

Do not give sickness power over you or others!

When you feel unwell, do not think, "I am sick." You can weaken the distress of sickness by thinking, "It is sick." To say "I am sick" is giving the sickness more power over you. To say "It is sick" is to tell the sickness that you will be okay and that the sickness does not touch you. It does not threaten you. Your consciousness is never sick. It is just tuned into something that is sick.

When you speak with those who are ill, help them to focus on the blessings of being ill. Sometimes we feel more loved when we are ill than at any other time in our lives. A person who thinks negatively while they are ill suffers more and will be ill longer than a person who does not.

COMMENT: Nonsense. Believe that you feel largely okay and feel sick. That is seeing the truth - you cannot be 100% sick. To think you are only makes it worse.