

A hundred years of healing

WE ARE PLEASED TO INCLUDE IN THIS COMMEMORATIVE BROCHURE TESTIMONIES OF WELLESLEY CHURCH MEMBERS, PAST AND PRESENT. THE HEALINGS PRESENTED IN THIS BOOKLET ARE JUST A FEW OF THE MANY HEALINGS WE KNOW HAVE OCCURRED BECAUSE THERE HAS BEEN A CHRISTIAN SCIENCE CHURCH AND A STEADY STREAM OF DEDICATED WELLESLEY CHURCH MEMBERS IN THIS COMMUNITY FOR OVER A CENTURY. WE CAN ONLY IMAGINE THE HEALINGS WE DON'T KNOW ABOUT! THE COUNTLESS INSTANCES OF DIVINE PROTECTION AND GUIDANCE, OF FAMILIES BEING BLESSED, CHARACTERS PURIFIED. ... OF LIVES MADE BETTER IN THE LAST 100 YEARS.

DISTRESSING PHYSICAL CONDITION HEALED

A number of years ago, nearing the end of a 3-year term as Second Reader in the Wellesley church, I found myself suddenly ill with a distressing physical condition. It was characterized by a significant weight loss, weakness and inability to digest even the mildest of foods normally. Because of the seeming severity of this illness and its threatened apparent ability to disrupt or even terminate a wonderfully happy and productive readership, I sought help from a Christian Science practitioner and explained to a friend and former Second Reader that I might have to avail myself of her

substituting for me on very short notice.

Both of these wonderful people gave unstinting spiritual support for uninterrupted and orderly procedure of church services as well as helping me on the road to a more profound and enduring view of my innate and actual spiritual identity. My friend, a previous Second Reader, was so gracious and loving in her willingness to stand in on at least 2 occasions that it completely relieved me of a feeling of false responsibility or failure.

I cannot emphasize enough that this kind of church fellowship and support was critical to the healthy outcome of this challenge. This experience which occurred over a period of 6 weeks has stood as a benchmark of cooperation, inspiration and opportunity to witness the healing power

of Christian Science, a true intersections of humanity and divinity.

Dianne Brown
E. Orleans, MA

HEALED OF ABDOMINAL PAIN

In the spring of 1966, I woke in the night with extreme abdominal pains. My mother was away on a trip and my father did what he could to keep me comfortable. My grandmother, a Christian Science practitioner, was called to pray for me. For more than two weeks, there was no break in the situation. My mother returned early from her trip to stay by my bed day after day, night after night, joined frequently by my father and grandmother. I

never doubted that Christian Science worked. I'd seen too many healings for that. The love and dedicated praying of my family helped me feel loved and never alone. I think trust in God is the innate state of children. I had that trust without analyzing or talking about it, but I was still suffering. This must have been excruciating for my mother. One night, she went into another room to pray. Later, she told me that she reached out with all of her heart to our Father Mother God and cried, "Please help us see whatever we need to see here for this child."

The message came back loud and clear. "Just let her know how much I love her."

When Mom came back into the bedroom, she told me that the love she and Dad felt for me was so deep, but was just a glimmer of the deep love God had for me. Then she prayed some more. I will never forget the sweet, gentle, tangible feeling of God's love that took over that bedroom and made me feel whole.

My mother says she woke the next day with the Bible verse, "Joy cometh in the morning!" ringing in her ears. We took a drive in the country, the first time I'd been out of bed in weeks. The hillsides of Sherborn, sprinkled with lambs, have never looked so green. I felt God's love all around me. I was happy and healed. That day I ate solids for the first time. Shortly, I gained back all the weight I had lost.

The overriding feeling I have from this healing was the love I felt -- a love so

gentle, beautiful, and powerful, it could only have been God's love. In the light of it, I felt insecurities and dark feelings of death I'd unconsciously absorbed from friends, simply evaporate. I felt an amazing new sense of gratitude for my family and all the love they expressed each day for me. I've never forgotten it.

Sara Hunter
Weston, Massachusetts

HELP AT HAND DURING VERY TRYING TIMES

I can't begin to start to say how much the Wellesley Church embracing arms of love have meant to me over the years. It has truly been a form of family for me, a cheery smile at the end of a day, "everlasting arms of Love" when I've needed a hug, a fortress and "staunch and rugged tower" during very trying times when the world seemed like it made no sense, but most of all it has served as a humbling, healing presence for me. The testimonies that others have shared over the years have helped me with physical and emotional healings, too many to enumerate. I guess what I really have loved is the expectation of healing that one feels from the congregation, a sense that they are only seeing perfection no matter what the picture is. And it is a group that tackles the hard questions, not a group that sweeps things under the rug. I have cherished watching that body of loving members grapple with issues and

always come out ahead, more spiritually minded and more a group taking forward steps. I am humbly grateful to have been a member of First Church of Christ, Scientist, Wellesley.

