



## After a fire...how can we move on?

Live online Q&A chat with Beverly Goldsmith, a Christian Science practitioner and teacher, on [spirituality.com](http://spirituality.com) February 1, 2002

An event in the *Spirituality Live Series*

### Event Preview Introduction:

**SPIRITUALITY.COM HOST:** *Welcome to the chat everyone. We are happy to have Beverly Goldsmith joining us today from Australia. Beverly, any opening thoughts to get us started?*

**BEVERLY:** Hello everyone. I don't know what the weather's like where you are today. But in Australia it's summer. The bush is tinder dry. And often we experience strong, hot winds. With this combination, bush fires are a constant threat at this time of year.

I'm telling you this, because Sydney recently experienced huge fire storms, bush fires. Hundreds of volunteer fire fighters from all over Australia fought the blazes. Sadly, some families lost their homes and all their personal possessions. Some people told reporters that it was devastating to lose everything they owned. But they were glad to be alive. They would rebuild and move on with their lives.

Moving on with our lives. It's easy to say, hard to do at times. When one has lost a home and possessions, or lost a loved one, a friend, a job, financial security, it can seem hard to go on.

### Is there a way to move forward? Can spirituality help us do this? Yes. I know it can.

One way that's helped me move forward in my life when I've gone through a crisis, is reading *Science and Health*.



This book has helped me find peace, helped me find answers. It's shown me that if I want to move forward, I need to watch what I'm letting into my thinking. I have a choice.

For example. I can think that it's hard, that I'm never going to recover, that it's going to take a long time. Or I can let in the spiritual thoughts that tell me that God loves and cares for me.

Mary Baker Eddy, the book's author, went through many hard times - death of a husband, loss of home and financial security, and later separation from her only child. She knew what loss was like. But she found that with God's help she was able to come through these experiences, and she went on to help people around the world do the same.

*Science and Health* grew out of Mary Baker Eddy's life experiences. That's why the spiritual ideas that she writes about in her book have comforted, taught and healed me so many times in my life. It can do the same for you.

So let's talk about moving forward in our lives -- with God's help.

## Event Transcript of Q&A:

Beverly's comments came during a live spirituality.com Online Event on February 1, 2002, as a part of the series, Spirituality Live. She was responding to questions from the audience. Following is a transcript of the discussion:

### 1. Whitey: *Being in Australia...how were you specifically praying for the bush fires?*

**BEVERLY:** When the fires were happening, I was praying that God was caring for everyone. And that's what happened. While 100 homes were lost, many, many more were saved. I know it wasn't only my prayers, but the prayers of people all over Australia. It's comforting to know that God protects us and is caring for everyone.

### 2. Minnie: *How do you move on? Have you?*

**BEVERLY:** The best way that I know to move on with my life, is to know that God is always with me. For me moving on has to do with thought.

Spiritual thinking moves us forward. Fear, regret, anger, blocks our progress.

If I say to myself, "This problem is too big, I'll never move on, I'll never recover" this prevents me from moving on. But when I remind myself that God is with me, that with His help I can recover and move forward with my life, this really helps me.

I've had to overcome grief, loss, and feeling that I can't move forward. But when I've prayed to God for His ideas, I've been able to move on. Let me give you an example.

When I first read *Science and Health*, I was suffering from migraine headaches. I was told that I'd never be healed. I'd always suffer with them. I started reading the book. I discovered spiritual ideas. These spiritual ideas changed the way I thought about myself. Instead of thinking of myself as a chronic sufferer, I started to think of myself as being made by God, healthy and well.

This was big change for me. It was the first time I realized that I could be free of this ailment. I started to think of myself as being able to move forward to complete recovery. I hadn't been created subject to illness. God made me well and He kept me this way. It was my divine right to be free of this complaint.

This was such a shift in my thinking and it had a healing effect. At some point the whole thought of the headaches just disappeared. Then one day I realized that I couldn't recall the last time I'd had a headache. That was the end of the migraines. I've never had another headache since then. I moved on to permanent freedom.

### 3. Bort: *I try to move on from problems...but I can't seem to get them out of my memory. How do I do that?*

**BEVERLY:** I've been through that experience of replaying events in my mind.

One way that I've found helpful, is to practice this thought in *Science and Health*, **"Stand porter at the door of thought." P. 392:24**

Now a porter stands at a door or a gate and lets in the people who are supposed to be there and keeps out those who aren't.

Think of yourself as a mental doorkeeper and watch what thoughts are coming to the door of your thinking and do two things.

Firstly, let in the good thoughts - the spiritual conclusions, about yourself. This isn't just positive thinking. Spiritual conclusions are what God knows about you - that you are His child, that He made you well, that you express goodness and peace. Letting in these kinds of thoughts helps you.

Secondly, keep out the thoughts that say, "I'm unhappy, I'm not going anywhere with my life". These unhealthy thoughts and fears block your progress. The more you keep your thought spiritually focused, the better you can move on.

Don't hang on to the past. Don't keep rehearsing regrets, mistakes, the "he said", "I said" and "if only I'd...". Be a porter and shut out these unhealthy thoughts. Let in the good thoughts. Listen to God. Let in His messages of comfort and love.

This is what's helped me in my life. It takes practice. I know it seems easier to repeat a worry thought. But with practice you can listen for God's thoughts of love and peace. These thoughts help you. You can move on.

**4. Tanning:** *I don't understand how God helps with disaster recovery...wouldn't it be better if He didn't allow them to happen in the first place?*

**BEVERLY:** God doesn't allow bad things to happen to us. God is good and He only has good for us. I know this from personal experience. But we get locked into thinking that God is responsible for bad things.

