



MASKS or Metaphysics?

healing fundamentals

Slowly she let this Truth sink into her conscious mind and take hold. She wrote, “I was supposed to be dying of tuberculosis, a disease that was supposed to belong to my father’s family. My first teacher spoke the word: ‘One is your Father, even God. He is your heredity parentage – only what belongs to God belongs to you.’ The truth came to me, a great revelation, showing me that I am a child of the one whole and perfect mind, created to express the health that *God* is.”

Myrtle Fillmore

From *Mother of Unity* - Thomas Witherspoon

And call no one your father on earth, for you
have one Father – the one in heaven.

Matt. 23.9

Be perfect, therefore
as your heavenly Father is perfect.

Matt. 5.48

So God created mankind in his own image,
in the image of God he created them.

Gen. 1.27

Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

1 Cor. 2.12

I can never for one instant be separated from the life activity of God. God lives in and as me. I depend on Spirit for every breath I draw. My body is the soil in which God's life is planted. My mind is the light for which God supplies the oil.

Charles Fillmore

Our real body is created by God as an Idea. There is a divine idea body within all persons. It is a spiritual pattern of a perfect body. We function in a physical form which is an outpicturing of our current level of consciousness under the law of mind action.

Unity School – *Metaphysics 1*

That which manifests sickness in the body is the human consciousness, which through lack of understanding of how the law of mind action works has accepted thoughts contrary to the original divine plan and these in turn have reproduced conditions of like character in body and affairs.

Emilie Cady - *Lessons in Truth*

If we want to manifest health, we must think on the life idea, build a concept of it, and see it manifesting in us as health. Then the law (“let it be done to you according to your faith”) will work for us to bring about health in the body.

Unity Correspondence School – *Series 1, Lesson 2*

Whatever we put as seed into the subconscious soil
will eventually bring forth after its kind.

Charles Fillmore

Your physical body is the truest reflection of the beliefs that you hold of anything in your experience. You have the ability to deliberately project thoughts that have a beneficial effect on your physical body. The more you practice good-feeling thoughts, the more you will allow unhindered cellular communication and the more your physical body will thrive. To train your thoughts to higher frequencies, you have only to release the resistant thoughts that introduce the resistance. In the absence of those resistant thoughts, your Vibration naturally rises.

Esther Hicks – *Getting Into the Vortex*

I began to teach my body and got marvelous results. I told the life in my **liver** that it was not torpid or inert, but full of vigor and energy.

TRUE FOR MY LIVER TOO!

I told the life in my **stomach** that it was not weak or inefficient, but energetic, strong and intelligent.

TRUE FOR MY STOMACH TOO!

I told the life in my **abdomen** that it was no longer infested with ignorant ideas of disease, put there by myself and by doctors, but that it was all a thrill with the sweet, pure, wholesome energy of God.

TRUE FOR MY ABDOMEN TOO!

I told my **limbs** that they were active and strong.

TRUE FOR MY LIMBS TOO!

I told my **eyes** that they did not see of themselves but that they expressed the sight of Spirit, and that they were drawing on an unlimited source. I told them that they were young eyes, clear, bright eyes, because the light of God shone right through them.

TRUE FOR MY EYES TOO!