Anonymous
Wellesley, MA

HEALED OF SORROW

Our children were grown and married. We'd lived in the same home and same community for 26 years. I was involved in a number of volunteer activities, active in church, loved living in Dallas (after having grown up in the North), and was just living a very happy life. Then my husband accepted a position in Boston, which began in 3 weeks. I knew it was very right for him to take this new job. But it was extremely difficult for me.

I stayed in Dallas for 4 months after he left, to finish up important commitments. I prayed periodically asking God to show me clearly that I could be happy back in the land of ice and cold (both in the weather, and in what I'd heard of the character of the "independent New Englanders"). I prayed to understand more clearly that God, as divine Love, is infinite —present everywhere, caring for each of Her beloved children, including me. But when the time came for me to join my husband in our new home in Weston, I hadn't really found healing for my sorrow

at leaving home, friends, church, purpose.

And it seemed that at first, all I did find in Weston/Wellesley was challenges. My husband was working long long hours, often 7 days a week. I felt isolated, shopping was impossible (no handy strip malls at every intersection), I had to learn to parallel park, I was constantly turned around or lost (no streets ran east/west or north/south - and there were few street signs!). Mostly, I felt purposeless and abandoned by God.

I will say that within weeks of our moving to Weston, I discovered a real warm embrace at the Christian Science church in Wellesley. This was truly the beginning of the healing, for all the members reached out (and none of them knew what I was struggling with). I prayed in earnest to see through the sense of being uprooted and having no sense of a value in myself other than being the wife of someone for whom God had a purpose. One passage from Science & Health by Mary Baker Eddy was especially helpful:

"The purpose and motive to live aright can be gained now. This point won, you have started as you should. You have begun at the numeration-table of Christian Science, and nothing but wrong intention can hinder your advancement. Working and praying with true motives, your Father will open the way." (p. 326)

I began to hear God assuring me that my main purpose and motive in life

continued to be what it had always been: to live aright. This helped me to begin looking outward to see what way God was opening—to see how I might give to others instead of feeling sorry for myself. I began to hear God saying to me what He said to Jesus (and what He says to everyone): "This is my beloved [child] in whom I am well pleased." I began to realize that God was pleased with me because He created me to express His qualities - no matter where I found myself—Dallas, Wellesley, or the moon! God's purpose for me—to express His love, intelligence, industry, activity, etc.—could never be stopped or even put on hold. He would always give each of His children ways to express these qualities.

My prayer was so deep, and so transforming. Within a couple of months, I was not only enjoying my new home with the richness of the forest surroundings (not exactly common in North Texas!), but many of the exact same activities I'd loved in Dallas opened up for me in Wellesley, without my even seeking them out. And some brand new writing opportunities—a whole new sense of purpose—came about also.

When my husband made a decision, 4 years later, to return to Dallas, I realized I was indeed leaving ice and cold behind as far as weather was concerned, but there was no coldness of character in my New England experience. I was instead taking with me warm memories, and a firm conviction that when we are aware of God's presence and

His forever care and guidance, when we let God speak to us through our quiet communing times and then go forward with each idea He presents, we find that we never leave our true "home"—our life in God. Instead, we get to see new vistas! We get to prove the truth of another statement in Science & Health: "Each successive stage of experience unfolds new views of divine goodness and love." (p. 66)

I'm so grateful for First Church of Christ, Scientist, Wellesley, and for its support for our little family during those 4 years. May it continue to offer this spiritual, healing support to all in the radius of its love for another century!

Nancy Fischer
Richardson, Texas

SHARP ABDOMINAL PAIN HEALED

My family and I have had many healings while my husband and I have been members of the Wellesley church. Much prayer went into our relocation to the Boston area, and I am convinced that settling in Wellesley—even pinpointing the neighborhood that we lived in, was God's plan for it has resulted in many blessings for each of us.

