

New Thought Medicine 5.0™

LIFE LESSONS 5.0™ and HEALTHY LIBRARY 5.0™

REVEAL ~ TRANSFORM ~ BE

www.newthoughtmedicine.com/lifelessons



The Nature of Disease

HEALTHY s102

Wayne McDonald, R.Sc.P.

newthoughtmedicine.com/lifelessons

Preface

Very few diseases are truly inherited; what is passed on is a subjective receptivity to certain conditions. The body is an instrument—an effect—responding to the directive power of thought. Disease is an impersonal thought force, a belief arising from forgetting our unity with God.
Science of Mind, Ernest Holmes

Theme:

What is inherited is not disease, but a tendency of thought to accept it.

Lesson

Within the deeper understanding of Life, we come to recognize that the body is not a self-directing power, but an instrument through which consciousness expresses itself. It is acted upon; it does not initiate action.

It has often been observed that very few diseases are truly inherited. What is more commonly passed along is a subjective receptivity—a mental and emotional tendency to accept certain conditions as possible or even inevitable. This receptivity, held within the subconscious, becomes the pattern through which the body responds.

The body faithfully mirrors the activity of thought. It is not the cause, but the effect. Just as a musical instrument produces sound according to the one who plays it, so the body reflects the direction given by consciousness. Thought is the player; the body is the instrument.

The Law of Mind does not question, judge, or resist. It simply accepts the impressions given to it and brings them into form. If the mind holds a belief in limitation, vulnerability, or inherited weakness, the Law acts upon that belief. If the mind accepts strength, wholeness, and vitality, the Law responds in kind.

.As we consciously accept the truth of our being—that Life within us is whole, complete, and self-sustaining—we shift the inner pattern. And as the pattern shifts, the body must respond.

Meditative Thought

I recognize my body as a faithful expression of my consciousness.

I release all inherited patterns that do not serve my wholeness.

Affirmation

I am not bound by past beliefs or inherited tendencies.

I accept the wholeness of Life within me, and it expresses as perfect health.

Spiritual Practice

Today, notice any belief that suggests limitation or inherited condition.

Gently affirm: "This is not my truth. I am whole, free, and complete."

Allow this new recognition to settle deeply into consciousness.

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

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