

Let Truth grab the headlines of your thought

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Turn on the news, read the newspaper, check the News Feed on your smartphone, and reports about the coronavirus are everywhere. They have dominated headlines for weeks now.

But they don't have to dominate your thought!

What the world needs now is not more consciousness of suffering, fear and disease, but more spiritual mindedness that heals suffering, fear and disease.

To contribute to quicker healing around the world, let Truth dominate your mental attention and grab your point of view.

Truth is what heals!

Mary Baker Eddy wrote, **"It is well to be calm in sickness; to be hopeful is still better; but to understand that sickness is not real and that Truth can destroy its seeming reality, is best of all, for this understanding is the universal and perfect remedy"** ([Science and Health, p. 393](#)).

It's important to know what is happening with our neighbor so that we can help them in times of need. But once we know the need, it's time to get attention riveted on the truth that heals. This is that time!

Let messages of truth and love from God occupy the headlines of your thought, and you will sooner contribute to a restoration of health and peace around the world.

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