The healing I would like to share occurred a few years ago. One evening I began to feel quite uncomfortable. There was a sharp pain in my abdomen and I went up to bed. The pain intensified, however, and became quite

unbearable and more severe than any pain I'd ever experienced. I asked my husband to call a Christian Science practitioner for help. I simply listened to her assurances of the Truth and healing as I was in too much pain to talk. After a while (it may have been a very short period of time, but it seemed like a very long time), I asked him to call her again - I was not healed yet! I don't recall how long it took, but I was able to get some sleep and the next morning I felt fine.

However, when I went to bed the next night, I felt the same condition coming on again. Without telling anyone else, I slipped out of bed, called a practitioner for help and went downstairs to the sofa in our den. I opened Science and Health at random and the book opened to page 378; my eye fell upon line 26. That sentence reads: "God never endowed matter with power to disable Life or to chill harmony with a long and cold night of discord." That was exactly what I needed. Every time this wave of pain began, I had the Truth to fight it back. The attempts to "chill harmony" with a "night of discord." became weaker and weaker and finally stopped. The condition has never returned.

Some of the things that I learned through this experience were the healing power of holding to one single truth without wavering; the way, when we are receptive, God meets our needs with incredibly awesome specificity; and this experience, of course,

reinforced the truth that Christian Science treatment does heal.

Kathy Cramer
Wellesley, MA

HEALED OF MIGRAINES AND COLDS

I have had many proofs of God's care for me and mine over many years. I will share two instances that come to thought. For many years I suffered from migraine headaches. I could tell when one was coming on and it usually meant two days of resting in a dark room. Finally, I saw that I wasn't doing very much to resist them and I decided that when the first symptom appeared I would stand with the Truth of my being as a child of God and that He made no law that said I must suffer from these. It took two or three more times before there was a complete healing although each one decreased in intensity. It's been twenty or more years and I have not had to put up with one again.

For more years than I would like to count, I suffered every winter from very bad colds and flu. Through my study of Christian Science I have come to see and demonstrate my freedom from these suggestions, and to realize my exemption from disease - subject only to God's law of health and harmony. I have had many, many years of freedom.

I am very grateful to the practitioners who have supported me at these times.

Also to Christ Jesus who revealed the laws of God that free us from these suggestions; and to Mrs. Eddy who wrote down these laws so that we can apply them to our daily experience.

GH
South Natick,
Massachusetts

HEALED OF A NOTICEABLE SPOT IN THE FACE

One day, while I was having my teeth cleaned, the dentist said, "Hmm, better watch this place on your face!" I did not know what he was talking about and did not even think about it any more. A couple of years went by, and a small spot began to show on my face. I would pray about it off and on. Over a couple more years it became a more noticeable spot, and I felt like a real and growing blemish was part of my face. By this time I had engaged the help of a Christian Science practitioner to help me see my unblemished and innocent nature as my natural and unavoidable condition. At one point, it began to bleed, and one of my co-workers commented on it in a horrified way, asking me questions. I assured her I was having treatment. I continued to pray daily, with an open and willing heart to know what was really true about me. One of the things I most remember learning is that the word "blemish" and

the word "blame" come from the same root. Is God's wonderful and beautiful creation blameworthy? No. God's creation is full of good, doing good, being good, pure and innocent through and through. Blame belongs to the Adam dream, which is not about me.

I stayed with Truth, day and night. One morning, about 6 or 7 years after that remark from the dentist, as I was looking in the mirror, I noticed that the spot on my face had begun to fill in. In about three days the entire area was filled in, bringing my face back to normal. I look back at this period in my life as a time of learning about trusting God and standing with the Truth no matter what.

Anne Cook
Wellesley, MA

INGROWN TOENAIL HEALED

As an avid speed walker, I became 'concerned' when I started to have problems with one of my toes. It started to hurt, changed color, and was extremely sensitive to touch. And, it slowed down my walking significantly!

Like a lot of physical conditions, it started off slowly and grew in intensity. When it first started, I was not that concerned but as the weeks wore on it became serious. The only thought I had was that I really wanted to handle this challenge

strictly through spiritual means.

So I went to the Reading Room specifically to study about this situation. As part of that study, I indexed into past copies of The Christian Science Journal and the Christian Science Sentinel, using the 'Project Discovery' computer program. In this way, I was able to read of others who had had similar foot problems and to learn the spiritual strategy they used in healing these situations.

What I found was that other people had gone "back to basics", seeing that there is one Mind, one God, who is in control of everything.

