

No Change My Heart Shall Fear

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All is well?? All is well, now? And how about now? Let's stay in the eternal Now. NOW, all is well. NOW is where God is.

To let your thinking go off into the so-called future, and to be anxious about it, is to go without God. So wherever you go, go with God. Know that God is already there. So *only* good is *already* prepared for you. Expect only good. If something comes up that doesn't seem to be good, then it is just an opportunity of application. It's not a problem, but an opportunity of application. It's an opportunity to apply the truths you know now to the opportunity at the very moment it happens.

The topic for today's talk is "No Change My Heart Shall Fear." The word *change* stood out to me in this phrase, so I looked it up in *Webster's 1828 Dictionary*. Here are three of the definitions:

- to put one thing in the place of another; to shift
- to quit one thing or state for another
- to give and take reciprocally

Mary Baker Eddy talks about change 109 times in her writings. When you read through some of the passages, you see a theme emerging—she's instructing us to change from thinking materially to thinking spiritually. For example, "The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind."¹

And this statement: "Even though you aver that the material senses are indispensable to man's existence or entity, you must change the human concept of life, and must at length know yourself spiritually and scientifically."² This is the changing you are being asked to do: change the concept of your life—from the human to the spiritual.

I think the basis of change is in the idea of exchanging. We are being asked to exchange matter-based thinking *for* spiritually based thinking. Let's think in a fresh way about the subject of "weaning," which is a type of change. Often mothers tend to think of weaning as a sad thing—that a child is finally old enough to be weaned from



breastfeeding. But think about it in a new way. Weaning is actually a step-by-step manifestation of greater and greater dominion: the child is weaned from the breast for the bottle; the bottle is weaned for a sippy cup; the sippy cup is weaned for a handled cup; and the handled cup is exchanged for a regular cup, which is then exchanged for a glass.

Each step is always taken *towards* something else that represents a step of progress and dominion.

The child never sees it as something to regret. I remember a friend who wanted to hang onto breastfeeding longer than her child did. When she put him to the breast the last time, he bit her to let her know he didn't want to do this any longer. He wanted more freedom and dominion. And he got it! So let's take a bite out of mortal mind trying to box us in and deprive us of our next steps of dominion.

If we are tempted to feel anxious or fearful about change going on in our lives, then we are looking at life as being materially based. We are looking at it from a false motherhood perspective and not the child's cry of "Let me grow!"

Take a fresh look at Mary Baker Eddy's poem, "Mother's Evening Prayer," for a new glimpse of how to look at your life or the future. It shares several truths that handle

the belief of change and anxiety about your future: “Life divine, that owns each waiting hour...; Love...guards [our] flight...; Keep [me]...on upward wing tonight...; make me glad...for hope deferred...; Wait and love more...and fear no ill...; Lo, I am with you alway.”³

If life is spiritually based, then it has always been, is now, and ever will be harmonious, healthy, and overflowing with abundant good because God is Life. This is the change that you are being asked by God to make—one that looks away from the unreality of matter to the reality of Spirit. When you do this, great good unfolds.

If you are anxious about the future of your own health or life, the life of a dear family member or friend, or even of our country—this is a good clue that you are looking through the lens of matter and through the five material senses for information. From that information, you are forming an opinion about what should be done about it.

Mrs. Eddy does not have very nice things to say about opinions. She says, “In Christian Science mere opinion is valueless.”⁴

Something that has value has a high price or estimation. But something that is valueless does not just have a small amount of value—it is completely without worth, estimation, or importance, and you do not want to spend any of your time or thinking on it.

On page 525 of *Science and Health with Key to the Scriptures*, she couples *valueless* with *baneful*. “Whatever is valueless or baneful, He did not make,—hence its unreality.”⁵ *Webster’s 1828 Dictionary* says that *baneful* is “poisonous, pernicious [*which means killing, destroying, or injuring life and health*], and destructive.” So let’s not be spending ANY time on finding out what someone’s opinion is on your health, on what they think the country should be doing, or on any other topic—or taking time to formulate your own opinions. Why? Because it is all based on matter. And *all* of material existence is a lie—even the good stuff. As Mrs. Eddy says, “sometimes beautiful, always erroneous.”⁶ Go to God for what you need to know: the spiritual facts of existence. “The one Mind, God, contains no mortal opinions.”⁷

Even Elijah said, “How long halt ye between two opinions? if the Lord be God, follow him.”⁸ In other words, if you want to know what the truth is about something, go to the Source, to Truth itself. And inquire, “Okay, Truth, tell me what *You* know to be true about me, or about this situation, or about this person.” And then listen carefully and be receptive to what Truth tells you. It is important to see yourself and the situation as how God sees it.

