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Disease is Impersonal

HEALTHY s106

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Preface

Disease is an impersonal thought force operating through people, which does not belong to them at all. Recognize that it is neither person, place, nor thing; that there is no law to support it; that it is a coward, fleeing before the Truth; that there is nothing but the Truth.

Science of Mind, Ernest Holmes

Theme:

Disease has no personal identity, no law, and no true power.

Lesson

There is but one Life, one Truth, one perfect Reality expressing everywhere. This Reality is whole, complete, and harmonious. It knows nothing of limitation, nothing of disorder, and nothing of disease.

What we call disease is not a personal condition belonging to us. It is not self-created in the sense of ownership, nor is it an entity with intelligence or purpose. It is impersonal—an appearance formed through thought, operating as a pattern within consciousness, but not rooted in Truth.

Disease is neither person, place, nor thing. It has no law to sustain it, no principle to uphold it, and no permanence to maintain it. It is not anchored in Reality; therefore, it cannot endure when confronted with Truth. It is like a shadow that disappears in the presence of light.

The mistake is not that disease exists as a power, but that we may believe it does. When we accept it as something real, personal, or authoritative, we give it a seeming place in our experience. Yet the moment we withdraw this belief and recognize the Truth, the illusion begins to dissolve.

Let no fear enter the mind, for fear gives form to illusion. Instead, let there be a quiet confidence in the Reality of Life. Truth is the only presence, the only power, the only condition.

And in the presence of Truth, all else fades away.

Meditative Thought

There is only Truth, and it lives within me now.

All appearances of limitation dissolve in this realization.

Affirmation

I am one with the perfect Life that knows no disease.

I accept only Truth, and my experience reflects harmony and wholeness.

Spiritual Practice

Today, when faced with any appearance of limitation, gently remind yourself:

“This is not personal, and it has no power.”

Then affirm the Truth of Life within you—calmly, confidently, and without fear.

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