From this point, I then went and did my own research in Science and Health with Key to The Scriptures, by Mary Baker Eddy, the Discoverer and Founder of Christian Science. I also spent time deeply studying the Scientific Statement of Being, which is a one paragraph fundamental statement of Christian Science (pg. 468).

For a while the condition seemed to abate, however the healing was not complete and the condition then grew worse.

I continued to study and ponder the citations from Science and Health, but clearly more work was necessary. It was pointed out in that week's Bible Lesson, the 3 or 4 different levels of understanding: belief, faith, understanding and demonstration. (In that order). I knew I had belief: that is, I believed that God is in control. I was certainly exhibiting faith and could

recite a number of relevant passages I had memorized in my study. However, I was not sure I really believed it and certainly I was not at a level to demonstrate it.

I persisted with my study to find the answer to this continuing challenge. It occurred to me that I was becoming an invalid and if this problem was not healed, I might have to give up some activities. I looked up the definition of INVALID in a dictionary: Noun: 'one that is sickly or disabled'. It also occurred to me that the other pronunciation of that word is INVALID: Adjective: 'not valid'. As I thought about it, it occurred to me that I had an invalid concept of man. The problem seemed to be that I needed to recognize the correct concept: that I am the child of God: complete, whole and well.

In addition I studied the word REALIZE in a dictionary that was used when the book Science and Health was published for the first time in 1875. It defines REALIZE: 'to bring into being; to believe consider or treat as real; and to bring home to one's own case or experience; to feel in all it's force'. This was just what I needed to make this concept of me as the child of God real in my own thought. I needed to make this real in my life, not just words in a book.

I thought about this concept until I felt I had worked this through and had a clearer concept of my relation to God. I recognized my spiritual relationship to God. I went home and my wife asked me 'How is your

foot?', to which I responded confidently-'It's healed'.

Well, the foot took a little time to catch up, but the next weekend I went walking, and proved to myself that the healing was complete. My walking time was back down to where it should be and one cannot tell by looking at it that there has ever been a problem with my foot.

I am delighted to be able to recount this experience and am very thankful for this healing through the practice and demonstration of Christian Science.

Jim Brown
Dover, Massachusetts

HEALED OF A LUMP IN HER BACK

One of the most significant healings I've had since becoming a member of First Church of Christ, Scientist, Wellesley took place almost twenty years ago. In the course of bathing I became aware of a lump on my back. It was in such a position that I couldn't see it without a mirror. I could feel it, however, and it alarmed me.

I had been a student of Christian Science all my life and had experienced many healings so it was natural for me to turn to God in this case. At first I prayed for myself, using the Bible and Science and Health with Key to the Scriptures as the basis of my study. I spent many hours each day while my children were in school and my husband at his

office. The painful growth, however, grew larger.

Finally, I felt it was time to ask for help from a Christian Science practitioner. The practitioner, who was also a member of the Wellesley church, shared wonderful insights and ideas about the spiritual nature of my being. I pondered these thoughts daily until I saw more clearly my spiritual identity as the beloved child of God. I saw that because God is all, this condition never had a starting time nor did it have a present reality. Right when it claimed to have begun, right then God was the only power and Creator.

This realization became so clear that one day I knew I was healed, even though the physical condition had not changed. Very soon, however, the growth opened, drained, and disappeared.

SM
Wellesley, Massachusetts

HEALED OF FATIGUE AND ILLNESS

Recently when driving back from New Jersey, I felt very fatigued and ill, and I still I had several hours remaining before arriving home. I called my wife for added metaphysical help, and I continued praying on my own in the following manner.

Even while I was driving, I focused my prayerful thought on the definition of God, defined in Science & Health, as Mind, Life, Truth, Love, Soul, Spirit and Principle. I not only claimed my sense of identity as the perfect reflection of those

divine qualities, but I thanked God that I was the present entity living the life of perfection, expressing the continued activity of alertness and clarity, enjoying the opportunity of seeing all that was around me in an uplifted sense of joy and harmony, recognizing that my thought was continually based on the foundation of a goodness that was never ending, intelligently appreciating the never ending fact that all mankind was included in this perception of life and that animal magnetism had no claim or effect on my being and that the world turmoil was not real nor of God's making, and, that "therefore 'I am' [man is] not material, 'I am' [he is] spiritual". I knew these facts to be true, and I knew that I really knew them to be true.

I arrived home safe and sound and well.

