

ASSOCIATION MEETING, 1938

Body

At last year's Association there was read and discussed a paper on the subject of "Body" and many times since then I have been asked either to re-read that paper or give something further on the same subject.

In giving the lesson "Body" last year, it was my hope that it would prove helpful to those who were making the mental adjustment from the FALSE CONCEPT THAT THEIR PRESENT BODY IS HUMAN OR MATERIAL, to the understanding that their present body is divine and spiritual.

And today my hope is that this lesson on "Body" will help all of us to give up some of the misconceptions we have concerning our so-called human body and its functions which will help us establish in our consciousness the spiritual ideas that are the FACTS ABOUT OUR SO-CALLED MATERIAL ORGANS AND THEIR FUNCTIONS.

We should be alert and daily spiritualize our thought about our present body, because the belief is very prevalent that the body is separate from the mind, and that the body in and of itself performs all functions; whereas, it is the God-Mind that consciously performs all functions that appear in outward manifestations to us as bodily functions.

Many of us fail to make practical the fact that our present mind is not in our body, but our present body is embraced in our mind. We fail to recognize the fact that our present body is either the phenomena of right ideas, or the phenomena of false beliefs. And we fail to recognize the fact that we individually govern our own body and delineate upon it either right ideas or false beliefs, whichever we are entertaining in consciousness.

Mrs. Eddy teaches that when we fully understand the eternal relation of the oneness of MIND AND BODY we will overcome sin, sickness and death. But to accomplish this overcoming we must understand the divine fact of our present body and mind as ONE ENTITY.

The student of Christian Science recognizes the supreme value of a correct sense of this present body. He knows that his body gives evidence to his mind; that his mind would be unexpressed or unknown without his body; and that his body, which is the expression of his Mind, is as mental as his mind and is coincident with his mind.

Man does not have body. Man is the body of the one Mind. Man is Mind and body as one being and when correctly understood man, or body, is immortal. The body I am here and now, that I refer to as “my body”, when correctly understood, is wholly good and spiritual BECAUSE IT IS THE EMBODIMENT OF THE ONE GOD-MIND.

Many students consider their present body as material, and then declare there is no matter; or they believe their present body is material and for that reason they try to get rid of it. But what appears to us, as matter, is a spiritual fact imperfectly known. Our present body is now just as God or Mind made it, and is mental and spiritual. Our present body identifies our God-Mind and is as eternal as Mind. It is our false material sense of body, only, that needs to be corrected.

Our so-called human body seems to be finite and material, but when correctly understood, according to the revelation of divine Science, our so-called human body is spiritual and is the only body at hand. We understand that the so-called human body and all its functions are divine facts and divine operations expressed;

and, if they appear human or material to us it is because they are seen thru the lens of false material sense, or because of our ignorance of spiritual facts and operations.

We understand in Christian Science that anything that EXISTS can never be matter because matter does not exist as something, but as false appearance only. Matter is never substantive, neither does it fill space; so-called matter is misconception or BELIEF only. When correctly understood, anything that fills space and is substantive is MIND OR SPIRIT BEING, and the false appearance of that thing, which we call matter, is mortal mind's false estimate of that thing. What appears to be a material body is the so-called mortal mind's mistaken sense or caricature of the divine body and is but our ignorance of the spiritual fact of body at hand.

Because of material sense, we do not see the fact of body in its fulness and completeness. We see the spiritual fact or body as it really is to the degree that we have spiritualized our thought. In other words we see that fact of body according to our present comprehension of the fact of body.

These varying degrees of understanding are our human concepts of the fact of body; and we shall always see our highest human concept of the divine fact until we have sufficiently spiritualized our thought to see the spiritual body. But we never consider our highest human concept as matter; because matter is never other than a deceptive appearance while our highest human concept of body is the result of some degree of spiritualized thought.

In Christian Science, our highest human concept or present body is always based on the fact that our present body has its origin in

Mind and is the identity of Mind no matter how it appears. Hence it is a spiritual body, and the only body at hand, and can never be destroyed.

We never consider our present so-called body as having its source and origin in the human mind, but we fulfill our concept of our present body thru spiritualization of thought by which the divine body appears to us as a better human body, until full spiritualization is attained and body is known in its true depict.

Jesus did not destroy the withered hand. He proved it to be the divine idea present and incapable of destruction. Our human body is never other than the divine body at hand; but we know and see it better as we spiritualize our thought; and then the material sense or ignorance of body [yields to a diviner sense.]\*

We have body humanly because body exists divinely, and as we more clearly understand that all there is to our human concept of body IS the divine fact at hand, then our so-called human body will more clearly approximate the divine fact of body.

If we never separate our present body from its source – the divine Mind – and always recognize it as being the divine fact at hand regardless of its material appearance, our present body could never be touched by laws of matter; never be sick or injured; never be imperfect or die. Right where body seems to be as matter is the spiritual body visible to the God-consciousness as outline, form, color, substance, function and permanency.

