

## A Christian Science Lecture Entitled

### **SCIENCE AND HEALTH: A Book For You, About You**

by  
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#### **INTRODUCTION**

Recently I read a book about the oppression of Romanians under the reign of Nicolae Ceausescu. It told about the restrictive government and the resulting depression and doubt of the people. But the book also brought out that underneath the mental darkness and fear there was a desire for freedom, a kindling of hope and right thought, that gradually increased. And as this kindling of hope grew the people found themselves physically and mentally overcoming the oppression that for decades had bound them.

You know, oppression isn't limited to politics. Sin, sickness, bad relationships, feelings of uselessness, an unhappy family life, or poor health are all forms of oppression. Maybe this is why the search for freedom from these limitations has intensified.

There's an uprising going on. It's a kindling of hope, rising in thought that can't be ignored. And particularly in the US, people are outright digging for a connection between spirituality and health-maintenance.

Many are turning away from traditional medicine to alternative means. Others are mixing these means along with prayer. And still others are using prayer, solely, for their every physical, emotional, and mental need.

Yet, what if someone were to tell you that the solution to oppression - of any kind - has already been discovered. And more, that this solution has been tested, proven successful, and is available to you right here in this bookstore today. It's a solution that is found in the Bible and was demonstrated by Christ Jesus. Yet it wasn't totally recorded until about 125 years ago when it was documented in this book, *Science and Health with Key to the Scriptures*, by Mary Baker Eddy. And, today, many are testing the contents of this book for themselves and finding freedom from their problems.

Have you ever noticed that people are known for what they do. They're identified by the way they act, not just by what they say or write. Famous athletes are known for how well they play the game. Humanitarians are rewarded for their philanthropy. On the other hand, authors and great orators are generally remembered for their ideas - their words.

It's these ideas, outlined in words, that lead us and help us search for something more, something more spiritual to feed that kindling of hope that's burning within. And in your search for answers to everyday questions and to questions that aren't so everyday, there is this book, written for you. In fact, it is about you.

It's about your genuine, spiritual identity. It's about your relationship with God. It's filled with spiritual facts that redeem. *Science and Health* is about you, about me, about everyone, because it teaches us of our indestructible spiritual self.

This book is widely read. The author's philanthropy and her contributions have affected almost every field of study. She's been honored in the National Women's Hall of Fame as "the only American woman to found a lasting American based denomination." She has been called "One of the most powerful, influential and controversial women of the 19th century." It has also been written that she "emerged from obscurity to make an indelible mark on religion, medicine, and journalism."

Bronson Alcott once wrote of *Science and Health* as "one of the hopeful signs of the time." Of Mrs. Eddy he said, "I find her a devoted student of the New Testament, a Christian in the truest sense, an idealist in apprehending the supremacy of mind over matter" (MBE Mentioned Them, 12).

Mark Twain wrote of Mrs. Eddy, "She has organized and made available a healing principle that for two thousand years has never been employed except as the merest kind of guesswork. She is the benefactor of the age" (203).

Mrs. Eddy was controversial - because she went out against the conventional ways of looking at life, at thought, at God. She fought against oppression and made her indelible mark on religion because she felt that pain and suffering is against God's will. She felt that God's love is grander than what we humanly may perceive. She understood His love to be all-inclusive.

As a child, Mrs. Eddy, was frail and often sick. But her family was very religious - they were adherents of the Calvinistic beliefs of the time. Her mother, recognized that Mary naturally and easily turned to God - and had an innate understanding of Him from early childhood. Because of this, and because of the family's religious foundation, Mary's mother often

encouraged her to turn to God in times of sickness - *to lean upon Him*. And when Mary did, she was healed. The result was that from her childhood she began to recognize the power of God to heal, yet there would be years of suffering and sorrow before she fully understood the connection between spiritual right thought and experience.

As a grown woman her kindling of hope grew stronger. All of the things that had suppressed her from having a normal life made her yearn to find something that would permanently heal her. She turned to 'alternative medicine' for help. She educated herself in homeopathy and allopathy. And she practiced homeopathy. She received some relief, but was never permanently healed.

It's interesting however, that during this time she often healed others permanently - solely through her prayers. And because of this her spiritual understanding was being strengthened and cultivated. It was being reinforced to her that prayer to God heals.

Then one evening while on her way to a meeting she received a near-fatal injury - she suffered from a concussion, internal injuries, and possible spinal dislocation. The doctor had given her up to die because he couldn't help her. They called in her friends to wait in the next room and they got her burial clothes together. On this pending death-bed Mrs. Eddy did what was most natural for her to do - something that she had glimpsed throughout the years was the only completely successful and permanent method of healing: she turned to God in prayer. She was led to her Bible. And this time, instead of receiving mere relief like she had with homeopathy and other methods, she was instantaneously healed. Her limbs that were immovable moved, the internal agony ceased and her strength came back. The life-long oppression of sickness and weakness was gone. For once, she was mentally and physically free.