Russ Cramer
Wellesley, Massachusetts

HEALED OF A PAINFUL BACK CONDITION

My wife and I were members of the Wellesley branch church for about 25 years. During that period our family experienced many healings through prayer as taught in Christian Science. A memorable healing, which I would like to recount, occurred during my term as First Reader.

One Sunday morning at home, before the church

service, I found myself unable to move due to a very painful lower back condition. I simply could not stand up, let alone walk. This 'back problem' had occurred from time to time over prior years and had often 'laid me low' for many days. My wife called the Second Reader, and then tried to find a substitute First Reader but without success. The Second Reader said "Well, that means that we will have to demonstrate instantaneously the healing truth of Christian Science!" So we prayed together. The scriptural statement "In him we live, and move, and have our being" (Acts 17:28) underpinned our metaphysical work. We were reassured by the scientific statement of being, given in the Christian Science textbook Science and Health with Key to the Scriptures by Mary Baker Eddy, which establishes in thought our true spiritual being and which gives us dominion over the painful but false beliefs that we are governed by a material body. Within a short time, less than an hour, and with the help of my wife, I was able to get downstairs (though still bent over and hurting) and was driven to the church on Rockland Street.

There, in the quiet sanctuary of the First Reader's Room, I continued to pray with the strong metaphysical support of my wife and my reading partner. One statement from our textbook that was particularly helpful was "Whatever it is your duty to do, you can do without

harm to yourself." (S&H 385: 17-18) When the time came to start the service, I was able to walk out onto the platform standing upright and conducted the service free of pain and discomfort.

Many members of the congregation commented on the inspired readings on the Lesson-Sermon subject, Love, — readings which flowed from a beautiful healing in Christian Science. Imagine the gratitude I felt!

R. C.
Lebanon, New Hampshire

HEALED OF AFTER EFFECTS OF A FALL

I'd like to testify about a healing that took place after our family adopted a German shepherd dog. "Moxie" was a six-month old puppy when we brought her home from Buddy Dog Animal Rescue and she required lots of obedience and housebreaking training. On one particular afternoon I took the dog outside for training. Trudging along, I wondered when she would ever calm down enough to become obedient and mature. Unexpectedly, she jumped on me with the playful, but powerful, force of a large, spring-loaded adolescent dog. I was completely caught off-guard and pushed off-balance when my foot caught under a vine. I keeled over and crashed onto a wall built of fieldstones. In an effort to protect my head, I cushioned the fall with my hands and they took the brunt of the impact.

From the instant I fell, I made a decision to rely solely on spiritual solutions to deal with the situation. Why did I reach that decision? Because I had always been impressed by many, many Christian Scientists' testimonies in which they affirmed immediate and radical reliance on God for healing. I had read inspiring testimonies over the years in The Christian Science Journal and the Christian Science Sentinel and heard testifiers on the weekly Sentinel Radio show, as well as, at mid-week church meetings at First Church of Christ, Scientist, in Wellesley. Plus I had witnessed my family members' healings over the decades.

So I chose that path of reliance on spiritual solutions and anticipated all that I would learn from this experience. I immediately declared to myself a simple two-part concept: 1) that God is in control and all that He creates is perfect; and 2) that Man, as the beloved child of God, is pure, upright, whole and free.

I was able to rise, finish my task of training the dog and then walk home. However, it was not long after the fall that I felt the physical reaction of shock. My body displayed symptoms of cold, fever and very painful wrists. Several days passed during which I both prayed and carried on my basic chores with help from the "family-team" who pitched in to keep the household running. Although I mentally felt up-

lift from prayer, on the physical side my hands and wrists continued to be very painful. I was not able to turn, twist, lift, hold or grasp anything.

I felt the need for professional prayerful support and guidance, so I called a Christian Science Practitioner for assistance. Together we talked about the intrusive idea of accident and prayed to understand and recognize that there is no separation of man (or dog!) from all that is good, true and obedient. God is in full control of his creation... and that included me.