It is thru spiritualization – not of the body – but of our thought about body, that we perceive the spiritual fact of body and of all present functions. Our present body is never matter, but is a true mode of consciousness, an idea held in divine Mind, and all

\*This sentence ended with the word “body.” The phrase in the brackets is not in the original notes.

functioning's are operations of the divine Mind, and are not functioning's of material forms or organs. EXAM PLE (Operation of divine Mind is functioning of the bladder).

The basis for all demonstration in Christian Science is the consideration of the fact that our present body is the spiritual body and the only body at hand. Much of our work in the practice of Christian Science consists in gaining the true estimate of our so-called human body or in perceiving the reality of what appears to us to be a human or material body; and in this practice work we should rejoice that it is a provable fact that each one of us is the divine body – a body exempt from age, deformity, and imperfection; a body that expresses supernal freshness and fairness, health, wholeness, unlimited activity, strength and agility.

These beautiful qualities are the present fact of man or body. There I not one ugly, or mortal, or material thing in the body of God – which is man.

In the first chapter of Genesis we read of the “creeping things that creepeth upon the earth” that God saw as good, and over which man was given dominion. But mortal man has misinterpreted those “creeping things” that were good and over which man had dominion, and often designated these creeping things as evil conditions which steal upon us slowly and stealthily – conditions which are not good and over which we have no control.

Some of mortal mind's “creeping things” are expressed in the so-called material body as age, obesity, enema, deafness, failing eye-sight, wrinkles, thinning hair, slowing up of organs and many other conditions which even Christian Scientists accept as inevitable, and over which they exercise no control.

## Martha Wilcox 1938-Body

Students: Where is the dominion with which we were endowed and about which we love to boast? Why do we, as Christian Scientists permit these so-called creeping things to come upon us, or supinely accept them as beyond our control? And what are we going to do about them in the future?

These seeming conditions are not of God and they are not the fact of man or body. They inhere in, or are evolved from human belief or what is called mortal mind; and by that is meant the material opinions of mankind. And if we wish to rid ourselves of these untoward conditions, it stands to reason that we must oppose and overcome these opinions of mankind rather than accept them; and the only place we can overcome them is in our own individual thinking. We, as Christian Scientists are neglecting a very important part of our work when we just let these creeping things, or mortal mind, do what they will with us.

Much attention is given these days to dieting, and reducing, and exercising the material body; and the desire to improve is always commendable. But in *Miscellaneous Writings*, p. 47 Mrs. Eddy has given us one whole page on this important subject. She says, "Substance is more than matter: it is the glory and permanence of Spirit. Spirit is the only substance, and man is spiritual, co-existent with his Maker."

Students: If we want to gain weight, or reduce weight, or in any way improve the body, we do not work on gaining or reducing or improving. Why? The answer is quite simple – there is no matter. And however hard we might work, we cannot gain, or reduce, or improve matter when there is no matter. Our business, as Christian Scientists is to learn the fact of body and exercise this fact in our thinking, and continue this true exercise until our body appears in its true depict.

Mrs. Eddy was once asked, “Is it possible to change the aged form to one of youth and beauty without passing through the change of death?” (From C.S. Series). In substance her answer was that it is possible. As we let the spiritual fact of body obtain in our present consciousness the misconception of body gives place to the fact. As the misconception of body as matter is dissolved by a truer state of thought activity, there appears a newer and better sense of body.

I want to read something that our beloved Bicknell Young gave to his Association along this line of replacing the material concept with the spiritual fact of being:

“There are three things to meet in every belief, or case:

1. A belief of substance matter.
2. A belief of material cause.
3. A belief in material or mortal mind law.

“Every treatment must know that the government of Principle is the activity of operative cause. It is energy emanating from the right thought.

“The universe is spiritual because all cause is Spirit, or Mind. The flower, bird, tree, landscape, rock, house, stomach, eye, hand, arm, hear, etc. all are spiritual. Mortals, placing substance, cause, law, as matter and material, of necessity therefore, view things from a material point of view; and this is all that ever makes them material, sick, decaying, or dying.

“When mortals change their viewpoint, we will have flowers that cannot fade; birds, animals and man that cannot sicken, grow old and die; stomachs that cannot be disturbed; and we will have a man that cannot become lame, blind or limited.

“As matter the trees, flower, bird, stomach and man are governed by so-called laws of matter – beliefs only – that are not broken

by the apprehension of Spirit; and spiritual law will go on being governed (wrongly) to ultimate discord and destruction.

“The flower, bird, animal, stomach, and man, as matter are evil; in other words, they express the evil sense of what flower, bird, tree, etc. are. Does evil require matter through which to express itself? No, it requires belief only which fulfills all its conditions, creates its own outlines, deforms its own limbs, all in consonance with its beliefs in matter as substance, Mind as mortal, cause as material, and law as the activity of mortal mind.” (End of quote.)

Mrs. Eddy teaches that all bodily conditions are mental conditions expressed. She says, “All physical effects originate in mind before they can become manifest as matter. She also says, “Mortal mind created its own physical conditions.” *Christian Healing* 12:10 – *Science and Health* 77:8.

A Christian Scientist knows that the physical conditions seen in his body are formed by his mind, and that in order to have a harmonious body he must have a harmonious mind.

