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Finding One's "Entry Point" into the Healing Practice

People of every nation cry out to feel the Mother-love of God and the benefits that arise from understanding their relationship to God. Prayer by a Christian Science practitioner will enable those who are asking for healing to feel God's love, and to experience the resulting sense of wholeness through God's presence, in so many areas of life.

Many people reading this article will have benefited over the years from the dedicated work of Practitioners – of those already established in this practice of Mind healing. Some readers will be cherishing a desire to undertake this activity themselves but may find that the demands of daily life make them feel unable to commit themselves to it sufficiently.

Our love and compassion for our brother man evidences our love for God - and is a sound basis from which to go forward in our desire to begin taking cases in the healing practice. Eleanor Roosevelt, the past American First Lady and a stalwart humanitarian, encouragingly said, 'You must do the thing that you think you cannot do'. Regardless of any obstructive mental opposition, with its suggestions of inadequacy, we should anchor our desire in that "secret place of the most High" ⁱ where it can be safely and harmoniously worked out with God, proving that our inner spiritual strength can achieve righteous desires.

How does one break free from the routine of modern day demands to embrace this work? The following illustrations show how one can reach beyond limitations and achieve what one desires.

How can we handle this inner resistance to our desires? When young children are being taught how to learn, it can be helpful to observe what their aptitudes are or where they seem to excel, and to build upon those starting points. Even when adults are learning new skills, such as the use of computers - something that can enable them to communicate more effectively and rapidly - there may be a fear of getting started. Their untested capabilities might prove to be insufficient, they may be embarrassed at their ignorance or concerned at the amount of effort involved in overcoming this block to their path.

A friend of mine who is extremely proficient with computers often helps others to break through the barriers that would cripple them with fear and prevent them from

progressing even past the first learning steps. She mentally recognises the inherent spiritual capacities that are already present in them, and that can enable them to meet and master the fear that would restrict their freedom to communicate.

At one time, my friend received a request from someone who had to use a computer in her work but did not find it at all easy to master the initial basic steps. My friend used a similar method to the one I described above which can help children to progress. She looked for the important 'entry point' within her friend's experience, where she could comfortably communicate the basic steps needed and her friend would not be afraid to move forward. The 'entry point' for this exercise happened to be the hobby of photography, which she loved very much. This entry point into using the computer worked well because she was eager to learn how she could reproduce good pictures on the computer. Success came as she became proficient in producing the pictures and she realised that there was no reason to be afraid of the computer.

As my friend told me this story, I immediately linked this method of learning with the desires of so many students studying spirituality, who desire to help and heal others and move forward into the daily practice of spiritual healing. For many, in the initial stages it would seem difficult to make the commitment to these important steps, but the deep, heart-felt desire to heal the suffering of one's brother man is a powerful force that cannot be halted.

How does someone discover their own unique 'entry point' to begin the healing work? Almost everyone has something that they feel compassionately about. I have one friend who has no children of her own but has a special love and deep feeling for all the children of the world. I suggested to her one day that this was her 'entry point' into her spiritual practice, by giving specific prayer for all the children of the world. That she knew how to love them by seeing and respecting each child's spiritual identity as never outside of God's everpresent love. She also understood that the practices and fears produced by old traditions and cultures held these children in bondage, and therefore needed mentally addressing daily. Her love for God and His precious children is a sound basis for her progress in this work.

Another friend, who diligently worked for many months, taking a few hours at weekends in a shared Practitioners' office, was having difficulty in her own business life. We discussed the human view, that business is sometimes limited because those involved believe it to be governed by fearful reactions to the money markets and other irrational forces. We saw that business was really in the hands of God, divine Mind, who governs and controls His creation, and includes good business practice. This was my friend's 'entry point' too, she began praying daily for the business world and claiming the spiritual qualities of principle, integrity and honesty as inherent within all, with fear having no place. The results of her initial work turned her own business situation round, producing greater activity. As well as giving her much more confidence in her own ability to deal instantly with any restrictive fears

of business wherever they claimed to be, she is now expanding daily her new concepts of how to heal and help others.

In my own experience of growing into spiritual practice, I recall how I had to diligently overcome external fears that limited my inner desires to expand the work and move forward. A family member had always feared for my wellbeing and had been reluctant to let me develop as a young woman - and for many years thereafter. Overcoming fear, wherever and however it presented itself was my entry point into the practice of Mind healing. I learned that my boundless spiritual inheritance came direct from God and that no historical claims of inheritance, limitation or ignorant thinking could hold back an idea that had reached its time and place for expression. I saw that this was true for everyone, everywhere. As I daily addressed these fears by affirming that they had no cause or identity, and prayed how to learn to love more from a purely spiritually standpoint, the calls for help through prayer increased and since then my healing practice has expanded and the telephone has never been silent!

When on the verge of her spiritual journey of discovering Christian Science, Mary Baker Eddy still had many things to work out in her life, but that did not deter her from healing those that needed freedom from suffering and solace. Her great faith in God as the healer and in His ability to accomplish all things were basic to all her work. Her 'entry point' for her spiritual practice was her great desire to relieve humanity from pain and suffering. This was a righteous desire and she tells us in her primary work, *Science and Health*, 'Desire is prayer and no loss can occur from trusting God with our desires that they may be moulded and exalted before they take form in words and deeds' ⁱⁱ.

We can always trust our desires to God and He will guide our thoughts to the entry point of our spiritual practice that will best enable us to bless humanity in the most effective way for all time.

What is it in your life that compassionately moves you and at times disturbs your thought because not enough is being done to help? Whatever it is, this could be your entry point into the healing practice as you take up the issue and put it on your daily prayer agenda. You have a wonderful adventure of spiritual discovery ahead of you.

ⁱ *Psalms*, 91:1

ⁱⁱ *Science and Health*, 1:11