



Breaking Free of that “Boxed In” Feeling

Recently, international speaker, Scott Preller, CSB, spoke at the Wellesley Library about how prayer “outside the box” can bring newfound freedom to your life.

The point of his talk was that life is meant to be lived freely, joyously, and with great love. But too often people feel stuck in unfulfilling jobs, stifled by difficult relationships or not enough money, and imprisoned by sickness or disease. Preller says, “This ‘boxed in’ feeling needs to be broken apart - and it can be. When we gain a truer sense of God, we find genuine healing and freedom pouring into our lives.”

The main points of his talk were highlighted on the various sides of a common packing box. For example, using one side of the box he spoke about the mental attitudes and fears that would reinforce a confined, limited feeling about life, and why they are in many ways more dangerous to freedom than the circumstances we sometimes find ourselves in. Another side of the box highlighted the fact that while we may find ourselves in situations that appear to have no viable options, we always do have a choice as to how we’re going to respond to those situations.

He explained how exercising his right to choose to think and live from an unlimited, spiritual basis brought immediate healing of a poisonous spider bite.

Preller used a couple other sides of the box to talk about how Christian Science seeks to free our understanding of God by getting us to stop thinking of God along the lines of an inflated human, but to think in terms of infinite Love, divine Mind and supreme Truth. He also spoke of what it means in modern times to “have the mind of Christ” and how this idea brought healing to an unethical financial situation. Finally, he spoke about the importance of admitting that our basic identity is spiritual, and showed how this spiritual reality brought healing to a physical deformity.

Scott Preller has a Master of Divinity degree in Biblical Studies from Boston University. He has been in the public healing practice of Christian Science for 17 years, and is also a teacher of Christian Science. Preller doesn’t come to his conclusions about spiritual living and healing lightly. He and his family have been actively practicing Christian Science for five generations. Preller’s great-grandfather was healed of a serious heart disease and his grandfather was healed of a shortened leg following a farming accident. Both his father and grandfather were imprisoned by the Nazis during WWII for being Christian Scientists.

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