"SICKNESS IS A DREAM"

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From the [October 1962 issue](https://journal.christianscience.com/issues/1962/10/80-10) of *The Christian Science Journal*

**It** is obvious that if sickness is to be destroyed, it must be understood. Christian Science explains sickness as wholly mental. This is true because mortal existence is a dream, as Mary Baker Eddy found when she discovered Christian Science. This fact is illustrated by the "deep sleep" that fell upon Adam, who represents mortal man in the allegory of the Garden of Eden related in Genesis (Chapter 2). Surely we can see that every aspect of a dream is mental and that in it both cause and effect are illusions.

Mrs. Eddy proved that she had discovered the scientific method Christ Jesus used when she healed the sick and sinful with marvelous success. She says in "Science and Health with Key to the Scriptures" ([p. 417,](https://concordexpress.christianscience.com/?query=To+the+Christian+Science+healer%2C+sickness+is+a+dream+from+which+the+patient+needs+to+be+awakened.&book=tfccs.main.sh)) "To the Christian Science healer, sickness is a dream from which the patient needs to be awakened." Since "sickness is a dream," as our Leader explains, it must be approached and dealt with as a dream, not as an actual experience. Efforts to heal sickness must be directed toward awakening the patient— oneself or another—from the mortal dream, in which sickness seems to take place.

It is as foolish to attempt to diagnose sickness physically or to turn to material remedies in the Adam-dream as it would be to do so in a night dream. The only actual cure for sickness is to awaken to or become conscious of the man God makes, the Christly man, who is as incapable of sickness as is God. In Christian Science we learn that man is neither a dream nor a dreamer, but is the forever-awake idea of divine Mind, God.

Should a symptom appear bodily, instead of wondering what it would be called by a medically trained person and fearing that it might become something serious, the Scientist immediately sets about keeping himself so spiritually awake that the dream cannot develop in his consciousness. But if he should forget the scientific, liberating explanation that "sickness is a dream" and should think of the situation as a material reality, he will hold himself in the dream state and thereby victimize himself.

One can no more blame circumstances outside his own thinking for the sickness he may be suffering from than he can blame external circumstances for the dreams he has when asleep at night. The mortal produces his own dream experiences and is wholly responsible for his own suffering. Even if he seems to be influenced by general belief or by the transference of negative thoughts from others, he alone is at fault for permitting such influence to enter his consciousness. He can always stay awake through reflecting the Christly qualities that belong to man, one of which is health. Such spiritual activity is the essence of scientific awakeness.

The understanding that "sickness is a dream" rather than a physical condition and that one can always awaken himself from illusions has the effect of destroying fear. And when fear goes, the mental disturbance called illness also goes. This same understanding makes it clear that one disease is no more serious than another. Mrs. Eddy says (*ibid.,* p. 418): "This mortal dream of sickness, sin, and death should cease through Christian Science. Then one disease would be as readily destroyed as another." If certain sicknesses appear to be more difficult to heal than others, this is only because mortals, in their ignorance of the dream nature of disease, attach beliefs of incurability and stubbornness to them.

Twice in the record of his ministry we find Jesus referring to those who had died as "sleeping." To him, death was a state of "deep sleep." Death is the culmination of the mesmeric experience called disease and explains the dream nature of sickness. Waking the young maid and, later, his friend Lazarus from the mortal dream each had sunk into was the method the Master used to restore each one to life. He declared, to those surrounding the ruler's daughter ([Matt. 9:24](https://concordexpress.christianscience.com/?query=The+maid+is+not+dead%2C+but+sleepeth.&book=tfccs.main.hb.kj)), "The maid is not dead", but sleepeth." And referring to Lazarus he said ([John 11:11](https://concordexpress.christianscience.com/?query=I+go%2C+that+I+may+awake+him+out+of+sleep.&book=tfccs.main.hb.kj)), "I go, that I may awake him out of sleep."

Whether the dream was that of sickness or of death that resulted from it, the Master's method of healing caused the illusion to disappear. Mrs. Eddy says in Science and Health ([p. 250](https://concordexpress.christianscience.com/?query=A+mortal+may+be+weary+or+pained%2C+enjoy+or+suffer%2C+according+to+the+dream+he+entertains+in+sleep.+When+that+dream+vanishes%2C+the+mortal+finds+himself+experiencing+none+of+these+dream+sensations.&book=tfccs.main.sh)): "A mortal may be weary or pained, enjoy or suffer, according to the dream he entertains in sleep. When that dream vanishes, the mortal finds himself experiencing none of these dream-sensations." She adds a little later: "Now I ask, Is there any more reality in the waking dream of mortal existence than in the sleeping dream? There cannot be, since whatever appears to be a mortal man is a mortal dream."

When one understands that symptoms and pains are "dream-sensations" of mortal mind, he sets about denying the false senses which develop such illusions. He stills the mesmeric action of these senses by demonstrating the perpetual, beneficent action of divine Mind. He knows that the ever wakeful Christly consciousness, named man, is fully subject to the ever-wakeful Mind, named God; and he is roused from his dream. This is the method of healing which Christian Science follows, and there is no other true method.

The whole mission of Jesus was to waken humanity from the mortal dream of life in matter. Every healing he brought about gave evidence of man's eternal freedom from the mesmeric state that projects illusive, material concepts and is asleep to the ideas that comprise God's kingdom. From his temptation in the wilderness to his struggle in Gethsemane, the Master battled the suppositional forces of evil that would have put him to sleep. His successful resistance of those forces illustrated for all time to come the scientific way to become conscious of God's heaven. This way gave him power to break the mortal dream in his own experience and to ascend entirely above it. Each of us must follow him in the same scientific way.

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