In *Science and Health*, Mrs. Eddy says, “While age is halting between two opinions or battling with false beliefs, youth makes easy and rapid strides towards Truth.”⁹ One way to handle the belief of age is to claim your freedom from opinions, your freedom from false beliefs, and your receptivity to Truth.

I remember reading an article in which a practitioner noticed that a patient who called him for help every once in a while always had a very quick healing. Over the years, this was the case every time. It impressed him so much that he finally asked her what she did that made such a difference, regardless of the circumstances. She said that she thought the best way to support the practitioner’s prayers was to be receptive to them. So she would pray for about half an hour before she called him for help, affirming her complete receptivity to the truth and knowing that there could be no obstruction or delay to the results.¹⁰

If you find yourself anxious about the leadership of our country, pray for them. On page 14 of *Christian Science versus Pantheism*, Mrs. Eddy has a little article recommending prayer for the leadership of our country. It behooves us to pray for the leadership of any organization that may touch our lives: Arden Wood, our city and state governments, the leadership even of the companies we may have invested our retirement or other funds in.

For example, I pray regularly for the leadership of the company my husband works for, and it’s been quite interesting to see how different issues resolve and harmonize—policies become more enlightened; the financial status is more stable; internal politics that threaten to divide teams or divisions soften, dissolve, and become amicable. The company stocks dipped down this year a bit but are now back where they were a year ago, and the company is back to giving raises and even bonuses.

“This material world [*or economy or human relationship*] is even now becoming the arena for conflicting forces. On one side there will be discord and dismay; on the other side there will be Science and peace. [*So which view will I take? The mesmerized view of discord, and be dismayed by it? Or am I seeing this situation as how God sees it; right where this lie of economic or health downturn seems to be is Science and peace. I need to claim this truth very strongly and consistently, that right here is the presence of the Christ Science at work and its resulting peace.*] The breaking up of material beliefs may seem to be famine and pestilence, want and woe, sin, sickness, and death, which assume new phases [*like this economic downturn*] until their nothingness appears. [*Right here is Truth breaking up*

material beliefs—and not what it appears to be—a discordant situation. So I need to look at the material beliefs and see what they are; I need to detect them as beliefs, and not as person, place, presence, power, or thing. Then I need to reject them firmly, and replace them with their spiritual counterfact and let God take care of the effects of Truth.]

These disturbances will continue until the end of error, when all discord will be swallowed up in spiritual Truth.”¹¹

So I don't need to be concerned or anxious, to take offense, stand aghast, let it fester, or reject the person when these disturbances happen. I just need to recognize that the hand of Truth is breaking up a false material belief and to correct it—in *my* thought. If a problem happens more than once or there are similar patterns of an error happening, I need to recognize that each time it happens I need to get better at seeing it for what it is, the breaking up of a false material belief into nothingness, and to persist until it is gone. Truth is pulverizing it back into dust—into the nothingness that it has always been.

Human methods of problem-solving are a band-aid approach—they never get to the root of the situation, which is that it is a false belief that needs to be eliminated and replaced with the truth. We cannot be tempted to stand aghast at a new phase of the appearance of error because it is simply Truth continuing to expose the material belief for what it is, until we are completely convinced of its unreality. The thoroughness of Truth supports this right effort.

Let me give you an example:

One day I was reaching to an upper shelf in a kitchen cupboard and felt a sharp pain underneath my arm. I felt in that spot and found a large, painful lump there. A flood of fear of all kinds of horrible things that could happen rushed into my thought. However, I quickly made a choice to turn to God and ask Him how I should tackle this problem in order to see it as an opportunity for growing spiritually.

It came to me strongly that I should promptly and persistently replace what I knew to be a lie about my true selfhood with how God created me to be—perfect, whole, and healthy. It also came to me that every single time there was a physical sensation of pain or discomfort, to realize that it was simply another form of a mental suggestion to be replaced with its counterfact. Even the physical appearance of something that is not as it should be is just another form of mental suggestion. So the physical sensation of anything is simply another form of a mental suggestion. If it is truly mental, then this is the method of dealing with it—mentally.

Every time I felt a physical sensation, I translated it into thought and treated it mentally. *Right where this lie of pain and discomfort, disease and matter seem to be is the truth of my being. I am the perfect reflection of the one perfect God. As the expression of divine Life, I am joyous, fresh, dynamic, whole, incorporeal, sinless, sick-less, disease-less, deathless, healthy, and free. I am NOT mortal, passive, malfunctioning, diseased, or imprisoned. God is my Life—creating, constituting, unfolding, vitalizing all aspects of my being. This is the truth of my being and “this truth removes properly whatever is offensive.”*¹² This “Truth is an alternative in [my] entire system and [has made] it ‘every whit whole.’”¹³

During that first day, it seemed as if the physical sensation or mental suggestion of pain came about every two minutes. But I promptly and persistently rejected it and replaced it with the truth. When I went to bed that night I felt confident that I had done a top-notch job as a porter at the door of my thinking and had denied the error access to my thinking each time. This gave me an even greater desire to persist no matter what happened because I was convinced this was the truth, and “Truth is always the victor.”¹⁴ I was actually excited about this divine adventure! Interestingly enough, I was completely without fear because I was so absorbed in accomplishing the goals God had set before me.

