



Seeing clearly: how sight can be restored through spiritual vision

Janet Clements

Janet Clements, a Christian Science practitioner and teacher, was the guest on this Sentinel audio chat. Janet began the chat with some opening comments, and then came questions submitted online by listeners. This excerpt has been edited for publication. To hear the whole chat, go to sentinel.christianscience.com/seeing-clearly.

How comforting are Christ Jesus' words to the blind man Bartimæus: "Receive thy sight" ([Luke 18:42](#)). That word *receive* means "to accept" and "to embrace." Jesus was saying to the blind man to accept and embrace the fact that he already had his sight, and that it had never really been lost.

The Bible says that Bartimæus immediately received his sight. So, without any hesitation, he embraced his clarity of sight, his God-given spiritual perception, and he glorified God. In healing the man, Jesus saw him not as a hopeless mortal, but as God sees His creation—and this spiritual view brought restoration. This was the activity of the healing, loving Christ, revealing man's oneness with God and therefore man's wholeness and perfection.

Healing is about seeing the same way that God sees and perceives His creation. This seeing of Spirit is described in the opening verses of Genesis: "The spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good" ([1:2-4](#)).

Seeing is about light. Without light, we can't see what is present. If we go into a dark room, the objects in the room are not clearly defined, but if we turn on the light, their characteristics are clearly seen. God is an everlasting light, and that divine light forever illumines the universe. The light that God saw reveals His own goodness, which is expressed individually in each of us.

A little further in Genesis it says, "And God saw every thing that he had made, and, behold, it was very good" ([1:31](#)). So, we could say that beholding good is the activity of the all-seeing divine Mind. Mind perceives the goodness of everything it made, cherishing the beauty, form, outline, color, and every quality that distinguishes each idea of creation (see Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. [247](#)).

Jesus said, "When thine eye is single, thy whole body also is full of light" ([Luke 11:34](#)). When our vision is in union with God's sight, then we can see clearly the good that God sees.

There is really only one source of seeing—that is Spirit, God. So, when it comes to problems with vision, the understanding of where true sight comes from can make a healing difference, and we, like Bartimæus, can receive our God-given sight.

Question: I've been myopic ever since the age of eight, and I can't walk around without my glasses. I would love to experience the freedom that a right understanding of God would bring. However, I just don't know how to pray in Christian Science about this situation. I would be very grateful if you could share how you would pray to heal this condition.

Janet: There are probably many ways you could pray, but here's one thought to pray about. You said that you've been myopic since the age of eight. I love to think about the story of Nicodemus, who was a Pharisee; he "came to Jesus by night," and said to him, "We know that thou art a teacher come from God: for no man can do these miracles that thou doest, except God be with him" ([John 3:2](#)). Jesus explained how he did the miracles when he said, "Except a man be born again, he cannot see the kingdom of God" ([John 3:3](#)). So, he was saying that healing has a connection with our source, God. To be healed and to heal, we must be born again.

Jesus said: “The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit” ([John 3:8](#)). Because you’re born of the Spirit, you don’t have a beginning in matter, or an ending in matter. You’re spiritual—you’re of God, and you coexist with God. When we see our divine origin, and that we’re spiritual here and now, then we can see the kingdom of God.

I would pray about being born again, seeing that your heritage is of God—that the beautiful, the good, and the pure constitute your ancestry (see *Science and Health*, p. [63](#)). That ancestry is pure and perfect, and part of that heritage is the ability to see with clarity.

Many people wear glasses. How can we overcome the generally accepted belief that poor eyesight is common and to be expected, especially as one grows older?

God’s sight is never diminishing, so if we’re the reflection of God, our sight can never diminish either. Sight is forever permanent.

I love to think about the encounter that Moses had with God when he came to Mount Horeb. A bush was burning. It was throwing out light and heat, and yet the substance of the bush was not diminishing.

Moses took a moment to look at this phenomenon, and God called to him and then said, “Put off thy shoes from off thy feet, for the place whereon thou standest is holy ground” ([Exodus 3:5](#)). I’ve always thought that incident revealed to Moses to some degree the inexhaustible, indestructible, ever-operative substance of Spirit. No matter how much this substance of Spirit is expressed, it never diminishes. The “holy ground” Moses was standing on was the foundation of Spirit.