It was soon after this healing that she began writing this book, *Science and Health with Key to the Scriptures*. She writes, "The Bible was my textbook. It answered my questions as to how I was healed; but the Scriptures had to me a new meaning, a new tongue. Their spiritual signification appeared; and I apprehended for the first time, in their spiritual meaning, Jesus' teaching and demonstration, and the Principle and rule of spiritual Science and metaphysical healing, - in a word, Christian Science.... The miracles recorded in the Bible, which had before seemed to me supernatural, grew divinely natural and apprehensible;..." (Ret.25).

So, if the miracles of the Bible seem supernatural or unapprehensible to you, this book, through its elucidation of divine laws can

lead you to a clearer spiritual understanding of Christ Jesus' method of healing. This method is being used today. It's based solely upon God and His relationship to you. And that is why this book is for you - because it is about you. What you learn about yourself, through this book, as God's beloved child can change your life.

I know this because it has changed many lives for the better. In fact, the last one hundred pages are full of testimonies from individuals who were healed simply by reading this book. One person who was healed writes, "I was a great sufferer for many years from internal cancer and consumption (TB of the lungs). I was treated by the best of physicians..., and was finally given up as incurable, when I heard of Christian Science.... In three month's time, I was healed, the truth conveyed to me by this book being the healer, and not only of these diseases, but I was made whole mentally as well" (S&H 610-611).

This healing and thousands of others like it, testify to the fact that the ideas contained in this book change thought from being so matter-based to being God, Spirit, based. And when this change occurs, or as it occurs, it touches every aspect of our lives that our thought touches.

One question that often comes to mind when people hear the words "Science and Health" is: What does science have to do with health? This is a logical question. It's logical because in every aspect of our lives science is thought of as predictable. It's often systematic and orderly. It's based upon principles and laws. In short, it's provable.

Health, on the other hand, appears to be just the opposite. It appears to be unpredictable, always in submission to material laws that are inevitably broken.

But, you know what, the laws of God are systematic. They're based upon principles of divine metaphysics. And when these laws are applied through scientific right thought they conform our lives - they change us - and we learn that health is governed not by matter and its concomitants. We learn that health is governed by our conception of God. And let me tell you something - this kind of healing is going on right now.

Someone once wrote of Mrs. Eddy, "I have known her when she was nearly crushed with sorrow, but she wrote on. I have known her when friend after friend deserted her, but she wrote on. I have seen student after student ridicule and reproach upon her, but, still, she wrote on" (Putney Bancroft).

Mrs. Eddy did write on - for you, for me - for the world. Why? For our salvation from disease, sickness, evil. For our freedom from all oppression. She wrote on because she knew that

what she was writing would heal others of the unneeded suffering and turmoil like she experienced. She wrote on because of that kindling of hope that grew until it finally took over and blossomed into the discovery of Christ Jesus' healing method - a method that solves our problems.

Mrs. Eddy's concept of God is elucidated in this book. Here are some of the things she writes about God:

"The power of God brings deliverance to the captive" (224).

"God is incorporeal, divine, supreme, infinite..." (465).

"God is Love" (302).

"God is intelligence..." (2).

"... God is All-in-all" (331).

"God is indivisible" (336).

And she writes that God is "The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal..." (587).

This is a small sampling of what you'll learn about God if you choose to read this book. The subject of God and His creation is infinite – yet it's easy to grasp, to understand.

You know, the phrase 'Science and Health' is rendered in Wyclif's translation of the Bible 'knowledge of salvation' (1902 p.15:21 - also, Peel, Discovery, 283-284).

Knowledge of Salvation - Science and Health. Mrs. Eddy recorded what she heard and learned from the Infinite. And the result is a book for you, about you - it's for you to add to your knowledge of salvation. It's about your salvation from all wrong that you and your world faces.

Today you and I are not under the binding regime of an unlawful dictator. But many are under the binding restrictions of misconceptions of God and man. And this book, after being put to every test possible - is here for you - to help your kindling of hope grow into full fledged spiritual understanding that will free you from the oppression of the material senses.

Often I receive a packet of materials filled with newspaper articles on different topics. In the front of this packet there's a summary provided by the compilers. And I've noticed, that rarely do I read their summary, I scan it and go on. Why? Because I want to read for myself what the author has said. I'm not always interested in another's summation of a particular topic. You, too, may feel this way. So, don't take my word for it. Go straight to the text and decide for yourself whether or not this book is for you.

It's been written, "No man understands a deep book until he has seen and lived at least part of its contents" (Ezra Pound, The ABC of reading, 1934).

*Science and Health with Key to the Scriptures* is a deep book which is so easy to read. It is deeply spiritual. It is deeply metaphysical - yet routinely practical. It is for thinkers. But, naturally, *that's why it's for you.*