

BASIC STATEMENTS

AND

HEALTH TREATMENT OF TRUTH

A SYSTEM OF INSTRUCTION IN

DIVINE SCIENCE, ^{AND}_{ITS} APPLICATION IN HEALING

AND FOR

CLASS TRAINING, HOME AND PRIVATE USE

PERCEIVED THROUGH A STUDY OF DIVINE SCIENCE, AND PROVEN THROUGH
REPEATED DEMONSTRATIONS TO BE APPLICABLE ALIKE
TO ALL IN THE DEMONSTRATION OF HEALTH,
HAPPINESS AND PROSPERITY

EIGHTH EDITION REVISED

BY M. E. CRAMER

Author of "Divine Science and Healing"

Editor of HARMONY

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BY M. E. CRAMER

BASIC STATEMENTS AND HEALTH TREATMENT OF TRUTH



MALINDA E. CRAMER.

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PREFACE

The arrangement of this consecutive course of condensed lessons, under the heading of BASIC STATEMENTS AND TREATMENT, is designed to be a simple, practical method which, when understood and practiced will enable students to realize wholeness for themselves, and for others. Wholeness is comprised of pure Being, perfect thought and result. It is the all of Life, Love, Truth, Intelligence, Substance, Power, and Presence for which we are seeking. It means Health, Satisfaction and Success.

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PART I

DIVINE SCIENCE STATEMENTS
AND
HEALTH TREATMENT

DIVINE SCIENCE STATEMENTS

AND

HEALTH TREATMENT

HEALING BY THE CHRIST METHOD

THE basis for the manifestation of power in the Christ Method of Healing is knowledge of at-one-ment of man and God. "I and my Father are one" means one and the same in nature, possibility, and power ; not two Beings, Spirits or Minds. The Creator of an ever-present living creation must necessarily be infinite and limitless from eternity to eternity ; hence, there can be neither finite being nor limitation.

Most people believe creation to be an event of the past, and that creative action ceased with the accomplishment of that event. Where this is believed, it is claimed that creation belongs to time and place. This claim cannot be true, for all that live, live within and unto God, and are, therefore, living within the omnipresent Creator through-

out eternity; and must be, begin, end and be complete in God *now*. If Being and the beginning of its expression were not eternal, existence would have no relationship with God at this time. "The way, the truth and the life," must be the origin of all living things; hence, all things must in the end find their abiding place in Being where they have origin, which makes them eternal. As "I AM" is the Word which is the light of the world, and of every man that comes into the world, everything lives within Me and is illumined with My glory, even as the burning bush was to Moses, aflame with the light of My Holy presence.

Not until we conceive that all things are now alive unto God's eternity and wholeness, and not unto time, shall we "witness the beginning of creation." When we cease thinking, speaking and acting, as if the body, or anything pertaining to it, belongs unto time, and is dependent on place, we shall have ceased talking about death, and planning for the grave. A full understanding of Divine Science, the living truth of what we are, is a Knowledge of God in creation, that creation is God expressed.

HEALING

There are various ways by which the attention of people may be arrested and called to the Christ Method of Healing. Some are interested through hearing of the healing of others and are thus caused to give it consideration. Wanting healing, as they do, either for themselves or

friends, they are induced to try this method, and as it results in the health and satisfaction for which they have long sought, they in turn are ready to interest others.

They who say, "If one can be healed, another can, hence, healing is for me," speak wisely. They virtually declare the vital truth for themselves—that "There is no respect of persons with God." This decision is good, it comprehends much, it is a receptive attitude which is ready for successful results. Again, others are advised by friends to try the Christ Method, and as they have done all they knew to do—having exhausted every method that has been presented for the salvation of man—they accept the advice, and resolve to try the Truth, which to know makes them free, and are made whole.

The ways by which people are led to investigate Divine Science and practice it may vary; but what all are seeking to know is, *when* and *how* to begin. *Now* is always the accepted time, the only time to begin. The moment you want to be healed is the right time to commence the work. It is understood by all that there can be no result without a cause, and cause can bring forth no result without action, so *now* is the time to act and produce results. No one can enjoy health as a result of treatment until the treatment is commenced. Hence, the beginning must necessarily precede the result. There is something for each one to do who wants healing, though the nature of the work to be done may differ from all previous attempts made to regain health. Much has been said in the class-room, written and published, explanatory of methods by which healing is

done, which are considered helpful in their nature; but in the Christ Method, a knowledge of Being that which is whole, is the one thing necessary as a basic Principle for demonstration.

How can we heal others, see them whole, when there is a beam in our own eye? The supposition that there is something in our nature that is the opposite of God will see motes and blemishes in others; for that which sees and describes false belief as real, is itself false belief. Knowledge never believes error to be truth. When a child understands the principle by which to solve his problem, he neither believes that error is truth, nor that a mistake stands for calculation.

The responsibility as to the result of treatment does not rest exclusively with the person employed in giving treatment. Christ, in the patient, who is "The Way, the Truth and the Life," compels no personified false beliefs to accept Him, and think and believe that they are whole. God creates all things, but does not create opinions concerning them. It is a matter of choice, called free will, whether we pronounce with God or otherwise. "Choose ye this day whom ye will serve," whether it be the Truth that the infinite whole is God, and is perfect, or whether it be the false supposition that there is something else, that is imperfect. Those wanting to be healed should do their part and be willing to recognize and receive unto themselves the Truth that they are whole. The record of Life, the truth of Being, says that we have eternal life with God. This being true, we must necessarily have eternal health in God, and be satisfied and happy. ✓

The teaching of Jesus stands above all teachings preceding it, in that He taught that knowledge of the Truth, applied, heals, or puts an end to sickness; for there can be no sickness in God or Good, hence can be none in Truth. His practice proved the truth of His preaching, for He not only healed the sick when called upon to do so, but his command to the disciples was to go forth into all the world, and preach the gospel unto every creature, and heal the sick. It is not sufficient to enable us to demonstrate wholeness that we think the truth for a portion of creation, for Truth must erase the false belief of the world's apostasy from God; and thus proceed forth with the Holy Spirit into all the world, even unto the ends of the earth.

