

Rely on more than social distancing to stay healthy

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If you want to stay healthy during this pandemic, be sure to rely upon more than social distancing to keep yourself safe and strong. Keep your thinking in a healthy place!

It's fear and false beliefs passed along in the public consciousness that spread disease. These fears may be propagated either consciously or unconsciously, but whichever, they need to be guarded against to keep one's health intact. Social distancing is not sufficient protection.

To stay strong, be sure to practice mental distancing from the false beliefs!

Mary Baker Eddy gave wise counsel on how to protect oneself from contagious disease when she wrote, **“Stand porter at the door of thought. ... When the condition is present which you say induces disease, whether it be air, exercise, heredity, contagion, or accident, then perform your office as porter and shut out these unhealthy thoughts and fears. Exclude from mortal mind the offending errors; then the body cannot suffer from them”**

[\(Science and Health, p. 392\).](#)

Spiritual truth understood is a sure defense against contagious disease.

When you circulate in your neighborhood, be sure to see yourself moving around in the omnipresence of Love where God's peace greets you at every corner. Keep your thinking in the realm of reality where Mind is all, and all is Mind, reflecting the beneficial and supportive presence of God and always working together for the safety and protection of one and all.

Stay clear that God never created a harmful virus, that the coronavirus is rendered harmless in the omnipresence of Love, and that you are only exposed to God's love and care in every place you go, with every person you meet and in everything you touch.

Stand porter at the door of thought and admit only the possibility of health.

Stand porter at the door of thought and know there is no distance between you and God, the source and sustainer of your health.

Know God's presence and stay healthy.

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