



## Mental Health

Jesus stepped onto the beach. The grains of sand could not number the spiritual possibilities he brought. He had walked on water and stilled a storm. He was bringing a sense of infinity to a man, the Gerasene, who was living in a cave, trying to kill himself, and suffering horrible torment. Love as Mind was now being made transparent to the man. The infinite interpreted itself. That was enough.

The Gerasene immediately loved Jesus. He must have felt the infinite recognition walking toward him. Do you? *Divine* Love alone meets every human need. (S&H)

But, there was a confrontation as there usually is in all mental health cases. “Be not afraid” is the scriptural guide.

The man’s torments soon cried out. “I am Legion.” Legion was coarse, ill-tempered, contemptuous, bullying, ill-mannered, boorish, aristocratic, and more, yet submissive to Jesus. The finite certainly yields to the infinite. It knew it would have to go and asked only to be sent into swine grazing nearby. Always know that torments have to go.

Legion was animalistic. In contrast moral and spiritual qualities gently connect and associate understandingly. What is honesty without affection? Likewise, faith without compassion? Each moral quality needs every other in order to be whole. Understanding the moral is the step that takes thought to the harmony of the spiritual. And the spiritual fills all space *lovingly*. But torments are entanglements, actually manipulators. S&H puts the **solution** this way, “Christian Science ... disentangles the interlaced ambiguities of being and sets free the imprisoned thought.” Only realize that the so-called basis for “interlaced ambiguities” is a belief or illusion that life, substance, intelligence, and truth are in matter. Really think of such ambiguity as illusion. That fact *consciously realized* removes the foundation of belief for entanglements of any kind. In the Gerasene’s experience the tormenting ambiguities called themselves Legion. Whatever the name given

to a current mental health condition, we can unseat the ambiguity in the same way. And the infinite calculus of being defines, for us, Life, Truth, Love, substance and intelligence just as Jesus interpreted it to the Gerasene. This method summarizes every mental health case **when** the belief of life in matter is moved off with spiritual understanding.

The thoughts which tormented the Gerasene were sent into about two thousand swine pastured nearby. Any doubts regarding the man's return to normalcy were destroyed. People from all over came to the hillside where Jesus sat with the man who was now calmly conversing. The man could immediately go back to his family, and perhaps work in the community, if he liked. It is easy to understand why both the man and all others around him needed to be certain that those horrible torments were gone. The swine had hurled themselves over a cliff when the torments were felt. The community would no longer look upon the man as mad.

This healing was also interesting in another important way. The usual practice of Jesus when he healed was to ask that the person quietly go back to his family. To the Gerasene he said, "Tell everyone what great things the Lord has done for you."

The evidence of healing in this age of technology is now more refined. Yet, Jesus has given us a clear model to follow. And since mental health is perhaps less obvious than the setting of a bone or removal of a disease, we can be assured that the divine, infinite Mind will show us the means of confirming permanent mental health.

*What great things are done!*

***Quotations from (S&H) are from Science and Health with Key to the Scriptures by Mary Baker Eddy.***