"Go show yourselves to the Priests," Jesus said unto the ten lepers who called upon him to have mercy on them. The appeal was made as he approached, which, spiritually speaking, made the conjunction or at-one-ment in thought, between them; they went their way, which was according to his direction or commandment; hence, the result was they realized that they were whole, and were clean.

The first requirement in this method of healing is that of giving up the false supposition and unsatisfying belief of a self-hood separate from God. This change of conception is the spiritual act of baptizing unto repentance, which precedes the taking on of at-one-ment—the baptism of the Holy Spirit. At-one-ment is the yoke that is easy,—the bond of union which makes every burden light.

Where two are agreed upon earth as touching any one thing there is at-one-ment, and *I am* is in the midst of

them with perfect demonstration. What is agreed upon shall be granted unto them. No line is to be drawn between the one employed in giving treatment and the one receiving it. The two should agree, and thus be one in the Truth, of which they seek demonstration. If it be health, the freedom and harmony of Truth, that is sought to be realized, the first thing to do is to agree that *health is*, and is for *you*; and if for *you*, it is *present*; what is not present cannot be realized, enjoyed, or demonstrated. In this you have the whole plan of success. You have now determined to shape your thought, word, and deed, according to the Truth of what *is*, and is for *you*, and is at hand. So, there is no postponement, neither is there seeking for something to come from afar; what you ask for is come; is yours now.

“No” should never be taken for an answer, and in order to prove that “No” is not an accepted answer you are to cease making negative claims and doing that which is contrary to Truth. God accepts no excuses, even as the principle in mathematics admits no excuses in the solution of a problem, but demands that the principle be adhered to if demonstrated in the example. Make your claims according to Truth. Claim to be Truth, and your words will be words of Life—the pure, white “Yes” of God. Let man, created in Christ Jesus, in righteousness and holiness of Truth, use the pronoun *I* as meaning the unlimited nature of the All Good. The Canaanitish woman was so determined to have her daughter healed that she refused to recognize any obstacle to that result. All should be thus deter-

mined who ask for healing, and the result following will be the same as it was with her.

As the word that is with God, and is God, made the world, and is its light and life, one should stop discussing the question as to whether it is God's will that we be whole,—made to enjoy health. The will of an all-powerful God to make whole must of necessity be one and the same at all times. God must be without variation or shadow of turning. His will must be for the absolute perfection and goodness of each one in every respect. The habit of setting up obstacles, claiming difficulties, and making excuses should be given up. The infinite All, when accepted as being all Good, God, proves to be health, success and harmony without limit. After having heard the Truth, nothing but a willingness to continue in old lines of belief and tradition can hinder any one from having a realization of wholeness. Since it is God's will that all should feel well, and right habit of thought based in Being will bring this about, there is no reason why all should not enjoy health in the knowledge of Truth. It is an easy matter to reject the belief that there are difficulties to be overcome, obstacles in the way, excuses to be made, and to accept the whole Truth, and to know and enjoy freedom. Begin your work at once by saying, What has been done, I can do. I can realize myself to be whole. There is nothing in me, or of me that is not harmonious. Speak these words in faith and persist in acting in line with them; actions speak louder than words sometimes.

BE SINCERE IN YOUR EFFORTS

If you have sought in many ways and spent a fortune in your search for health, and have failed to find it, do not hesitate to try the Divine Science method, it will heal you. Your past experience has embraced methods of treatment based in the erroneous claim of physical causation, accompanied with hope of getting well, which at best, can only change one condition of belief for another. These changes have been brought about by going from one locality to another, change of scenery, or perhaps by a few little pellets; being made in belief only, and as to condition, these changes do not touch the plane of eternal Life, or Being; hence, do not touch our unchanging health. "God is the health of his people." The Christ or Divine Science method of healing proves that wholeness is to be enjoyed in Truth and nowhere else. It demonstrates that health is eternal; that success is ever at hand. Your past experience has been based in a mere hope of getting well. Now, try the only true method of knowledge and faith—that of *being* well. "Be ye perfect, even as your Father in heaven is perfect." Perfect being must necessarily precede perfect thinking; perfect thinking must precede perfect results either in words, deeds, or sensations. This is infallible law. Truth frees by proving that you are not bound.

If physicians have said that your case is incurable, if they have exhausted their skill upon you, and said there is no help for you, remember, their skill consists in ad-

ministering external remedies and in performing operations. "In vain shalt thou use many medicines, for thou shalt not be cured." Their skill is not that of bearing fruit of the Spirit of Truth, and creating anew, which is the only true demonstration of health there is. Healing is producing results direct from Spirit, or Principle. Give no place to what your friends have said about your case. Let your determination to succeed be a matter wholly between you and God. God never pronounces against any one, and does not say that your case is incurable or hopeless. He has no method but the one of perfection. He says: "Be whole, because I am whole"; "Thy faith hath made thee whole"; "Thou art loosed from infirmities." "My freedom is thine."

Age is not an obstacle in the way of either knowing or demonstrating the freedom of Truth. Why limit the body by time, and the claim of age? It is eternal in idea and substance. The notion that mental faculties must fail with increasing years is a false one, and is as unreliable as is the belief that mental faculties are born of the brain, and that mind or spirit is evolved from the body. The truth is that mental faculties, the brain, and entire body are the manifestations of Mind or Spirit, and Mind can never fail. / Hence, you are always just old enough to be well, and to think right, and to know and remember all there is in Truth. Now is just the right time to prove that you have health, are happy and satisfied. Now is the time to bring eternal Life and immortality to light, and bear witness of the truth of what you are. |

Because you have spent large sums of money trying to get well, do not hold that as an objection against trying this method. When it is once settled in your consciousness that you want and can realize freedom and wholeness, the only question that should arise is: Do I want to realize it more than anything else; how much do I want health; what am I willing to do for it? Be not divided in your thought between money and what may be accomplished. Let neither money, time, nor anything, be as an obstacle in your way. Your determination will not falter if your purpose is one and undivided. Say, my birthright is health, wholeness and satisfaction, and think and act accordingly; do not barter it for any number of excuses. If necessary, give up all former habits of belief, speaking and acting, and conform all to the Principle of Truth.

