

New Thought Medicine 5.0™

LIFE LESSONS 5.0™ and HEALTHY LIBRARY 5.0™

REVEAL ~ TRANSFORM ~ BE

www.newthoughtmedicine.com/lifelessons



Sickness Has No Power

HEALTHY s101

Wayne McDonald, R.Sc.P.

newthoughtmedicine.com/lifelessons

Preface

Sickness is viewed not as a power in itself but as an effect—a physical manifestation of a subjective belief, disharmony, or "mental image" held in the subconscious.

Theme:

Sickness has no power of its own; it reflects accepted thought.

Lesson

There is only one Power in the universe, and it is forever expressing life, harmony, and wholeness. This Power does not create disorder, nor does it impose limitation. It simply responds to the impressions it receives through consciousness.

What we call sickness is not a power opposing life, but an effect appearing in the body. It is the outpicturing of subjective states—beliefs, fears, or mental images that have been accepted, often without awareness. These impressions, held within the deeper mind, take form through the Law of Cause and Effect.

It is important to understand that sickness has no intelligence, no intention, and no authority of its own. It cannot act independently. It is not a force to be feared, but a condition to be understood. When we believe it has power, we unknowingly give it influence. When we recognize it as effect, we reclaim our creative authority.

Healing is not the overcoming of a power, but the revealing of Truth. It is the natural result of aligning thought with the wholeness that has always been present. As we accept this wholeness, we allow Life to express itself freely, without obstruction.

Sickness has no power—but thought does. And as we choose truth, harmony, and life, we set in motion the cause that must produce a corresponding effect.

Meditative Thought

I recognize one Power, and it is the power of Life.

I release all belief in conditions having authority over me.

Affirmation

I am governed by the perfect Life within me.

As I accept wholeness in consciousness, my body reflects harmony and health.

Spiritual Practice

Today, notice any tendency to give power to appearances.

Gently affirm: "This condition has no power—only Life has power."

Rest in this truth, and allow your thought to align with wholeness.

Medical Disclaimer: This content is not medical advice; consult a professional.

Copyright © 2026 • Wayne McDonald • www.newthoughtmedicine.com • All Rights Reserved.