Are we aware of how much of the time our mind is fretting itself, or is in a state of fear, or anxious thought; how much of the time our so-called mind is disturbed and unsatisfied; how unaware our mind is of the spiritual facts that make up our present existence? All these mental conditions are expressed outwardly as physical or bodily conditions.

Students of Christian Science are very prone to try to correct their physical inharmonies, by correcting them in the body just as materia medica does. They believe their physical inharmonies are formed in and of the body, because they see in their body the image of the mind, and they think these images have their source in the body instead of in the mind.



We are proving that there are not two groups of creation – a spiritual body and a material body. There is but one body – the spiritual body. We are slowly but surely proving that what appears to us as the material body, is the one spiritual body at hand, imperfectly seen and known by us because seen through the lens of false material sense. When once we estimate the so-called human body as being the divine Body, then our body ceases to be human to us, and is divine.

Many students, as yet are far from dealing with their present bodies scientifically and intelligently and according to the facts of spiritual creation. They do not as yet understand that any member of their so-called human body is something of creation and should be seen in its reality.

Mrs. Eddy says. “Creation consists of the unfolding of spiritual ideas and their identities, which are embraced in the infinite Mind and forever reflected.” S&H 502:28-3. Therefore any member of my present body or any function of my present body is the unfolding of a spiritual idea and its corresponding identity.

Conscious Life or Mind, to Itself, is ever unfolding Itself as the spiritual idea and its identity – right here – in what I know humanly as my heart. Conscious Life or Mind is ever aware of Itself as the idea, action – omni-action, perpetual action, action without variableness of the shadow of turning. And this conscious idea as action is what I experience humanly, as the beating of my heart, or as any so-called bodily function.

The conscious Life or Mind is also unfolded here as the ideas of substance, form and permanency, and is what I know humanly as my heart. All there is to what I know humanly as heart is the omnipotence, omniscience, and omnipresence of Mind.

This one infinite, particular idea, which conscious Life or Mind is, as Himself, is the one and only heart. Every individual's heart is the one heart in expression. So what I call my heart is the God-heart; and it cannot fail. It is the heart in the Mind of God, manifested in man or body.

If we fully understood that what seems to us to be material organs functioning in and of themselves, are instead divine ideas in operation, we could never again have an evil, material sense of our stomach as a vacuum; as finite, and limited, and bounded.

We understand stomach as what is consciously being; and as idea it is ever manifesting the functions or conscious operations of Mind such as power, action, form and substance. What we call stomach secretions are what conscious Mind is being to Himself. (EXAMPLE: These functions are never from non-intelligent matter and there is never a lack of any needed thing. Stomach is the omnipotent, omniscient, and omnipresent Being in particular expression.)

As it is with stomach and heart, so it is with liver, lungs, kidneys, glands, membranes, nerves, blood, etc. All are infinite spiritual ideas in the divine Mind and are manifested or identified in man or body.

Whenever we take the heart, stomach, or any other thing that constitutes body out of its source of being – the divine Mind – and consider it from the viewpoint of matter or mortal mind belief, then we have separated these ideas from the divine Mind and divine Law and they will appear to us as material, mortal, destructible, sick and dying.

Heart trouble, or stomach trouble, does not require matter through which to express itself, it requires BELIEF ONLY. (Give example: Mortal belief fulfills all its own conditions “in consonance with its belief in matter as substance, Mind as mortal,

cause as material, and law as the activity of mortal mind.” B.Y. Mrs. Eddy says, mortal belief “feels, hears, and sees its own thoughts.” *Science and Health* 86:29-31.)

My so-called material or human body is either so many ideas in the God-consciousness objectified, or so many states of human belief objectified. Everything that I know is mental. Everything in its reality is some spiritual idea objectified – not as belief, but as true thought objectified.

If all the so-called material organs that comprise my present body were recognized as divine ideas and demonstrated to be such, perfection and immortality would be the law to every one of them, and the so-called laws of belief would give place to divine law.

Every so-called physical problem is the misconception or miscalculation of the human mind in regard to the source and origin of everything that we know humanly. If a thing exists humanly to us, it is because it exists divinely in fact, and no matter what my human concept of a divine idea is, the divine fact or idea is all there is to my human concept.

If I believe the thing at hand is material, or even an improved belief, then I am apt to try to change it or heal it. If there is on my part any recognition of the material or human, as such, any wish or desire to make something over or better, then I am not considering the thing at hand as the divine idea or the only creation.

In order to work out the physical or bodily problem we need to turn completely away from the mistaken or material sense of things and conditions, turn completely away from improved beliefs and human concepts and keep thought on the infinitude of Mind as an infinitude of divine ideas.

We cannot think of anything outside of illimitable infinity, and if we keep thought on the fact that everything in Infinity is eternally perfect in Being and eternally perfect in manifestation, this great Truth will spiritualize our thought and divine ideas will appear to us in perfect forms that we can understand in our present state of consciousness, and according to our present needs. In this way we overcome age and death, and prove that we are immortal beings here on earth even as we are in heaven.