Jesus never denies that he is the Truth—the at-onement of God and man; but says, in the hour of seeming need: “To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth.” Each one should say: I am here to bear witness of the truth as much in the hour of seeming need as at any other time, and this is my time. To this end was I born. My existence bears witness of truth and life. I need no medicine. I cannot serve God and Mammon. The taking of medicine will not prove that I am eternal Life and Truth, or free from the liability of disease. I therefore declare I am health and wholeness. I and my Father are one, and not two; hence, I am complete in Him, and find nothing in my existence to remedy. The I Am is sufficient unto all things needful.

As you have proven that all the claims made for external remedies are powerless to give the unchanging health and satisfaction for which you have sought, begin your work on the plane of Being, by being in God, and you will find what you have sought. If you have had no opportunity of studying Divine Science in a class, or have found no one to give you private instruction, who understands the Truth, then be as faithful to Truth contained in this little book as you have been in obeying the doctor's directions. Put yourself entirely in the hands of Truth, and do as it directs. Argue not within yourself or with another about Divine Science.

Do not talk as if you were personally too good, or your opinions too true, to have brought about the diseased conditions from which you are seeking freedom, but that God was not too good to have brought them upon you, and that they must, therefore, be endured. Let the Christ knowledge speak in you in all things. Declare that *nothing I have believed in the past can prevent the true idea of God from being demonstrated in me*. Do not criticise this new and living method, Divine Science, nor condemn the statements made in this book; for surely, if you ask, and ask not amiss, it will be necessary that you assume, mentally, the attitude of one receiving. See, therefore, that you are willing to receive, by gladly acknowledging that you do possess what you have asked for. The truth herein recorded will be your teacher and healer, and will give you the necessary instruction to bring forth your conscious understanding of Truth.

Expect no one to devote their time to you without making some return for it. The law of giving is also the law of receiving; the entire business of the world is transacted through this law of exchange. Giving opens the channels for receiving. It is both spiritually and literally true from the individual standpoint that they who give, receive, and they who receive, give. Equal exchange, in the business world, is justice. The great desire, under general cultivation in the world, is that of getting, and giving as little as possible in return. This desire prevents many from realizing their divine opulence, for it is just the opposite of the Law of wholeness and success, which is, to render full measure for that which is given. There is no real freedom in this desire, nor is there any real possession in the desire to get something without rendering a just equivalent. As "the laborer is worthy of his hire," one might as justly demand another's money for nothing as to demand that one should give his time and labor for nothing. To render a just equivalent for all things, in our dealings with each other, is honorable, righteous and helpful. No teacher or healer ever thinks of charging for the Truth; hence, the charge is for the time spent in behalf of the students' and patients' welfare.

If healing is not instantly or quickly realized, be reasonable, sincere and willing to persevere. Do not say: I have given it a fair trial with a few treatments; but say to yourself: I am willing to believe that health is; hence, I am willing to say that I do not believe that I have any disease. Be as faithful in claiming that you have health,

and that you are in a state of perfect harmony, as false belief has been in claiming to be diseased and inharmonious. Be as willing to persevere with Truth as you have been to take medicine and experiment with external remedies; and you will soon prove that Divine Science is all you need to bring out the full realization that God is your sufficiency. The instant your thought and belief is at-one with the idea of God, you will realize freedom. Do not postpone being well. Do not postpone for to-morrow what ought to be done to-day. The belief that you will receive by and by, keeps putting off, and prevents you from realizing in the sweet, happy now. You cannot speak the truth of Infinite Spirit without saying: I am well now; I am free now; I am health now; I am satisfied now; I succeed now. You cannot say: I hope for these things some time, and speak the word of God as he speaks it. Thus it is clear that the Christ Method is the demonstration of Principle. This is Life's "new and living way." Speak as God would speak, and your words will be living words, and your feelings, environments and success will be shaped accordingly. Then will you be glad that you were told to say these things. The Infinite's idea is kept before you in this method. "Hold fast the form of sound words."

Avoid thinking, talking, or reading of sickness, or of any kind of trouble. Do not describe symptoms or sensations to any one. If friends or members of your own family ask after your feelings and symptoms, and you describe them, it prevents you from yielding thoroughly to the treatments; for when these conditions are talked about,

they are still given form in memory; hence, they have not been given up. You can do much for yourself by avoiding everything that tends to keep in memory the condition from which you wish to be free. To prove the Christ Method, you are to be courageous, determined, and faithful, and think and act the truth that you have being in God now. Study Divine Science thoroughly, get an understanding of its law, and you will realize freedom and be able to liberate others from false claims and conditions. Do not attempt to mix or confuse Divine Science with former beliefs and opinions. As Good, or God, is no respecter of persons, say to yourself: I can do all that has been done. "He that believeth shall do the things that I do," is a promise for all. Yet, of myself, apart from the one All, I can do nothing. It is God in me who is doing the works. The law to be demonstrated is the Christ method, and is mathematically exact. When wholeness is fully comprehended it is realized; and it is known that there is no disease in Truth. Ease, peace and eternal rest are in the truth of at-one-ment. ONE IS THE NUMBER OF UNITY, and not two.

PART II

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INTRODUCTORY

INTRODUCTORY

TO BE, is in the present. To act, is in the present. The result of action is in the present. Action and the result of action have no power over Being, nor do they attempt to have. They are the power of Being expressing itself and expressed.

The true idea of a future and continuous Life is to be found in the eternity of the Life we now are. As the Life or Being that now *is* is eternal, we are now what we shall ever be.

