



Beyond the Material: Finding Reality in Spirituality

Motivated by "love for my fellow man" and firm in her conviction that "You don't have to be sick forever," Mia Mudge Wallgren has served as a Christian Science Practitioner for more than 40 years. In working with patients, Mia says, "The greatest reward is seeing people coming to know God and not just believing there is a God somewhere. It's a sense of freedom to know you are a child of God and not on your own."

Christian Science, according to *Wikipedia*, teaches that "all that truly exists is God and God's ideas; that the world as it appears to the senses is a distortion of the underlying spiritual reality, a distortion that may be corrected through a reorientation (spiritualization) of thought." As stated in *Science and Health with Key to the Scriptures*, written by Christian Science founder Mary Baker Eddy: "The chief stones in the temple of Christian Science are to be found in the following postulates: that Life is God, good, and not evil; that Soul is sinless, not to be found in the body; that Spirit is

not, and cannot be, materialized; that Life is not subject to death; that the spiritual real man has no birth, no material life, and no death." Based on those postulates, Christian Science maintains that disease is a result of the thinking of the individual and that the sick should be treated not through medicine but through prayer and study to correct the beliefs responsible for the illusion of ill health. Notes Mia, "Christian Science is not faith healing. It is the Science of Christianity, the healing method Christ Jesus used and taught his disciples. Christian Science helps one think from God's point of view, or divine law. God is Principle. As one comes to identify himself as a child of God Spirit instead of matter, one is freed from the false beliefs of the world."

Mia accepted the teachings of Christian Science early in life. Her family attended the Christian Science Church in Edmonds, and as a youth she experienced "many wonderful healings" with the help of an Edmonds Practitioner, Mrs. Forsyth. Then, as an adult, she went through two "painless" child births, and she and her husband, Bud, found that "in raising our son and daughter we had many wonderful healings. God's law has always met our needs."

In 1969 she decided to take class instruction. She was accepted by a teacher in La Jolla, CA, to participate in a two-week Church course in Christian Healing. "Soon after I took class instruction," she says, "I began to get calls for help. Most of my calls come from people who know me or who have been recommended by a friend who knows me. It's not uncommon for a Practitioner to treat patients who live in another state. After one is in the practice for a time, one can apply for Journal Listing by the Mother Church in Boston. When approved your name then appears in the *Christian Science Journal*, which comes out monthly." To become Journal-Listed, the candidate must have had class instruction from an authorized teacher of Christian Science and provide references from three patients who can confirm a complete healing through the candidate's prayerful treatment. Mia applied, was approved, and became Journal-Listed in 1988.

How does the healing process work? Says Mia, "The patient tells the Practitioner his or her problem and fears. This can take place in an office (Mia has an office in her home) or over the phone. The

Practitioner works with the patient to change their viewpoint from the seeming problem to the true condition of their being. If someone falls in the mud and is totally covered, you help them wash it off." Referring to the ads on television promising to cure a myriad of diseases with a myriad of drugs that bring with them a myriad of side effects, Mia says, "Mankind is daily being tempted to believe in all kinds of illness. These beliefs are not conditions of their being and can be washed off by the law of their being." She continues, "I give them verses from the Bible and citations from *Science and Health* to claim as their right to be free from this false belief that is presently filling their thought with fear. They need to admit what is true about themselves instead of admitting worldly beliefs." The aim is to "fix the point of view, not you." The relationship between Practitioner and patient is like that between teacher and student, and the process requires effort by the patient. The Practitioner gives the patient the laws to work with, and the patient must use the laws to effect a change in point of view. "The patient must play their part," says Mia.

Over the years, Mia has helped to heal patients with many different kinds of ailments, including, according to her records, "shingles, heart issues, depression, back pain, cancer, family relationships, sight problems, football injury broken jaw, skin rashes, sleep issues, and leg issues." An especially gratifying instance of healing occurred when Mia's daughter, Karmel, a performance major at a college in Nevada, MO, called for help because she had lost her singing voice prior to a scheduled recital, part of her requirements for graduation. Mia began praying immediately. "I identified her as a child of God. I didn't create her. Her voice is a gift from God for her to use to bless mankind." Mia and her mother flew to Missouri for the recital and found that Karmel still did not have her singing voice. Says Mia, "I continue to know that Karmel's only state of being is according to Divine law which never changes. A belief lasts as long as it has a believer and I refuse to believe this lie about God which is disguised as a lie about Karmel. 'Be ye therefore perfect even as your Father is perfect.' That's her birthright." Her voice teacher offered the option of cancelling the recital, but Karmel chose not to. "I was so grateful Karmel chose not to cancel the recital," Mia says. "She was trusting God. In Sunday School she learned this Bible verse by heart: 'Trust in the Lord with all thine heart and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy path.'" On the way to the chapel where the recital was to take place, Karmel said, "Mom, I just wish God would give me a sign that I will sing when I step onto that stage tonight." Then, says Mia, as they walked across the lawn "She looked up and there carved in stone on the chapel was, 'Trust in the Lord with all thine heart.' That was God's sign. And she sang beautifully."



Every Christian Science Sunday Church service and Sunday School session concludes with a reading of the succinct, rhetorically pleasing "Scientific Statement of Being" from *Science and Health*: "There is no life, truth, intelligence nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all. Spirit is immortal Truth, matter is mortal error. Spirit is the real and eternal; matter is the unreal and temporal. Spirit is God, and man is His image and likeness. Therefore man is not material, he is spiritual." Mia Wallgren will attest to the healing power to be found in those words.