The next day, the suggestions of pain and discomfort came about every five minutes. I pursued the exact same approach, standing porter at the door of my thought for every single suggestion. Again, when I went to bed that night I thought over my day to see if there was anything else that needed to be corrected. And there wasn't.

The following day the suggestions came every couple of hours. But not once did I relax in my diligent efforts to detect, reject, and replace. I was just determined to go after this until the last one faded into nothingness.

The fourth day they just came once in the morning, once in the afternoon, and then in the evening. Not once did I give up my post as porter and deal with each suggestion, denying it and replacing it with the truth. Then the next day I actually forgot all about it. A couple of weeks later I was in church on Wednesday evening wondering what testimony I could share. All of a sudden I remembered the incident and felt in that spot under my arm. I realized that all was normal. I stretched out my arm, and I was completely free—there was no pain or discomfort, and it has stayed that way since then. My heart just soared with rejoicing. I felt so grateful for this wonderful lesson and this opportunity to know the power of God better.

It is important that once you have replaced those counterfeits with the counterfactuals that you HOLD to the *counterfactuals*, the truth, without wavering. As you do, you are then seeing things the way God sees them. If you do, you can trust that God's law of adjustment will adjust whatever needs to be adjusted. He will take *total* care of it. I didn't need to know how He was going to do the adjusting—I just knew He would because the truth was the alternative. The healing took place in thought when the weight of my thought was completely in the right scale—with Spirit and not matter.

Demonstrating Abundance

One of the things about demonstrating abundance of supply in your experience is really making it a habit to go to God about everything. And then it is not such a big deal when there is a strong need that comes up—you simply see it as another opportunity, and you go to God, to your Father, who provides all good for you. I have had countless, countless, countless opportunities to witness God at work in this way, with delightful results.

I think another aspect of supply is realizing that God does not need human channels to manifest supply for us. I love the line from Hymn 182, "Make channels for the streams of Love,"¹⁵ and I have often thought about how God has infinite channels to use. Mrs. Eddy says, "Soul has infinite resources with which to bless mankind...if sought in Soul."¹⁶ But then I realized that God doesn't need *any* channels. It is simply thought and inspiration, and it will just appear—like an instantaneous physical healing does.

Let me tell you a story of how this happened in my life.

The day after my first husband passed on some years ago, I made arrangements with the funeral home to take care of his remains. I wrote a check for their services, sure that I had enough in the bank if I did some juggling of the bills, and so probably everything could be paid on time. My mother flew in from Canada within a few hours, and we went on home. When we arrived home, I went through my husband's wallet and took everything out, so that nothing was left in it. Six or seven more times in the next day or so I went through his wallet just to make sure I didn't miss anything, and of course nothing was there. Each time I did this, I made a mental note of its emptiness and wondered why I was doing this.

The next day, I was sitting at the kitchen counter writing checks to pay the bills. My mother was sitting beside me.

As I worked, I began to realize there wasn't going to be enough money. No matter how I figured it, I was at least \$100 short. And I began to be afraid! All I could think of was, *Here it is, only the second day he is gone, and I can't even pay the bills. What am I going to do? Will I lose our house, our car, everything we have?* The fear kept increasing until I felt like the streets of my thinking were becoming a tidal-wave flooded with fear, and the water was gushing through my mental door.

Right through all of this, it suddenly came to me that I had a choice. I could allow fear to rule my life, or I could have dominion over it and let God manifest His love for me in tangible ways that I could use and feel. I chose the latter and knew what I had to do—affirm the truth. I began to vehemently claim that God had always taken care of me no matter what, and this time was no exception. I was so afraid, I even had to pray out loud. I knew my mom was praying, too. Over and over again I affirmed God's presence and power were right here and evident NOW, in this hour of need. I even remember thumping my fist on the counter for emphasis. "Divine Love *always* has met and always will meet every [*one of my*] human need[s]. It is not well to imagine that Jesus demonstrated the divine power to heal only for a select number or for a limited period of time, since to all mankind [*and to me and us*] and in every hour [*including this very hour*], divine Love supplies all good."¹⁷

As I clung to this statement, I could feel the floodwaters of fear begin to recede, and then I began to be filled back up again with *God's* presence. I soon felt filled to overflowing. I *felt* God with me. I felt Him *loving* me. There was nothing but Him! It was so *real* to me! I was completely unafraid, and I was rock solid about trusting God's care of us.