As eternity is a continuation of the present—a never-ending now, and Being is eternal, to *Be* at all is to *Be* what *is* real and eternal now. Postponement of the use and full enjoyment of our divine inheritance is prophecy, but the fulfillment of all prophecy is in the present. Any and all action is in the present. It is not possible to begin the accomplishment of any work either in the past or future, hence now is the beginning; so, "When ye pray, believe that ye receive, and ye shall have." There can be no result in the present without acting in the present, and no present action without Being. Now is the time to BE, to *Do*, and to have the result or fruit of our doing. "Now is the accepted time." It is to be understood that Divine Science

treatment when given to any one, no matter what the so-called disease is named, is to heal now. "To-day is the day of salvation." To-day is ever-present salvation.

This book is designed to correct the false race belief of separation of God and man, and the various theories of dualism arising therefrom. It is intended to eliminate the claim that man is ungodly, but can become godly through a process of doing, and to establish him in the consciousness that he is now altogether godly. False beliefs do not constitute man, nor have they anything to do with his existence; to realize his divinity and eternity it is necessary to refuse to entertain the false race beliefs about man.

DIRECTIONS FOR APPLICATION OF TREATMENT

God, the Good, being the Infinite Whole, the one All, it is God who is whole, and of whose wholeness is expressed in man. To ask in the name of God is to declare wholeness for ourselves; to acknowledge that it is already ours is true asking; God neither expresses nor knows any reality but wholeness, so to ask and ask not amiss is to believe ourselves whole, without spot or blemish. This is keeping the covenant of at-one-ment.

In the thoughts and words of God alone is to be enjoyed the full realization of wholeness. It is therefore intended that these treatments be used with the understanding that they are God's spoken word, the Truth of all living. We can only realize at-one-ment by being as God is, and thinking the same thoughts and speaking the same words. Do not hesitate to make statements for yourself, that are

true of God—the infinite Whole. In Truth there is nothing higher than wholeness and nothing lower. Realization of the truth of what you claim will be according to the faith you have in Truth. To believe that you are heirs of God, and to realize that you have received and are in possession of your inheritance, is to believe that you are every whit whole, and that every member and atom of your body is alive unto God now and ever will be.

To apply the following treatments, students should first commit to memory the *Statement of Being* and make it fully their own, then begin with treatment Number one and devote one day to its study and application. Read it over and over many times. The next day study and apply treatment Number two in the same manner; continue the same each succeeding day, with the treatment next in order, unto the end. Then begin over and rehearse in the same order. The *Statement of Being* should be read every day in connection with the treatment of the day. This practice will unfold to you the truth of Being and bring forth health, mental peace and successful effort. These lessons and treatments correct the erroneous belief of separation from God or Life, which is the underlying mistake made in attempting to solve life's problem from a false premise; and thus erase the false belief of a fall, and enable the student to understand and enjoy the truth that the problem of Life is already solved and demonstrated in his existence. Then is the truth of Principle seen to spring forth speedily in health, satisfaction, and success; which may be likened to a well of pure water springing up within you unto everlasting life.

Each statement of Truth, spoken with knowledge and Faith, believing that it is true, is sufficient in itself to heal. These treatments are all inclusive; they declare the Truth of God and man. As Truth heals, they are designed to heal every mental and bodily "disease." They are great freeing statements.

Before giving a treatment make the following statements: God is Infinite; and fully realize that it means, Good is All; and because the Good one is All, you are and are what is; then know that all true claims are true of God, and what you claim that is true of God, you are, the same is the Son.

Go forth each day to perform your work or duties clothed with the affirmations of Truth contained in the treatments, believing that you are whole, and are not subject to conditions, influences or environments; you will find that by thus doing the will of God, the affirmations will prove to be a shield against all adverse beliefs and conditions; for, against Truth there is no law. "Thy righteousness is an everlasting righteousness, and Thy law is Truth." "There is no power but of God."

THE ALL IS TRUTH; ERROR IS NOTHING

WHAT TO ACCEPT AND WHAT TO REJECT

AS TAUGHT AT HOME COLLEGE

STATEMENT OF BEING

The Basis for Teaching and Demonstrating Truth Applicable in All Treatment

I.

THERE can be but one All. This all in all is God and God manifest.

One is the number of unity.

Unity is forever the state or nature of One.

God being Infinite, there is no finite. He is all of Being, creative action and creation. "I and my Father are one."

God is Spirit, all of Life, Love, Truth, Substance, Soul and Intelligence, all of Knowledge, all of Power, all of Presence. Like expresses like; hence, man is Spirit, life, love, truth, substance, soul, intelligence, knowledge, power and presence, the exact image and likeness of God, co-eternal and co-equal with him.

Nothing can be manifested that is not, before it is manifested. As God alone *is*, it is *God* who is manifested in an ever-present creation.

That which is begotten of Spirit is spirit. I am before I am manifested. Man is potential in God, and is expressor, co-worker and capable of doing His will, demonstrating the nature of Spirit.

Man is Being and existence, created in the image of God's eternity and wholeness. There is one Spirit and one body. Individually, we are inseparable.

AT-ONE-MENT IS HARMONY

As God is the one all, all there is, is goodness.

"There is none good but One." The Truth for eternity is, "I am God and there is none else, * * * none like me;" hence, oneness is wholeness. The supposition that there is separation from God, that there is something that is not God, is false. It falls short of Truth, and in the scriptures is denominated sin, serpent, the adversary. The only seeming separation as adverse of God is false belief.

A good source cannot produce an evil result, nor can the method or act, by which the result is produced, be less perfect than the source; neither can the result be less perfect than the source and method by which it is produced.

AT-ONE-MENT IS SALVATION

"Of the Tree of the Knowledge of Good and Evil thou shalt not eat of it." The primary and spiritual meaning of eating, in the allegory, is identifying self with. To partake of anything means to assimilate and be one with that of which we partake. To believe that there is *something* that is separate from and is not God is to believe that there

is *something* that is separate from and is not Good; to believe that there is anything that is separate from and that is not God, or Good, is to believe that there is an evil power capable of producing evil results. This, and all such beliefs are sensed as conditions which are looked upon as evil, the adverse alike of God and man. A supposition that creation is separated from God—something that is not—is no part of God or man, who though supposed to be twain are one Spirit. A false conception is no conception at all, and never comes to anything; out of nothing, nothing comes.

