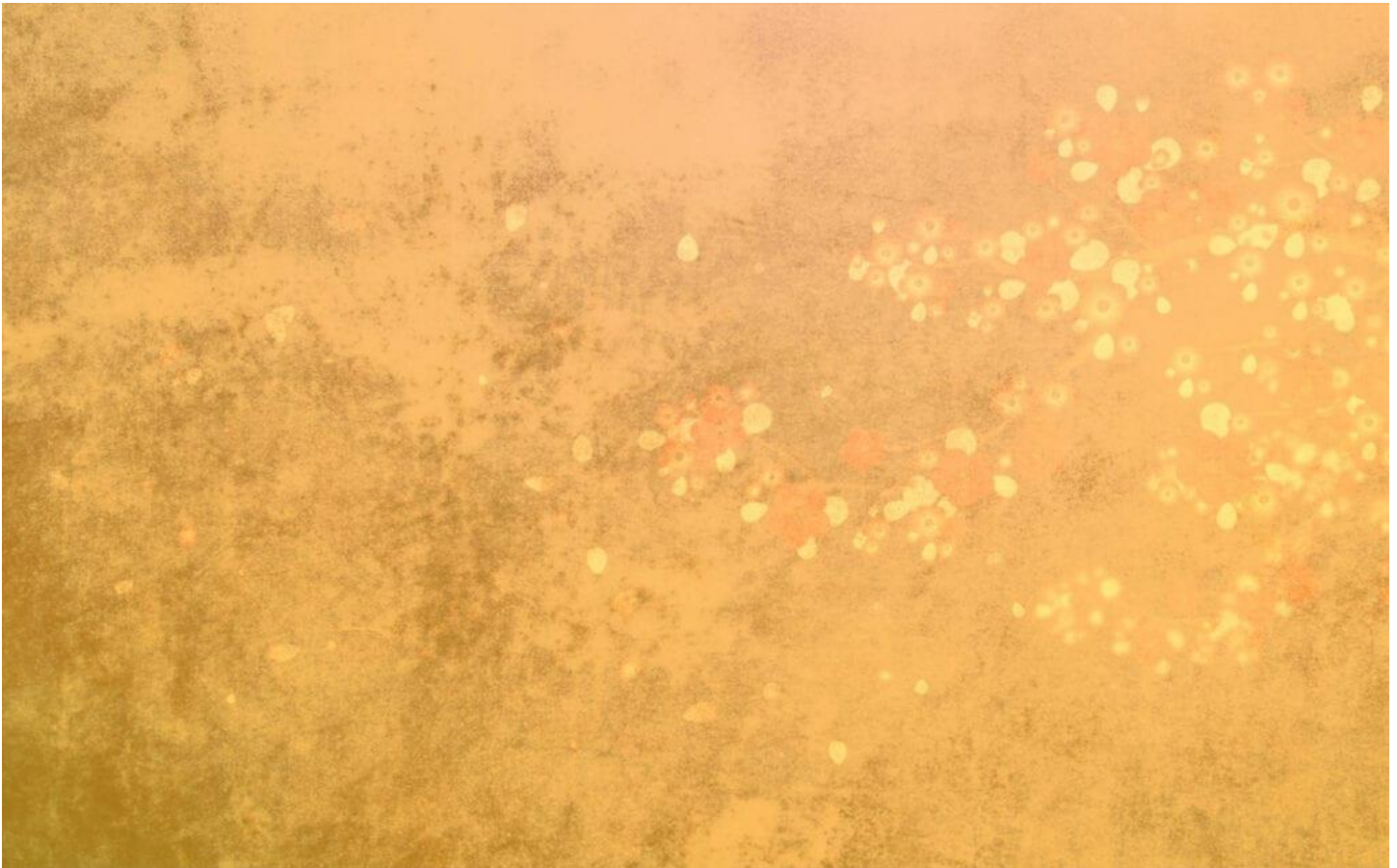


To stay healthy, prevent disease from forming in consciousness

May 12, 2020 | [24 comments](#)



There are metaphysical steps one can take to prevent disease from happening in their experience. One of them is to prevent disease from forming in thought.

Mary Baker Eddy gave wise advice when she wrote, **“It is better to prevent disease from forming in mortal mind afterwards to appear on the body; but to do this requires attention”**

([Science and Health with Key to the Scriptures, p. 198](#)).

She goes on to further explain, **“Sin and disease must be thought before they can be manifested. You must control evil thoughts in the first instance, or they will control you in the second”** ([Science and Health, p. 234](#)).

To stay healthy, keep out of consciousness anything you don't want to live out in the body.

The Mind of Christ is the healthiest consciousness of all.

The Mind of Christ does not monitor and regurgitate symptoms of disease but sees the spiritual man of God's creating that is immune to disease.

Stay prayerfully focused on the spiritual ideal, and what you see in Spirit will protect you from what mortal mind would have you believe in matter.

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