feed your mind with uplifting thoughts of hope and faith. Nourish your heart with love and understanding. Feed your body with living sun-ripened food that is in accord with your quickened spiritual ideas of life, and it will be easily digested. The residue will be properly eliminated. You will be forever free from stomach or bowel trouble of any kind.

Some persons have a habit of saying that certain foods do not agree with them. They should say that they do not agree with the foods, and immediately agree and become willing to eat the good of the land thankfully and fearlessly.

Do not fear to eat. Eat with deliberation and thanksgiving. Take time to enjoy your food, and to bless it that it may bless you.

"If you are willing and obedient, you shall eat the good of the land" (Is. 1:19). It is well to bear this promise in mind. It is a good treatment for the stomach. Affirm: *I dwell in the love of God. I am not adverse to anyone or anything, and nothing is adverse to me. O Lord, you are always with me. I eat my food in joyfulness and thankfulness of heart. I am willing and obedient, and I can eat the good of the land. Thank God!*

Make everything count for joy with you, and the healing light of the indwelling Christ will shine forth in every part of your body temple. You will experience perfect wholeness.

Freedom From Headaches

"I am the Lord, your healer"(Ex. 15:26). Do not try to heal yourself through your personal will but rest in the consciousness that your indwelling Lord heals you.

It is possible to think too much in your head. You have come into Truth and are learning to control and direct your thoughts so as to give to all parts of your body the necessary substance and life. This relieves all mental strain, all tenseness or pain in the head.

Get very still. Quietly know that the abundant life of Spirit is flowing freely to every part of your body. Direct your attention into your feet, your stomach, your heart, your back, and into every nerve center in your body; bless these centers and speak words of life to them. Confidently affirm: *The serenity of Jesus Christ enfolds me. The equalizing, harmonizing power of His Holy Spirit is accomplishing its perfect work in every part of my body. Divine order and peace are established in me. and I am healed*

Peaceful Nerves: Restful Sleep

The nervous system is the most sensitive structure of the body. Because they are so responsive the nerves react to Truth immediately, and instantaneous relief from nervous disorders can be gained at once by centering the thoughts in a single harmonizing word.

For instance, take a word like *peace love, life, harmony, or joy*, and let your thoughts branch out from the word that is best adapted to your need. It will draw to itself other words and build up Truth-inspired thoughts, such as these: *God is peace, His peace now soothes and relaxes all tension or distress. God is love. His love surrounds me. I rest in love, and it harmonizes my life, heals and blesses me in all ways.*

If you will take a good thought, establish it in your mind through daily meditation, and let it work through you as you carry on your daily life, its tasks or pleasures, you will find in a very short time that your nerves and your whole body are being revitalized and built up in peace, harmony, and wholeness.

Bless your brain, your spine, and every nerve that branches out from it with a thought like this: *I am Spirit. I am steady and strong; I have no fear of weakness or failure, or of impending disaster of any kind. Through the power of my word I now give peace and harmony to every nerve in my body, and I charge every cell with positive energy and wholeness, through the power of Jesus Christ.*

Then deny all selfishness and affirm universal love and generosity. As you steadily let thoughts of God and Truth occupy your mind and

accompany you in all that you do throughout the day, there will be no question about your night's rest. You will grow to trust God perfectly. The secret of restful, strengthening relaxation is *trust*. This trustful relaxation is the remedy for sleeplessness as well as for many other ills.

"In peace I will both lie down and sleep; for thou alone, O Lord, makest me dwell in safety.