To ignore the Truth is to suspect that there is something that is not. Ignorance, therefore, is merely unsuspectingly taking things for what they are not.

“AGREE WITH THINE ADVERSARY QUICKLY”

A deviation from the Principle of at-one-ment—the unity of God and creation—is the only adversary of Truth.

That which *is* is Truth. It is impossible for anything to *Be*, and not *be* Truth. It is a knowledge of Truth only that can agree with the adversary, by knowing that falsehood is false, and that a false supposition is nothing. It is a test of true consciousness to see the nothingness of nothing.

Non-resistance is the way of Life. “I am the Way.” What I am is the way. I know that there is nothing the adverse of Truth. To agree that falsehood is false, is to agree with the adversary and let it be nothing. In Truth there is nothing to resist. To agree with the adversary quickly, is to agree that it is what it claims to be—the adverse of Truth. A false claim does not represent the

Truth of anything that is. There is in Truth no sin or separation from God. There is no condemnation. "Neither do I condemn thee," is a test of knowledge and not of prejudice.

TREATMENT

I.

OF WHOLENESS

"God is the health of his people."

God is the One All; there is nothing to resist. God is Love; there is no one to fear, none to find fault with.

All that *is* is Truth. All that I am is Truth. I am one perfect whole, harmonious throughout. I am the Spirit of health and harmony. All that I manifest is complete within me. My conception is immaculate. My faith (substance) reveals my wholeness. I enjoy life, freedom and happiness. My body is the perfect expression of the perfection I am. It has no Source or origin but perfect Being. Every member is a member of righteousness and power. Every atom it comprises is Life. Every atom is eternal. All that *is*, is Spirit. "That which is born of Spirit is spirit." Now is my body spirit. In me all things are reconciled. There is no adverse belief, condition or disease, either in Me, my creative action or my creation. I am eternal Life, never failing health. I know that so-called sin, sickness and death, are not real. All erroneous beliefs are forgiven or given up. I know all that live are free from error. The gift of God is Eternal Life. Beside Truth there is no law.

BASIC STATEMENT FOR TREATMENT

II.

“KNOW THE TRUTH, AND THE TRUTH SHALL
MAKE YOU FREE”

To know the Truth is to perceive and know what is, was and ever more shall be, the eternal. To be free in Truth is to *be* what *is* and is now free from error. What your highest conception of Divinity is, that claim to BE and you will press forward to the mark of your high calling in at-one-ment. “Put on the whole armor of God, that ye may be able to stand;” “for Christ is the end of the law for righteousness to every one that believeth.” The whole armor is the whole of God, God in his entirety.

TREATMENT

II.

OF PERPETUAL HEALTH, AGAINST MORTAL INHERITANCE

“Make the tree good and the fruit good.” I affirm these truths for myself; they are fully my own, they apply alike to all. I do this and demonstrate the Truth that there is no mortal parenthood or inheritance, no mortal source or cause operating in creation at this time.

I and my Father are One.

I am infinite;

Like produces like;

God is Spirit, the only Creator;

That created by Spirit is spirit;

We are conceived in righteousness and born in true holiness;

All forms are manifestations of Spirit;

We are immaculately conceived in the Spirit of wholeness, and are begotten of God;

In the beginning God created heaven and earth;

"Heaven and earth, the seas and all that in them is," are God expressed. God is always the God of the living;

Truth is my freedom.

Therefore, there is no finite.

Therefore, no production is unlike the Creator.

Therefore, there is no physical causation or creation.

Therefore, no created thing is of the earth and earthly.

Therefore, we are not conceived in sin nor born in iniquity, (inequality).

Therefore, there are no material forms.

Therefore, we are not impurely conceived in separation nor begotten of the Flesh.

Therefore, there is no material heaven or earth.

Therefore, there is no heaven, or earth, or seas, or anything therein, that is born of time or place, God is never the God of the dead.

The tree is good, and the fruit is good.

God is good, and I am good.

The Creator is good, and the creature is good.

God's will is done in creating earth as it is in creating heaven. There is no law over God. There is no law over man. The One all which I am is all law. Beside the word which is God, without which nothing is made that is made, there is no Law.

BASIC STATEMENT FOR TREATMENT

III.

"I HAVE OVERCOME"

To overcome is to come over from the theory of becoming to Being, and know the Truth of the correct relation of Cause and effect existing between the Creator and creation. Being Source and Cause, is being that which includes all creation; this is dominion. It is true that I am hid with Christ in God; my possibility is the possibility of God idea; my existence is this possibility or idea made manifest; for beside God there is none other. It is God who says: "Be ye holy, because I am holy." As God's knowledge is omniscience there can be no knowledge that it is not.

Knowledge is free from suffering, failure, and dissatisfaction. For this reason, from the standpoint of at-onement alone can the false sense of them be erased. It is God, the *Infinite One*, who says, that to know self is to know all there is to know. We are neither fruitless nor deceived in claiming God-knowledge, absolute consciousness of truth; we are blessed of the Lord. True knowledge is certain perception of the Truth of at-onement, the unity of God.

TREATMENT

III.

OF ADJUSTMENT

FOR HEALING OF ENVIRONMENT

“THE WORDS THAT I SPEAK, THEY ARE SPIRIT
AND THEY ARE LIFE”

There is no enmity. I am infinite and all-pervading Love. I have manifested all things, and they live within me. I am both Love and loving in all that live and move and have being. I am unmoved by all that live. I move within and act upon all form. I am Love in the midst of all climates and changes of the weather. I am not affected by the wind, the storm, nor the calm. I am unchanged by either heat or cold. I, Love, possess and am master of all things. There is no power given in existing forms, conditions, circumstances, or events that I am not. All that I manifest is spirit and is life. I am perfect adjustment. My body is not subject to a false sense of things; to disease, to mental conditions or physical environments. There is no sin, mortality or corruption. My body is at one with the Source and Cause of all form. It is not the maker of itself; neither is it the maker of other forms. It is subject to nothing. It exists within and is at-one with all there is. I, who made it, am its life, intelligence, substance and power. It is not sick, and there is nothing within its nature opposed to what these words imply.

