

Never alone

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Many people have found themselves at home alone for weeks because of the stay at home orders in force in many countries around the world. What can one do to prevent feelings of loneliness and isolation during these times?

I'm reminded of a story I read several decades ago about a student of Christian Science who was captured during a war and locked up in isolation for weeks and months on end. Some of you may know the book I'm talking about, which I don't have at hand, nor do I remember the title to. The isolation, neglect and loneliness he faced felt brutal.

In his prayers for sanity, he inscribed the initials CT in the wall of his isolation cell. They were an abbreviation for Control Thought. He understood that his captors may have captured his body and put it into a cell, but they could not capture his thought and lock it down into despair and hopelessness. Through his faith and understanding of God's power and presence with him in that dark forgotten room, he kept his sanity and health, and eventually was released and able to share an inspiring story with others of hope and healing.

We are never alone! God is with us.

God is an ever-inspired Mind that is filled with unending inspiration to hear, act on and enjoy.

We may not have people around us to socialize with like we're accustomed to, but we have an active Mind of God to engage with and stay inspired by. We can practice "CT," and prevent thought from going into a negative spiral. We can companion with this ever-inspired Mind to

go new mental places and make expansive discoveries of Truth that perhaps we've never had time to do in the past. We can make good use of our time with God!

Just like God talked directly to Moses and Abraham and Jesus and Mary Baker Eddy, and millions of other listeners throughout time and history, God is speaking directly to each of us wherever we are. We are never alone. God is always with us.

Enjoy your time with God! You are in good company.

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