In this glorious state of thought I felt God moving me to leave the kitchen and walking me into the other room where my husband's stripped wallet lay on the desk. I picked it up and looked inside—again. This time there was a brand new, crisp \$100 bill!! As I took it out, it was so crisp and fresh all I could think of was, *God, You've just run this off your printing press!* It didn't even feel as if human hands had ever touched it before.

Next I thought, *How could this have gotten here? No one has been in the house but us. No one has a key to the house but me.* I showed my mom and asked her if she put it there. She replied that she had not had time to get to the bank to get any American money before she left, so no, it wasn't her. I thought that maybe I had missed it in looking in there. But then I remembered all the times

I had checked the wallet, and there was nothing. I also remembered that my husband only got money from the ATM machines in \$20 increments and disliked having money in large bills.

Finally, I just waited and listened, and then God said to me, "This is the extent to which I will go to tell you what I can and will do to take care of you. This is to be your reminder forever, if you are ever tempted to doubt Me again."

Ever since that day, He has delighted me with the amazing ways in which He has supplied our needs. It became a game between us to see how long it would take me to figure out that the strange or amazing supply that had come about was from Him. Once a week for a year after this incident, there was always something. I never knew when it would come, but as I would sit there and try to figure out the human reasoning as to why something had happened, it would dawn on me, *It's that God-thing again!*

It came in the form of checks and cash from dear friends, a \$100 rebate on my gas and electric bill, a \$100 discount on my phone bill. If I didn't ask God what to use the money for and just hung onto it, I wouldn't get any more until I asked Him and applied it to whatever He told me. The next day some new surprise would always come my way. When I went to get the mail each day, I would pray to be directed to open the mail in Principle's order to manifest the spiritual fact that supply and demand are coincident. My favorite surprise was receiving a check in the mail exactly a year later for \$100 from a charity organization with no note of explanation. "What cannot God do?"¹⁸ The continuing pattern, so I wouldn't miss its source, was always in the amount of \$100. I cannot tell you how cherished I felt, how loved, how husbanded and cared for!

Dear ones, over and over again we are told in the Bible and Mrs. Eddy's writings not to fear or be anxious or concerned. Why? Because we can be obedient to this command: "Seek ye *first* the kingdom of God, and his righteousness; and all these things shall be added unto you."¹⁹ And that verse is followed by the command not to accept even one anxious thought or suggestion of lack about tomorrow.

Think about supply and demand as being in perfect balance with each other. They are actually coincident. They are one divine idea, not two. Mortal mind divides everything into two or more. Instead, demand and supply are coincident. "As one learns to let go of personal outlining, planning, push, self-will, and other obstructive

characteristics, he will demonstrate the presence of Truth, Life, and Love as real substance, and his human experience will increasingly manifest health and supply."²⁰

This is why it is important to make it a habit to go to God first, and second, and third. And as you do, you will be in right relationship and feel your oneness with God. And then each day becomes a gift, a present from God. This is your present, to be present with God, where all is well. All will be well, always! 

ENDNOTES

- ¹ *Science and Health with Key to the Scriptures*, Mary Baker Eddy, p.162:9-11
- ² *Ibid*, p. 359:11-14
- ³ *Miscellaneous Writings*, Mary Baker Eddy, p. 389:5, and *Poems*, 4
- ⁴ *Science and Health*, p. 341: 11
- ⁵ *Ibid*, p. 525: 21
- ⁶ *Ibid*, p. 277: 29 (italics added)
- ⁷ *Ibid*, p. 399: 27
- ⁸ I Kings 18: 21
- ⁹ *Science and Health*, p.236: 29
- ¹⁰ "Let Every Heart Prepare Him Room" by Ann G. Jensen, a talk given at the Annual Meeting of the Peninsula Visiting Nurse Service for Christian Scientists, Inc., October 12, 2008
- ¹¹ *Science and Health*, p. 96: 12
- ¹² *Ibid*, p. 463: 13
- ¹³ *Ibid*, p. 371: 30
- ¹⁴ *Ibid*, p. 380: 4
- ¹⁵ *Christian Science Hymnal*, Hymn No. 182
- ¹⁶ *Science and Health*, p. 60: 20 (italics added)
- ¹⁷ *Ibid*, p. 494: 10 (italics added)
- ¹⁸ *Ibid*, p. 135: 20
- ¹⁹ Matthew 6: 33 (italics added)
- ²⁰ *Christian Science Sentinel*, Jan. 28, 1950. "Supply and Demand" by Thelma Maske

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