TREATMENT

IV.

OF ILLUMINATION

DEHYPNOTIZES FROM ERRONEOUS BELIEFS OF SUBJECTION

God is not what he is through choice. Man is not what he is through choice. There is no optional nature to either God or man.

The allness of the all cannot choose between two or more different things what it will be. The I that I am beside whom there is none, has no choice as to the nature of Being. It is the nature of wholeness, Infinitude of Knowledge, Power and Presence, to express itself. This is done within itself and unto itself.

Man is what he is just as God is what he is. As God is life, love, truth, substance, intelligence and power, so am I, life, love, truth, substance, intelligence and power. Illumination is One. I am it; I am concentration; I am self-poised, self-centered and free. I am in no way subject to the law of cause and effect. I am it. There is no law over me, none to come against me. For there is none that I am not.

My senses are spiritual; I am their illumination. I observe all things truthfully. My house is now set in Order according to perfect illumination.

BASIC STATEMENT FOR TREATMENT

V.

THE WAY OF LIFE

“Whosoever hath not, from him shall be taken even that which he thinketh that he hath.”

To claim to possess the opposite of what you are seeking, prevents the realization and enjoyment of what is sought.

Whosoever believes that he is not whole, from him is taken away that which he thinks he has; the unfailing health of Being is not realized and enjoyed by believing that we are not whole.

The Broad Way.

Error never claims life or freedom for the present; it always hopes to become; hence, it does not testify of truth, nor bear witness of what the I am is.

Hereby know we the claims of false belief.

“Take heed how ye hear: for whosoever hath, to him shall be given.”

To claim that you possess that which you have sought, brings the full realization and enjoyment of it.

Whosoever believes in his heart that he is whole, to him unfailing health and wholeness is realized and enjoyed here and now.

The Narrow Way.

Truth always claims to be Life eternal and to be free now; hence, it testifies of itself, all there is, and bears witness of what the I am is.

Hereby know we the Spirit of Truth.

TREATMENT

V.

PERFECTION OF PURITY OF BODY

The Pure in Heart See God.

Therefore, I affirm in thought, word and act :

There is no death, error, or
ignorance within me;

For "I am" Spirit, and
Spirit is Life, Truth and
Wisdom.

There is no hate, covetous-
ness or pride within me;

I am Love, Justice, and
Perfection.

There is no doubt, fear or
weakness within me;

I am Knowledge, Love,
and Faith.

There is no selfishness,
prejudice or aversion within
me;

I am all-pervading pres-
ence; I am no respecter of
persons.

There is no sense of evil,
disease or dissatisfaction
within me;

I am Goodness, Ease, and
Satisfaction.

I do not think evil
thoughts;

I am pure in heart and
clean in thought.

I know not failure;

For God is success.

"I and my Father are one, and not two."

I am free with the freedom of Truth. I am alive with God-life. I am at rest and at one with all that is. God, the All Life, is my life. In these affirmations I worship God in Spirit and in Truth. I am alive forevermore. I claim all that eternal life implies, and to *me it is given.*

BASIC STATEMENT FOR TREATMENT

VI.

“STRAIT IS THE GATE AND NARROW THE WAY WHICH LEAD-
ETH UNTO LIFE; AND FEW THERE BE THAT FIND IT ”

I have found the narrow way which leads unto life, it is Unity, I walk in the “New and living way.” The few who find it are my Father and I, we see that the “Outer is as the inner”; the creature is as the Creator; that the tree is good and the fruit is good; and the All as one infinite Good. We see: “I and my Father as one.” I, therefore, realize eternal Life and enjoy heaven here; for in at-one-ment God’s will is done.

To believe that evil, sin, sickness and death are realities, and that we are subject to them, is to have other gods before Me. The desire naturally yields to what we believe has dominion over us. “Ye believe in God, believe also in me.” “This is the work of God, that ye believe on Him whom God hath sent.” Equality is the law that unites Father and Son, or Creator and creation.

TREATMENT

VI.

OF DOMINION OVER ALL SUFFERING

There is no evil power or thing.

There is nothing material.

My body is not subject to pain or disease.

Feeling does not originate in the body.

I do not feel pain.

There is no sin in mind.

There is no sin in body.

There is no sickness in Truth.

There is no death in Life.

All power is God, and all things are good.

All that is, is Spirit.

My Body is Spirit, and is perfect peace and rest.

Feeling inheres in thought.

My thoughts are of God and are painless.

There is but One mind, and it is wholly Divine.

My body is the expression of Mind.

Truth is perfect freedom.

Life is All in All. I am Life.

TREATMENT

VII.

FOR OPULENCE

“Let the word of God dwell in you richly.” “I am that I am, and beside me there is none other.” “I Am, is my name forever.” I am perfect harmony. All my works are done in Truth; all My ways are just and right.

I am Opulence. I am Totality; the Universal and the abundance of the manifest universe.

I know no lack, want nor poverty. I am the fullness of health, infinite supply and Omnipresent wealth. I am Omnipresence, Omnipotence and Omniscience, demonstrating my abundance continually.

“All that is made is mine.”

BASIC STATEMENT FOR TREATMENT

VIII.

“HE THAT BELIEVETH ON ME, THE WORKS THAT I DO
SHALL HE DO ALSO”

To believe on Jesus, the Christ, is to know that you are in the kingdom of God as his dear Son, and that you are just the same in being and existence as is Jesus, the Christ. “And at that day ye shall know that I am in the Father, and ye in Me, and I in you.” The Comforter that the Father sends, which shall abide with you, is the Spirit of Truth. *Now* is always the time to believe in the truth you are, and be comforted.