The Christian Science Practitioner directed me to study the following: "I know no life divided, O Lord of life, from Thee; In Thee is life provided for all mankind and me." (Christian Science Hymnal # 135)

"There is no power apart from God. Omnipotence has all power, and to acknowledge any other power is to dishonor God." (Science and Health, pg. 228:25-27)

"God could never impart an element of evil, and man possesses nothing, which he has not derived from God." (Ibid., pg. 539:10-12)
"Mind is the source of all movement, and there is no inertia to retard or check its perpetual and harmonious action." (Ibid., pg. 283:4-6)

"It is ignorance and false belief, based on a material sense of things, which hide spiritual beauty and goodness. Understanding this, Paul said: 'Neither death, nor life, . . . nor things present, nor things to come, nor height, nor

depth, nor any other creature, shall be able to separate us from the love of God.' This is the doctrine of Christian Science: that divine Love cannot be deprived of its manifestation, or object; that joy cannot be turned into sorrow, for sorrow is not the master of joy; that good can never produce evil; that matter can never produce mind nor life result in death. The perfect man — governed by God, his perfect Principle — is sinless and eternal. "Harmony is produced by its Principle, is controlled by it and abides with it. Divine Principle is the Life of man. Man's happiness is not, therefore, at the disposal of physical sense. Truth is not contaminated by error. Harmony in man is as beautiful as in music, and discord is unnatural, unreal." (Ibid., pg. 304:3-21)

One of the mental actions I took was to correct my opinion of the dog and strive to see her as a blessing to the family, a companion and a joy. I also claimed her birthright to demonstrate obedience and goodness. The relationship of God's ideas with one another is harmonious since it is not based on domination of man over beast, but rather is based on God-given dominion as illustrated by the way a shepherd leads, protects and cares for his flock. As I studied and read the Christian Science Bible Lesson each day, I read out loud to the dog so that she could feel my love for the spiritual truths presented in those lessons.

The Christian Science Practitioner guided me to

deal with various false concepts of aging - especially the common concerns that seem to beset people as they get older, losing balance, falling down and breaking bones. I became alert to not bow down to the pervasive concept of age. I also renewed my goals to continuously grow in beauty and grace and to cherish the concept of each year would be filled with spiritual growth and progress.

The definition of Man on page 475 of Science and Health was studied and personalized by interjecting "I am" before each sentence or phrase.

"Question. — [What am I?] What is man?

Answer. — [I am] not matter; [I am] not made up of brain, blood, bones, and other material elements. The Scriptures inform us that [I am] made in the image and likeness of God. Matter is not that likeness. The likeness of Spirit cannot be so unlike Spirit. [I am] spiritual and perfect; and because [I am] spiritual and perfect [I] must be so understood in Christian Science. [I am] idea, the image, of Love; [I am] not physique. [I am] the compound idea of God, including all right ideas; the generic term for all that reflects God's image and likeness; the conscious identity of being as found in Science, in which [I am] the reflection of God, or Mind, and therefore is eternal; [I am] that which has no separate mind from God; [I am] that which has not a single quality underived

from Deity; [I am] that which possesses no life, intelligence, nor creative power of [my] own, but reflects spiritually all that belongs to [my] Maker.

The Christian Science Practitioner guided me to claim the recognition of my spiritual freedom of unrestricted and unimpaired activity. Since thoughts determine experience, I ascertained what the substance of my thoughts was. Shouldn't I always accept an abundance of unlimited ability to "grasp" ideas, to "hold onto" spiritual existence and to "lift up" consciousness. The following spiritualized definitions were mentioned.

Hand- lending a hand as a metaphysical worker in my Father's vineyard

Grasping - seizing eagerly, discerning, understanding new unfoldments

Holding - maintaining possession of, adhering to, never giving in or up.

Fundamentally, a deeper understanding of the unbroken relationship between perfect God and perfect man enlightened my thought. I realized that prayerful demonstration of spiritual healing could not be separated from my acceptance of God's perfect creation. I stood "porter at the door of thought" and would not let any lie enter my thinking to claim that I was not up to meeting challenges.

Since true healing takes place in changed thought, I realized that the best way to gain freedom was to recognize my true spiritual substance. I asked myself;

"Am I accepting only what God has created?" I refused to see myself as a sum of physical body parts. I filled my thinking with: A) thoughts filled up full with Love have no limitations, B) the importance of acknowledging God's creation of perfection, C) being a witness to the truth about myself as a beloved child of God, D) not thinking untrue thoughts about myself or others.

This spiritualized change in my thinking was manifested in rapid improvement in my wrists. The pain lessened and I was soon able to physically hold, grasp and lift so that within five days I was completely healed and back to my normal activities. I was very impressed by the simplicity and speed of this spiritual healing, and especially when meeting a friend whose arm was in a cast. He also had fallen, injured his wrist, and his doctor required the cast to stay on for six weeks in order to let the bones mend. In comparison, is it any wonder how very grateful I am for the quick demonstration and proof of the reliance on God for healing in my own experience?

Susana Brown
Dover, Massachusetts