

Let God's presence dominate thought

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In these times of prolific news about the pandemic filling the airwaves, it's important to keep God's presence front and center of consciousness! A consciousness of God prevents suffering and heals it when it occurs.

Mary Baker Eddy wrote, **“Good must dominate in the thoughts of the healer, or his demonstration is protracted, dangerous, and impossible in Science”** ([Science and Health, p. 446](#)).

To stay healthy, let good dominate your thoughts!

There is no rule that you must embrace depressing negative scenarios. What the world needs now is not more burden, but more uplifting spiritual perspective that brings healing. The uplifted spiritual perspective that heals is a consciousness of God's allness and goodness. And you can be the one to spread it around!

So, stay alert, and refuse to let negative news dominate your attention. As a child of God, you reflect the Mind of God that knows the omnipotence of Good. Understanding the omnipotence of God is as a bright light to the human consciousness. It rekindles hope and leads to healing.

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