TREATMENT

VIII.

TO DEMONSTRATE THE COMFORTER

NOW IS THE ACCEPTED TIME

I believe that Jesus Christ *is* come in the flesh, that the work of Christ is being done. “The Law of the spirit of Life in Christ Jesus hath made me free from the Law of Sin and Death.” I am the Light of the world, and can say:

There is no fear;

For God is all-pervading
Love.

There is no fear of separation from God, within me;

For God is One inseparable
Omnipresence.

There is no fear of sin, sickness, or sorrow within me;

For now am I saved, my health is established, and my joy complete.

There is no fear of death, weakness, or want within me;

For God is my Life, strength and abundant supply.

There is no fear, anxious care nor doubt within me;

For I dwell in Love, and Love dwells in me.

There is no fear that I shall become helpless and a burden to my friends;

For the gift of God is Eternal Life, I am life, ever restful, active, and free from burden.

I do not fear age of body; there is no age;

For my body is eternal substance.

There can be no failure of mental faculties, sight or hearing;

For in God there is no failure. He is my unailing sight and hearing.

God hath not given us the spirit of fear;

But of power, and of Love and a sound mind.

I fear not, doubt not, resist not. Love is without fear, I know not fear, I am Love. I am complete and perfect in God-love. I now realize that I am all for which I have sought. I am in the Holy of Holies, self-illuminated. I demonstrate perfect health, peace and satisfaction. I am at rest in my thoughts. I am clean in thought and pure in heart. I see God as All in All. I have no life or self-hood apart from God. I am satisfied and happy. I am God rest.

BASIC STATEMENT FOR TREATMENT

IX.

LIKE EXPRESSES LIKE

When an estate is bequeathed, there is a specified time for the heirs to possess it. Our inheritance is purity throughout; it is that in our mental and bodily existence we are spirit. Now is the time specified by the Eternal One for us to claim our Being, our sonship in God, "To-day is *the day* of salvation"; this inheritance is the redemption of our body.

 TREATMENT

IX.

 AGAINST BODILY LIMITATION AND FOR DEMONSTRATION OF
 OPPORTUNITIES

"All power is given unto me in heaven and in earth."

The Holy Spirit is here and I am here.

Two things the reverse of each other cannot occupy the same place at the same time.

Because the Spirit is holy, I am holy.

Wholeness is my inheritance bequeathed by the inseparableness of the All. Now I am all possibility that I

can ever be or express. I am *eternal* Life, and I manifest it fully. I am Spirit, and it is my day of perfect knowledge. I am baptized into Christ and have put on Christ. The one who anoints with the Spirit of Truth is God. I am perfect in thought, motive and feeling. I am harmonious in word, deed and sensation. I am accurate and definite in all I think and do. I am the idea of success. I am all opportunity, and know no limitation. I am sight, hearing, health, faith, power and understanding. I manifest all that I am. All my ways succeed. I am not a servant, but a son, radiating the light and glorifying the life of the Infinite One. My possibilities are immortal, incorruptible, unalterable. The whole earth and the fullness thereof is Mine. Thus is God glorified on earth. "All that the Father hath are mine." *Of all that Thou hast given me I can lose nothing.* Nothing that belongs unto Thee can be lost. This is inheritance or inheriency. There is no corruption, no mortality, death is swallowed up of Life. There is no enemy. God is Life, and there is none beside.

"Be still and Know That I Am God."

TREATMENT

X.

SPECIFIC TREATMENT OF DOMINION

Treatment ten and eleven are to be used to heal of the desire for liquor and of the belief that man is under the dominion of appetite.

Speak the name of the one receiving treatment, and say :

I do not condemn thee. I love and am one with thee. Our Father we thank Thee for the knowledge that Thou art All, and art in all, as the ever-present Life and living good. As such, we worship Thee in the spirit of wholeness, and see Thy glory manifest in earth. In Thy Truth we sanctify all things as Thou sanctifiest all with thy presence. Our brother acknowledges Truth. Enjoys thy presence and entertains Thee as his constant companion. He loves to affirm the Truth, that Thou hast made all things like unto Thyself, and hath placed no limitation upon them ; Thou hast not measurest thy spirit unto him. He partakes of thy inseparable and unlimited nature. Thy wholeness of Being is given unto him. He exercises absolute dominion and is neither subject to appetite nor desire. Dear brother, you cannot be tempted. There is no one to tempt and none to be tempted. You are whole, pure and good, there is nothing impure or unholy in you. You pronounce yourself good, you refuse to pronounce against God, you love to pronounce with Him, and declare your freedom.

TREATMENT

XI.

SCIENTIFIC TREATMENT

AGAINST DESIRE FOR LIQUOR

To God there is no idea or possibility of limitation ; no *sensuous* appetite or desire ; hence, dear brother James you are not limited, environed by, nor subject to any seeming appetite or desire for liquor, nor to the belief that you are. You cannot express anything real that does not represent Being ; therefore, you are free in Truth at this time ; nothing binds nor limits you.

Thou art, O God, pronouncing him good and very good, free and whole, for thou dost contain him at this time in Thy limitless Being and Love.

Dear Brother, listen to the voice of God speaking within you, saying, "You do not slumber in sense delusion ; there is no sense delusion. You are not limited or controlled by desire. In truth you control desire. You have dominion over it. You do hear and understand My words of supreme freedom. You are free to witness My presence working in you. Listen, and understand what I say to you : liquor is neither the life, intelligence, substance, power nor peace for which you are seeking. It cannot give you strength, success, health, or satisfaction ; nor can it prove to be a source and cause of happiness to you. You do not believe that you desire or need it ; you know that it supplies no

want; you know that you are immortal and are eternal life with Me. You are in no way dependent upon liquor for health, strength, success or happiness. I, alone, am the source of all that you need. Your body is now radiant, strong and healthy with My presence. There is no darkness within you. You now understand that what I say to you is Truth. I am your Life, love, truth, substance and peace, and you are filled with perfect satisfaction at this time. *Behold! thou art made whole.*" Amen!

