

An excerpt from *Jesus Christ Heals*
by Charles Fillmore

From Chapter 9
Healing through Praise and Thanksgiving

I praise and give thanks that the strength and power of Thy Spirit now restores me to harmony and health.

“Always praise the cooking of the cook” is the instruction of the veteran hobo to the novice. Experience has taught the gentlemen of the road that praise and thanks melt the hardest heart and often open the door to amazing hospitality. Tradespeople have found that “Thank you” has commercial value.

Metaphysicians have discovered that words which express thanks, gratitude, and praise release mind energy of mind and Soul; and their use is usually followed by effects so pronounced that they are quickly identified with the words that provoke them.

Let your words of praise and thanksgiving be to Spirit, and the increase will be even greater than when they are addressed to man. The resources of Spirit are beyond our highest flight of imagination. You can praise a weak body into strength, a fearful heart into peace and trust, shattered nerves into poise and power.

I give thanks for the Christ life now apparent in my mind and body.

It is an easy matter to give thanks for what we have already received, but it is not so easy to give thanks for what we hope to receive. However giving thanks in advance brings to pass a present expectation.

Remember what Jesus said about one's mental attitude in demonstrating spirituality: "All things, whatsoever ye shall ask in prayer, believing, ye shall receive." This may be rephrased in this wise: Pray believing that you have received, and you shall receive.

Christians who have discovered the hidden laws of the mind make it a practice to give thanks for health, for peace of mind, for all things that they desire, believing that God has given in Spirit that which is to appear in the visible.

I daily praise and thank the Spirit of life and health for constantly restoring me to perfection of body.

Praising and giving thanks liberate the finer essence of soul and body when we center our attention upon Spirit. Spirit is the dynamic force that releases the pent-up energies within man. The energies have been imprisoned in the cells, and when released are again restored to action in the body by the chemistry of creative Mind. The perfection of this restoration is in

proportion to the understanding and industry of the individual.

Every thought we loose in our mind carries with it a certain substance, life, and intelligence. So we might call our thoughts our “thought people.” Whenever praise is bestowed on these thought people, who are intelligent, it is carried to every part of the body and through the ether to a large area of our soul aura, an our whole consciousness and everything about us is tintured with praise. Thus we prove what Jesus proclaimed, that when we seek His kingdom and His righteousness all things are added to us.

The prophets of old knew the power of increase inherent in thanksgiving. “Praise ye Jehovah” is repeated again and again in the Psalms, because the Psalmist knew that praise and thanksgiving divinely directed tap the mighty reservoirs of infinite Mind.

Jehovah-shalom gives me peace of mind, and I am harmonized and healed.

The Bible contains more high mysticism than all other books. But it requires study of certain fundamental spiritual principles to discern it. Spiritual things are spiritually discerned. Unless you call on your own innate spiritual light you cannot appreciate spiritual insight of those who wrote the books of the Bible.