



Soul, body, the Holy Ghost—and healing

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From the August 2016 issue of *The Christian Science Journal*

Sometimes ideas converge in a new and inspiring way that brings spiritual light right at the moment we need it. Recently, while flying at 38,000 feet on a transatlantic flight, I had an insight about the relation between Soul, body, and the Holy Ghost that brought about an instantaneous healing.

I had been sleeping during the flight, but woke up suddenly, feeling very ill. Every function of my body seemed off-kilter, and I was extremely weak. Turning immediately to prayer to honor the presence of God's loving care for me, I quietly listened for divine inspiration. What came together in thought was that body—meaning our real, spiritual identity—is a spiritual idea, not a material medium for disease. It is Soul's, God's, expression, under the control of the Holy Ghost. I saw the Holy Ghost as the all-encompassing action of God's supreme law, which animates, governs, and sustains the unbroken and eternal harmony of all real being. I embraced this divine message completely and felt the holy presence of God's love and peace. Immediately, I was free and in good health!

Healing comes about from fresh, spiritual views enlightening human consciousness—views entirely separate and different from the material picture. On the plane, the divine inspiration that appeared vividly in my thought reversed the distressing evidence that my body had become dysfunctional.

Three healing ideas had come to my rescue:

First: Soul, God, creates and endows every individual idea in His universe with a unique and beautiful identity.

Second: Our true identity, or body, is Soul's individual expression—not existing apart from God, but rather living in and being lovingly maintained by Soul.

Third: The Holy Ghost—divine Science, or the law of God—maintains the harmonious action of the body.

Soul as the source of identity

The real body, or the man of God's creating, is the reflection of Soul in all its glorious spiritual artistry. It is the conscious embodiment of every divine quality—expressing the substance and activity of Soul's completeness, freshness, health, and strength. And it is as immortal as Soul!

Our spiritual identity, or body, exists to fully glorify God in unique ways. Soul's qualities are forever manifested through us, as us. Soul informs us of our true status, the perfect and free embodiment of Soul. Mary Baker Eddy writes, "Rightly understood, instead of possessing a sentient material form, man has a sensationless body; and God, the Soul of man and of all existence, being perpetual in His own individuality, harmony, and immortality, imparts and perpetuates these qualities in man,—through Mind, not matter" (*Science and Health with Key to the Scriptures*, p. 280).

Body as the expression of Soul

Every aspect of body, or spiritual identity, is governed by Soul, permeating and harmonizing even the minutiae of being, maintaining the freedom and unity of all creation. Health is our expression of divine completeness, which exists without interruption or limit.

God, infinite and omnipotent good, lovingly provides everything requisite for our well-being now and forever. In reality, we are neither defined by nor given charge of a mortal body, and no opposing power exists to add to or take from our Soul-created identity. There is nothing to fear in the body when we see body as the expression of Soul's holiness. Of this spiritual body, the Bible tells us, "All the building fitly framed together groweth unto an holy temple in the Lord" (Ephesians 2:21).

The Holy Ghost and the body

The Apostle Paul writes: "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? ... glorify God in your body, and in your spirit, which are God's" (I Corinthians 6:19, 20). As the temple of the Holy Ghost, Soul's expression evidences the presence and activity of divine law. Like the synchronization of the intricate parts of a watch, the unifying action of the Holy Ghost regulates God's expression. This infinite power systematizes, coordinates, and unfolds every action in perfect order as one perfect whole. Just as

the word *system* means union of action, so all action of the body is the harmonious expression of God and His qualities. Body is not divided into parts, but is a spiritually cohesive compound idea. In the rhythm of the perpetual law of Soul, no idea functions too fast, too slow, or not at all.

Understanding that brings healing

Science expresses the unending development and unfoldment of eternal Life, and when understood, it acts as a law of resuscitation to the human sense of being and health. The Holy Ghost holds every aspect of our body, our true being, in perfect position, perfect action, perfect form, and perfect function forever. The source of all activity is in Mind, and Mrs. Eddy refers to Mind's effect in human experience: "Mind is the natural stimulus of the body, but erroneous belief, taken at its best, is not promotive of health or happiness" (*Science and Health*, p. 420).

"Erroneous belief," or the mortal sense of body, is a mental product, externalized as a material body. It is much like the belief in a flat earth of centuries ago. The *object* called a flat earth and the *belief* in a flat earth were one and the same. When the mistaken concept was corrected with the truth, the object of that thought ceased to be perceived as reality. In fact, a flat earth never existed, in spite of appearances, for it was just a misperception of the round earth.

In the same way, the mortal body is the objectified misperception of man's true being, or body. When that misconception is corrected with the truth of being, the human body is found to be healthy. The earth didn't need to be changed from flat to round—it just needed to be seen correctly. So we need to see our true and only body, or existence, as always harmonious as Soul's reflection.

Mrs. Eddy shared this observation: "Every material belief hints the existence of spiritual reality; and if mortals are instructed in spiritual things, it will be seen that material belief, in all its manifestations, reversed, will be found the type and representative of verities priceless, eternal, and just at hand" (*Miscellaneous Writings 1883–1896*, pp. 60–61).

The material body and its elements are a misperception of a divine idea, our real identity "just at hand." The real body consists solely of spiritual ideas bestowed on man as Mind's reflection. What body requires, it includes spiritually. For example, body includes the right idea of sight as spiritual discernment, hearing as spiritual understanding, and breath as the inspiration of the Almighty. All the material systems that claim to control the physical body—respiratory, circulatory, digestive, muscular—come under the harmonious government of divine Mind, as we understand that every aspect of man's being is of Mind's creating, expressing Mind's distinct and supreme purpose and harmony.

Today, the mortal model of body is constantly held before human thought. Opinions abound as to how to best control or improve the body: eating right, exercising, or taking supplements, for instance. But these only accommodate a limited, matter-based sense of body, exchanging one mortal belief for another.

To heal a discordant condition, we must reject the commonly accepted concept that the material body is the actual reality of our being, and see it as an objectified condition of mortal belief. When we have identified it as a false mental concept, we can then replace this false sense with the spiritual reality in consciousness. This brings about a restoration of harmony, because the right sense of body is a law of healing to the belief of an inharmonious body.

Mrs. Eddy explains: “Knowing that Soul and its attributes were forever manifested through man, the Master healed the sick, gave sight to the blind, hearing to the deaf, feet to the lame, thus bringing to light the scientific action of the divine Mind on human minds and bodies and giving a better understanding of Soul and salvation” (*Science and Health*, [p. 210](#)).

What does the understanding of this fact do to the suggestion that disease, pain, accident, or infection govern the body? Or that changing variables like age, food, or exercise affect the body and its prospects? Just this: When we clearly perceive the spiritual reality of our being, this truth neutralizes and destroys those inharmonious beliefs, rendering them null and void.

Christ Jesus once said to his disciples, “Receive ye the Holy Ghost” ([John 20:22](#)). In healing we do just that. Our receptivity to the eternal fact that the Holy Ghost, divine Science, is already governing our body makes healing certain. Realizing that we are God’s, Soul’s, idea brings evidence of the harmonious action of the Holy Ghost. Rejoicing that we reflect Soul gives us the God-empowered authority to destroy mortal beliefs about the body. Seeing our true body as whole, complete, and inviolate, admitting of no intrusions, replaces discordant symptoms with health and holiness. Accepting this truer sense of body as Soul’s expression, we find the great inheritance of harmony and well-being.

These ideas, and the spirit of Love behind them, are what I glimpsed on that flight at 38,000 feet. How comforting to know that wherever we are, the right sense of Soul, body, and the Holy Ghost can bring healing.

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