

## **Migraine headaches healed**

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Several months ago an advertisement in my local newspaper asked for volunteers to test "a new drug thought to be of benefit in the prompt relief of migraine headaches." Since then, news reports have speculated on an imminent breakthrough with the remedy. Many sufferers are waiting for the results. They're hoping that this drug will help them.

In one sense, the waiting is over. There *is* a cure for this ailment. Sufferers can be freed of headaches through a spiritually based system of healing. And the system works. I know, because it healed me permanently of severe migraines over thirty years ago. I have never had any kind of headache since then.

But let me start at the beginning. After unsuccessfully trying painkillers and various treatments, I accepted the medical diagnosis that the headaches were possibly an allergic reaction to a certain food. I stopped eating it. While the headaches diminished in number, they certainly weren't cured.

It was at this point that my grandmother was told about a book on spiritual healing that would help her overcome a chronic physical ailment. She purchased a copy, read it, and was healed. The same thing happened to my mother. So I began reading it. The ideas in the book – *Science and Health with Key to the Scriptures* – were wonderfully different. They were instructive, inspiring, enlightening, and hope-giving. Despite the general medical view that migraine headaches could not be cured – and the common theological view that it is God's will that people endure affliction – the ideas in this book gently led me away from such notions, to health-producing, spiritual ideas.

The author of the book, herself once a seeker for health and cure, had an unshakable trust in the goodness and nearness of God. This woman – Mary Baker Eddy – was certain of God's great love for each of us. She understood that God, with His infinite love, made us in His own image and likeness. God does not create sickness, nor does He condemn some to a life of suffering and bless others with a life of health. God tenderly preserves each one of us in our original state of perfect health and goodness. As a result of her long years of searching and her eventual recovery from a severe injury through reading the Bible, Mrs. Eddy proved that we do not have to suffer. It's not God's will. He gives us the ability to live a normal life, which includes good health and freedom from illness.

Notions that describe us as either powerless entities controlled by an ambivalent deity or helpless mortals dependent on physicality are man-made theories. They are incorrect and powerless. Through God, infinite Mind, we have mastery over the body. We can be well. In fact it's our divine right to be free of all difficulties.

Understanding these things makes a difference in our lives. Health improves. Sickness is healed. As we accept the spiritual idea that we are God's unimpaired likeness, our thoughts improve. We undergo a transformation from thinking that life is formed on a material basis, to an understanding that it comes from Spirit, God. This change of thinking ultimately has a healing effect. It corrects mistaken beliefs about the source of health. And it corrects bodily disorders.

That's because there is a connection between an individual's state of thought and his or her health. If we believe that the body can get sick on its own, we will likely feel utterly helpless. We'll believe ourselves to be subject to pain and illness. If we believe that food can affect us, we'll live in fear of food, and suffer as a consequence. But we don't have to accept either of these notions as the truth, because neither is true.

We have power from God to hold to the spiritual facts concerning our health and well-being. Christ Jesus indicated that we all are able to do this. He said, "Be ye therefore perfect, even as your Father which is in heaven is perfect" (Matt. 5:48) and, "Take no thought for your life, what ye shall eat, or what ye shall drink" (Matt. 6:25).

His encouragement helps people think less about stomachs and aching heads and more about wellness and wholeness. We can follow his lead by taking a firm mental stand like this one: "I am God's likeness. I am spiritual. I am well. This is how God made me. I'm not afraid of food. God is Life, the creator of heaven and earth. He made everything good. Nothing that He made could cause me to be ill. Food doesn't control me. Divine Mind governs me. Through the strength of divine Spirit, I can control my body – both its feeling and its action."

Taking such a stand has a healing effect, as I witnessed in my own life. As I read *Science and Health*, and followed the spiritual ideas in it wholeheartedly, my way of thinking changed. I stopped being afraid that I would have another headache, stopped measuring the intervals between attacks, and spent more time learning about my true, spiritual identity. And you know something? The more my thinking changed from a material to a spiritual basis, the better I felt.

My wellness increased day by day along with my spiritual understanding. It wasn't until many months later that I realized I couldn't remember the last time I had suffered with a migraine. The entire thought of it had disappeared. That was the end of the headaches. I was completely healed. I started eating the food again that I thought I was allergic to. It had no harmful effect whatsoever. Today, it continues to be one of my favorites.

This is something that any migraine sufferer can experience right now. If freedom is possible for someone like me, it's possible for anyone.

If you would like to learn how to undergo a change of thought and be healed, read *Science and Health* by author, healer, and teacher, Mary Baker Eddy. You too can be free of migraine headaches. Permanently.