_Ps. 4:8

Enduring Teeth

The pure substance, life, and intelligence of Spirit can be built into your teeth. They can be restored. By righteous thought and mode of living you can renew them in spite of the devitalization that has been brought about in the race through the abuse and loss of substance in undue emotionalism, uncontrolled appetite, or passion. Avoid any waste of substance. Hold fast to Truth. Live it and prove it. Frequently affirm: *The substance of my life is pure and enduring, sufficient to meet the needs of my teeth as well as every other part of my body. I am Spirit, and I do not believe in death or decay. No devitalizing thought can work in my teeth. They now respond to the perfection of the Christ Mind, and the pure substance of Spirit makes them sound and whole.*

Perfect Feet

The feet symbolize understanding. Therefore let your understanding be quickened by the teachings of Jesus Christ and walk free, joyous, and unafraid in the light of His gospel of Truth. Follow Him in the way of righteousness that every adjustment needful to your mental, spiritual, or physical ongoing may be speedily and harmoniously made.

You can avoid or correct any inharmonious condition in your feet by blessing and praising them each day. Use these words: *My understanding is illumined by the light of Jesus Christ. His love and life flow joyously through every cell of my feet. Every bone, muscle, nerve, and tendon is divinely adjusted. I walk gladly and freely in the light.*

Lovely Skin

Your skin may be likened to the protective garment of divine love and wisdom with which God has clothed you and which acts as the go-between for your inner and outer life, a God-given peacemaker that comfortably adjusts your body to surrounding conditions. It teaches a

good lesson in right reactions to outer things besides bringing to the surface various inharmonies of the inner organism, where they may be remedied.

The remedy for skin disorders lies in the understanding of God as omnipresence surrounding and permeating you with divine life and love. Divine love is an unending harmonizer, purifier, and beautifier. Think much about the harmonizing purifying, beautifying love of God, until it fills your consciousness and goes out from you continually to the world.

Let love eliminate every discordant thought or feeling. Let the pure love of God renew you, and all the blemishes— scars, pimples, freckles, disfigurements—will disappear together with all irritation, dryness, or roughness. You will see the fineness of Spirit show forth through your flesh.

As you partake of the inner food of spiritual thought and inspiration that God supplies, you will eliminate from your mind, diet, and environment all that is not good for you. You will harmonize with things that protect you and build you up in grace and loveliness.

As you bathe and dress, repeat this thought: *I clothe myself safely round with infinite love and wisdom.*

Throughout each day let divine love and wisdom supply the pattern by which you think, speak, act, and work. Try it. Keep steadily at it and watch the radiant beauty of Truth shine forth in your skin.

Luxuriant Hair

Do you know that you can make so simple a thing as brushing and combing your hair an invitation to life? You can, and it will pay you well to do so, not alone because of the increase of life, light, and beauty that will show forth in your hair, but because of the general good effects it will have on your mind, body, and affairs.

Try this method of blessing your hair and prove what it will do for you. How do you want your hair to grow? In beautiful abundance? Gleaming with life? Glinting with light? Soft and manageable?

Very well, with each stroke of comb or brush speak the words: *Life, life, life.* You cannot do this and retain thoughts of weakness, weariness, age, baldness, or lack. Within a very short time just the thought of brushing your hair will cause your scalp to tingle and you will feel a glow of new life through your body.

Think of the kind of hair you would like to have and retain. Envision your hair as beautiful, bountiful, radiant, glorious, youthful, gleaming, silken, and luxurious.

Even as every hair of your head is numbered, so every one will bear witness to your inheritance of life. Every time you comb your hair you

will set in motion an inner battery of life. It is frequently in these small commonplace and recurrent duties of our daily lives that we come in touch with the vitality of the ever-renewing spirit of life that abides in us.

Be Thou Made Whole

There are innumerable little nerve centers throughout the body, all under the direction of the I AM. When we say, "I am life, substance, intelligence, love," we lay hold of these qualities, and by our thoughts we send them to any part of the body. And the little nerve center at that point will appropriate and build them into life and substance. Life is divine activity; substance is that through which life manifests itself; intelligence and love are the forces that bring and hold together all the qualities needed for perfect manifestation.

As you take up a healing thought for some particular part, be still and know that God's will is wholeness, that your body is a unit sustained in His life. No part is independent of the whole. Every cell contributes something of life to the whole, and as any part that needs healing is blessed, your entire being is quickened in the unifying life of God.