The question for me is: what kind of thoughts do I have? What am I thinking? Am I listening to God and following the right ideas that are coming to me? Or am I listening to fear, gloom, anger, or to doubt, etc?

I've found that the more you read *Science and Health* the more "in tune" you are with the spiritual thinking that helps you. This is a moment-by-moment activity.

When I sang for troops during the Vietnam war, I really had to listen to God every minute. As I did, I was directed to do the right things at the right time. On many occasions this protected and saved all of us in my show. So much so, that when we got into trouble, they'd say, "Beverly, you stay with the band gear and pray, because you have a connection with Him. We'll go and do what we can." And every time, we found the right way to move forward and solve the problem at hand. This proved to me that God was with us – always loving, protecting, and guiding us.

I know that God always helps and cares for us. I've had so many proofs over the years. **"God is our refuge and strength, a very present help in trouble."**

**5. MEGA:** *Moving on from disaster, are there some parts of it we're **not** supposed to move on from...like the lessons we learn, the focus we get, etc. What do you think?*

**BEVERLY:** I think with every experience there is something to learn. The fire victims in Sydney said, "We've lost everything. But we'll rebuild. The fire has taught us that material possessions aren't everything. Life is more important, being together is more important." That's the lesson they say they learned.

I take the good ideas from an experience and use them to move forward. It's important not to dwell on the mistake part of it. Yes, learn to do better. But move on. Don't keep mulling over the "what I did wrong" part. Focus on the good that comes out of it and build on the good.

What helps us the most to move forward is not wondering why we got into a certain situation, but learning that God helps us get through these tough times.

## 6. Lisbeth: *I'm not sure about addressing God -- how can I redirect my thinking?*

**BEVERLY:** Let me see if I have your question right. Are you wondering how to speak to God, how to pray to Him about moving on with your life?

I've found that when I'm in a crisis, turning to God means saying something like, "Dear Father you're always with me. You're here right now caring for me. I'm safe in Your care. You're guiding and governing me. I don't have to be afraid or worried."

I remember a time when my husband and I made a terrible financial decision. I tried to think of ways to save us. I was so worried and fearful about it I became ill. One morning I couldn't get out of bed. I lay there thinking, "How did we get into this mess, and how do we get out?"

At this point I was trying to come up with a plan myself. Then I started to pray. "Dear Father help me find an answer. There must be a right plan for us. What should we do?" It wasn't much of a prayer. But I knew I couldn't solve this problem. So with all of my heart I sought the answer from a higher source. God had a perfect solution. There is always an answer.

The next thing this thought came to me. "Whose plan is it? Yours or mine?" I stopped. I'd been busy trying to have God make **my** plan work and it wasn't working. I had to listen to God, for **HIS PLAN**. I had to trust Him to find a way for us.

This had an immediate calming effect on me. God loved me. I thought how God was like a shepherd, leading me on to green pastures - to abundant good. I had nothing to fear. I could stop worrying about the future. What lay ahead was good - not evil.

I felt well again. I knew I was going to get through this situation. And we did. Far from having a total financial melt down we were saved. A plan emerged. We were able to move forward. We suffered no effects from this crisis. But learned that God is always with us. He is our Shepherd. He loves us and helps us move forward.

## 7. Shoreline: *Are you saying that what we think mentally governs our experience?*

**Beverly:** Yes. It all starts with what we think. Inability is a thought. You can either accept this thought and feel blocked, or you can reject this thought, move on and know the freedom that is ours from God.

If you keep saying to yourself, "I can't move on", you won't. If you keep repeating the thought, "This problem is too big. I'll never recover", you won't. These kinds of thoughts are dead ends. They go no where. But when we change our thinking and listen for spiritual ideas - which by the way are coming to us all of the time, we find these thoughts comforting and directing us into productive paths.

One time I taught high school music. The school Principal asked me to come up with ideas that would help an English teacher with her class. I was concerned. I didn't have that kind of experience or expertise. So I prayed. As divine Mind, God was the source of all creative ideas; He would give me His inspiration and creativity. I would have the right ideas to implement. I did. I went into that class and the ideas worked so well that the teacher asked me where I got them from! I told her that they came to me as a result of reading *Science and Health*. She rushed out and bought a copy of the book.

The point here is that I had to change my thought from "I can't do this job", to "with God's help all things are possible". When I did this, I moved forward and was able to help this teacher with her class. God was with me, giving me ideas.

**SPIRITUALITY.COM HOST:** *Well, that's just about all the time we have. Any parting thoughts to leave us with Beverly?*

**BEVERLY:** Yes. If you want to move forward in your life, watch what thoughts you let into your thinking. You have a choice.

Remember to **“Stand porter at the door of thought.”** You can think that it's hard, that you're never going to recover, that it's going to take a long time to move forward. Or, you can let in the spiritual thoughts that tell you that God loves you and cares for you. You can move forward.

No matter what situation you're facing, you will get through the experience with God's help. You can't ever be separated from God's help and goodness.



So, if you want help in moving forward in your life, do what I did and read Mary Baker Eddy's book *Science and Health*.

Mary Baker Eddy overcame loss, separation, grief, and setbacks in her life. She moved on... and triumphed. With God's help, you can triumph too.

**SPIRITUALITY.COM HOST:** Thank you so much Beverly!

**Passages in this chat:**

King James Bible:  
Psalm 46: 1

*Science and Health:*  
**392:24**