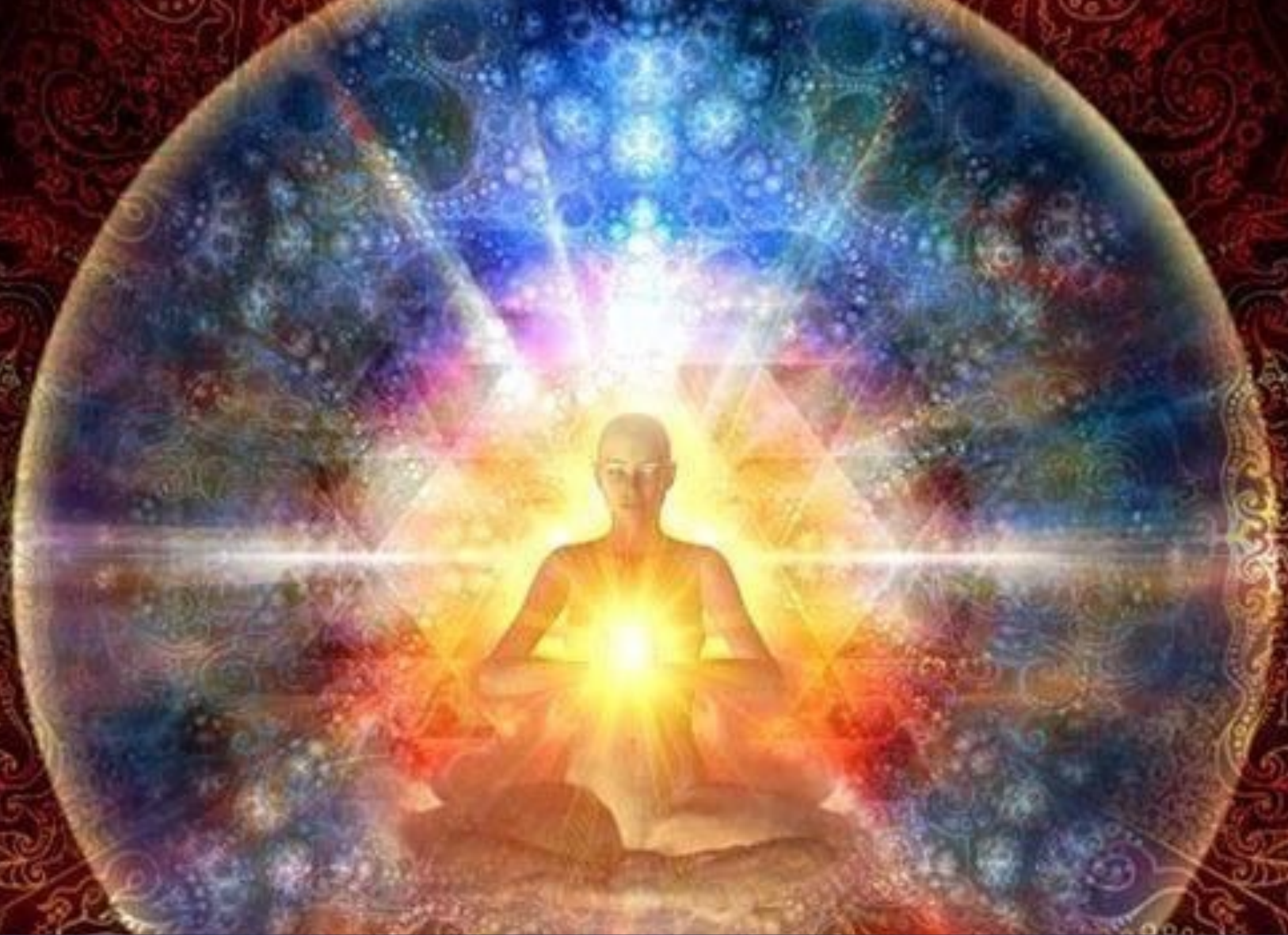
I told my **heart** that the pure love of Jesus Christ flowed in and out through its beatings and that all the world felt its joyous pulsation.

TRUE FOR MY HEART TOO!

I went to all the **life centers** in my body and asked their forgiveness for the foolish, ignorant course that I had pursued in the past, when I condemned them and called them weak, inefficient and diseased. I spoke words of Truth to them – words of strength and power.

**TRUE FOR ALL MY LIFE CENTERS TOO!
I do not become discouraged at their being slow to wake up, but keep right on, both silently and aloud, declaring the words of Truth until the organs respond.**

Myrtle Fillmore – *Unity Magazine, Aug. 1899*



**I now express the Divine Idea of
Health and Wholeness in my being.**