

QUESTION OF THE WEEK POSTED ON SPIRITUALITY.COM | MARCH 31, 2011  
**HOW HAVE YOU PRAYED TO ADDRESS ALLERGIES?**

**ONE QUESTION—MANY ANSWERS.** Read a selection of responses from site visitors:

When I first began my study of Christian Science, I was suffering from a condition called eczema, a skin allergy. I was receiving injections for this, and had to use many lotions to ease the pain. I was also a registered nurse at the time, and I had learned that skin is a form of protection.

But in my study, I was learning that my real protection is in my consciousness of God, my consciousness of the good that exists, because God created ALL and called it GOOD. And so, every time I had to have an injection, or every time I felt pain and suffering, I turned my thought to what Christian Science is, which Mary Baker Eddy so clearly defines “as the law of God, the law of good . . .” (*Rudimental Divine Science*, p. 1). I acknowledged that spiritual laws are the only power, and therefore the material law that claims to be power, really has no place. If all space is filled with good, there is no place for anything else. I was healed in a short time, and this has been over 20 years now.

I am so grateful for this proof.

**Michelle — Santa Barbara, California, US**

I used to have dangerous food allergies. As I prayed about them, I realized that because God is the Creator of all that really exists, God is the Creator of all action; so all real action must be under the control of divine Principle. If all action is under this divine control, then there couldn't be any overaction, underaction, or reaction, because God is all action and must be harmonious.

I also realized at that time that I was spending a lot of time at work reacting to situations that came up instead of wisely being aligned with the entire process of activity. When I began to take action in my life and work as being part of the unfolding plan for good instead of the tail cracking at the end of the whip, the food allergies as well as the disharmony at the office both went away. It's been years since I've had any allergic reaction to food and have just recently enjoyed eating one of the foods that in the past caused me the most problems.

**Sue — Ashby, Massachusetts, US**

I was out and jogging in a beautiful spring season, and suddenly got symptoms of allergy when I came back to the house. This was new, and had never happened to me before. My eyes smarted so much that I couldn't see anything from all the tears. I immediately began to pray. I saw very clearly that God, Spirit, was my only life. I wasn't physical, but spiritual, made in His/Her spiritual likeness. I knew with all my heart that God's creation was good and perfect, expressing Love, and there was nothing in the beautiful landscape to harm His/Her beloved likeness, man and woman. I could claim and affirm my right to be unharmed by evil, and had authority from the Christ to do so.

In God “we live, and move, and have our being” (Acts 17:28) and because of that, we all have authority to not accept any evil influence in Mind's holy place. It was so clear that I was in God's kingdom. Around ten minutes later, I was completely free! And the symptoms haven't come back.

**Sanna — Stockholm, Sweden**

I have prayed to be freed from fear about any outside factor threatening me, to know that I have dominion. Belief seems to give power to things. But God is the only power, and this power is benevolent, a dynamic force for good. Creation does not consist of good and bad. I have prayed in affirming that good alone is real, because I believe in God as the only power, an intelligent power that would not create, nor allow the creation of, anything that could challenge this power. If evil existed, it would be a force that challenges God, and God would not be omnipotent.

I have a choice to make: Do I believe in a universe made only of material elements and forces, or do I believe in a universe made of Spirit and governed by Spirit? Life is not a mixture of good and evil nor a constant struggle between both. Only good is supreme.

I have also prayed to know that past experiences with the symptoms of allergy were images of thought and could not come back to haunt me or hurt me. I do not believe that a statue can walk toward me and hit me; therefore, I do not believe that matter has power in and of itself. God has not endowed things with the power to hurt human beings.

**Helene — France**