TREATMENT

XII.

TRUTH FOR GENERAL BODILY HEALING

My life, substance, intelligence and power is God; there is nothing more, and nothing less. I am what I am, whole, perfect, without sin, or any disease, because God and God manifest is all there is.

I have not sinned; I do not fall short of Truth; I have not missed the mark of my high calling in Christ Jesus; I am not burdened with environments; I am not heavy laden with surrounding conditions; I am not weak with hope deferred; I am in my Father's kingdom, enjoying the power and glory of it; I am free, here and now.

TREATMENT

XIII.

FOR PERFECT SIGHT

I regard the holy presence of God within me sufficient for all demonstration of sight, health and prosperity. His presence within me is Omniscience, the All-seeing. I cannot see apart from Omniscience, for I am not separated from its Omnipresence, and in It my sight has never failed; it is not dimmed; sight cannot fail; my eyes are the eyes of the all-seeing One; I see perfectly at this time. I have sought and found. No conditions of the past or of the present have any power to limit or environ me, no seeming condition can possibly reach or mar the sight that I am. I am ever and ever all-sufficient in God.

TREATMENT

XIV.

FOR HEALING OF ALL ACUTE DISEASE

Suggested from the allegoric Truth of the second chapter of Genesis, and used successfully by the author in pneumonia, chest troubles and different acute conditions.

A river of God flows out to water the garden now; from thence it becomes into Four heads. Your blood is the first head. This river flows perfectly in every organ and atom of your body. Your blood is a river of God. Its rise and flow is God. It is the blood of God, the blood

of life, the blood of love, of intelligence and power. It is the blood of Christ, free, unobstructed, strong, pure and healthy. The obstructions that seem to be are not real. There is perfect circulation, and you are equalized from head to foot, free in every part.

The second head of this river of God is breathing. God now breathes the breath of life into you. Your breath has its rise and flow in God. There is no obstruction, no congestion. Your breath is the breath of God, of life, of love, of intelligence and power. It is the breath of Christ, unobstructed, strong, pure, healthy and free. You breathe freely, fully, deeply. Nothing binds nor limits your breathing; its power is permanent and unlimited.

The third head of this river of God, whose rise and flow is God, is your perfect digestion and Assimilation. God blends perfectly in you, and God-perfection is expressed perfectly in you now. You are One with God and One with your food, and are receiving, all that you do receive, perfectly, and are giving off or forth perfectly of what you have and are. There is a fourth head to this river of God, which is perfect generation. These all water every organ and atom of your body with the water of life. There is now direct generation from God in you; you are quickened anew from head to foot, and are perfect, whole, complete, healthy, full of the activity of Omnipotent power. You are a living son, radiating intelligence and health. These words of Truth are strength to your body, health to every part, sight to your eyes, and hearing to your ears.

TREATMENT

XV.

FOR PERFECT DIGESTION

“All Thine are mine and All mine are Thine.”

The Glorious liberty of my body is that of a child of God; which is heir of God and joint heir with Christ.

Digestion is Unity of Substance. Its source is God. The food I digest is one with Me. There is no conflict between Me and my food. There is perfect agrément and assimilation. Whether eating or drinking I do all to the glory of God. “I am the bread of Life.” “I am the living bread which came down from heaven.” The bread that I will give for the life of the world is my flesh. By eating my flesh and drinking my blood I identify them with myself, and express therein the life that I am.

By thus eating I dwell in Christ, and Christ dwells in me. This being perfect oneness, I am the Christ; so the law is now fulfilled that I live as the Father lives.

Explanation—Every one who applies this treatment sees that he lives as I live, and that we are entirely free from trying to digest food spiritually or literally supposed to be acquired from a source other than what we are, or what the I am is.

BRIEF SUMMARY

Being is God, is self-existing, the Fullness of the All. Being is not subject to power, life or law. It is all power, life and law. It is not subject to, dominated nor environed by anything. The All in All knows nothing beside, nothing to dominate nor environ.

Being is Inseparable; this proves man to be self-existing, eternal, forever and ever conscious of being in and of the inseparable whole. The inseparableness of the One Whole proves man to be higher than he has, or can ever be placed by human misbelief or mortal misconception. God-idea is with God, and is God, without which nothing is expressed that is expressed. It is the whole of man; it is "Spirit," which is both Soul and Body. It is life, substance, intelligence and power.

Divine Science reveals a higher, broader and deeper nature to man, and to all things, than any previous teaching except that of Christ. It is absolute freedom from the belief of the world's apostacy from God either by a fall a supposition of becoming, a carnal or mortal mind, or a lower self.

There are no elements in matter, so called, of disease, lack or death, and no qualities but what are indestructible, hence eternal. This compels us to see that matter in its essential nature is free from disease, lack or death, and is therefore the direct expression of Spirit. This is the true standard consciousness which knows no corruption; in

which "death is swallowed up of life"; in which the Universe is Spirit substance—One body; "we are all members of the body of Christ."

For sin, sickness, and death to be real or to be any part of man—the unit of Spirit, soul and body—they would have to be qualities of God or elements of indestructible matter; in either case they would be self-existing and eternal.

To see man as Spirit, at one with God, it is essential to see the nothingness of all false beliefs, the nothingness of nothing. To do this one should analyze them perfectly, as it were, and as he sees that no place can be found for them in the self-existing nature of Being, nor in the indestructible nature of the elements of matter, know that they must fade away into their native nothingness. There is no inharmony in expression; inharmony is human misbelief, the want of a knowledge of the perfect expression that is. Misbelief is out of harmony with knowledge. Truth makes free. It proves the One Whole to be free. How shall we dispose of matter in Divine Science? By seeing the truth of it. How shall we find freedom for our bodies? By knowing the truth of them. The Truth of anything is the freedom of it. If there were no truth in body, there would be no freedom of body. But instead there are Truth bodies and bodies free, and we have found them. so let it be.

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