

New Thought Medicine 5.0™

LIFE LESSONS 5.0™ and HEALTHY LIBRARY 5.0™

REVEAL ~ TRANSFORM ~ BE

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Creating Health

HEALTHY s105

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Preface

Healing is not about "creating" health, but about realizing the essential divinity already present and clearing away the mental impressions that block that realization. By changing the way one thinks about a condition, the Universal Law reacts to create a new, better objective experience. *Science of Mind*, Ernest Holmes

Theme:

Health is revealed as we remove the thoughts that obscure it.

Lesson

There is a perfection already established at the center of our being, a divine wholeness that does not need to be created, improved, or earned. It simply is. What we call health is the natural expression of this inner reality.

When we speak of creating health, we are not bringing something new into existence. Rather, we are uncovering what has always been present by releasing the mental impressions that have obscured it. These impressions—formed through fear, doubt, or belief in limitation—act as veils over the truth of our being.

The body, as an instrument, reflects the ideas held in consciousness. It does not determine its own condition, but responds to the direction given by thought. If thought is filled with concern, resistance, or identification with a condition, the body mirrors that experience. If thought is aligned with truth, the body reflects harmony.

Healing begins with a shift in awareness. We turn from the appearance to the truth behind it. We recognize that health is not absent—it is simply unrecognized. As we accept the presence of wholeness within us, we begin to dissolve the mental patterns that have concealed it.

As this new pattern is accepted, the Law responds. The body reorganizes, conditions shift, and what was once hidden becomes visible. Health is not created—it is revealed.

Meditative Thought

There is a perfect Life within me now.

I allow this Life to express itself in wholeness and harmony.

Affirmation

I am already whole, complete, and well.

As I release limiting thoughts, my true nature of health is revealed.

Spiritual Practice

Today, notice any thought that identifies with limitation or condition.

Gently shift your awareness to wholeness by affirming:

"Health is present within me now."

Rest in this awareness and allow it to deepen.

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