



Severe cold gone instantly

Jeffrey Clements

A few years after college, when I had been practicing Christian Science for only a few months, I was a counselor on a horse ranch, which also cared for a group of 21 emotionally disturbed teenagers. It had been raining for a week; the kids in my cabin had been acting up; and I was suffering from a bad cold.

The pediatrician who owned the ranch was due to visit the next day, and I was worried about him seeing me so obviously ill. He was well aware of my interest in Christian Science and knew that it had resulted in both of the other counselors and several of the kids attending church and Sunday School at a nearby Christian Science Society.

After lights-out in our cabin, I read that week's Bible Lesson from the *Christian Science Quarterly* under the covers. Then I turned off my flashlight and prayed, "Father, what do I need to see that would allow me to be healed?" Listening expectantly, I completely yielded to God.

Suddenly a light flooded my consciousness, and I heard clearly these words: "It's not you." I understood for the first time that a mortal, or even a human, sense of myself was not the real me. Any baggage—mistakes, bad habits, and consequences—had nothing to do with my true selfhood as God's child, forever spiritual and perfect.

I felt reborn in that moment and was instantly healed. All congestion, pain, fear, and sense of burden were completely gone. Filled with joy, I rolled over and had a peaceful rest.

The next morning I awoke to sunshine, a cabin full of reasonable kids, and a sense of dominion that carried the day with the doctor and carried me forward in my life as a Christian Scientist.

Anyone can shed the false belief that we are boxed in—stuck in a perception of life as defined by matter. Each of us can realize “It’s not you” and experience healing and progress.

Jeffrey Clements

Evanston, Illinois, US

© 2022 The Christian Science Publishing Society.
Models in images used for illustrative purposes only.