I believe Moses took that vision or perception of the indestructible nature of true substance with him throughout his entire 40-year journey in the wilderness. The Bible says that the children of Israel walked for 40 years, but their clothes didn’t wear out (see [Deuteronomy 8:4](#)). They had everything they needed, and after that time was over, Moses’ eyes were clear—undiminished (see [Deuteronomy 34:7](#)). We, too, can expect our sight to evidence the permanent, indestructible law of Soul, and not to diminish.

I've been nearsighted all my life. Recently, an optometrist said he couldn't give me better glasses. He added that it looked like I was starting to get cataracts. I can't shake the fear that my vision is just going to get worse. Any thoughts?

One thing you might think about is the prediction that your sight is going to go a certain way. There's only one lawgiver, and that's God. There's only one will, and that's God's will. So there's no will of matter or disease, no will of the flesh, no will of a medical prediction that can usurp divine will and the law of God. If sight is spiritual, it's unlimited, so it's not boxed in within any limitations of matter. Sight is an infinite capacity, or faculty, and it operates as such.

You said an optometrist couldn't give you better glasses, or lenses. But the word *lens* means something that facilitates and influences perception. You might say that a glass lens would facilitate your perception, but you could also think about the lens of Spirit. Mrs. Eddy says, "... how is man, seen through the lens of Spirit, enlarged, and how counterpoised his origin from dust, and how he presses to his original, never severed from Spirit!" (*The First Church of Christ, Scientist, and Miscellany*, p. [129](#)). How wonderful to think that you are never separated from Spirit and Spirit's perceiving of all creation as very good and beautiful.

The false perception that man is material, or of the dust, goes back to the Adam and Eve myth that begins in the second chapter of Genesis. In that myth, the serpent tempts Eve and says that if she eats of the tree of knowledge of good and evil, then her "eyes shall be opened" ([3:5](#)). But Mrs. Eddy says that instead of opening her eyes, eating from this tree "closed the eyes of mortals to man's God-given dominion over the earth" (*Science and Health*, p. [165](#)).

At the heart of all problems with sight is the belief that our sight is in matter, and that we can see both good and evil. That misperception needs to be lifted off to see that man, as the child of God, is spiritual, perfect, and free, seeing as God sees.

Please advise a blind person on how to proceed with Christian Science treatment.

I have a letter that Mrs. Eddy wrote to a student, Clara Choate, who was treating somebody who was blind. Mrs. Eddy said: “Remember that sight is only an admission; it is only this—‘I see;’ remember that a loss of sight is only ‘I do not see’—it is only what mortal mind says about it. Now bend this mind to admit what you say is true—and you contend as stoutly and believe it as strongly that they *do see* and you have got the case. You must first conquer your own doubt and then you can conquer their fear. Make it real to yourself that they are perfect in all the faculties and that the eye cannot help them or hinder them from seeing....

“Never allow *yourself* to think anything material can *hurt them* or help them; watch yourself here. Remember all is *Mind there is no matter*” (Eddy to Choate, August 1878, L04074, The Mary Baker Eddy Collection).

It’s wonderful to think that when we’re healing someone who is blind, like when Jesus was healing blind Bartimæus, the healing is really just a shift of thought. Jesus didn’t do anything to Bartimæus’ eyes. Jesus told Bartimæus to embrace that which he already had, and the light of the Christ broke through that blindness of mortal thought to reveal man’s present perfection.

You are never separated from or blinded to your oneness with God. Mrs. Eddy says, “The indestructible faculties of Spirit exist without the conditions of matter and also without the false beliefs of a so-called material existence” (*Science and Health*, p. [162](#)). In healing, we’re not trying to make matter better in order to see. The indestructible faculties of Spirit exist—they are already present. When we see that, we see perfectly—we see man reflecting God’s sight.

What if you feel like, as a Christian Scientist, you have to “see” everything perfectly before you can experience a healing of a sight difficulty? It seems like a pretty tall order.

We’re all working on seeing spiritually, aren’t we? Jesus said, “Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest” ([John 4:35](#)).

A harvest is all about light. You've got to have four months of light, and then you're going to have the harvest. Sometimes we think we're going to have so much time of spiritual insight, and then we're going to be able to see clearly. But Jesus says, "Lift up your eyes, and look on the fields; for they are white already to harvest."

So, to me, he's saying that if harvest time is here, then the spiritual light needed for that harvest, or healing, is also here—the light of understanding, the light of Truth, the light that God sees. We don't need to build up this understanding, or gain a certain amount of spiritual light, in order to see. Our sight is already here! It is God's gift to us.