

# Eliminate fear of the coronavirus

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If one listens too intently to media reports on the coronavirus, there might be a temptation to fear its spread. But fear is not necessary. We are not helpless in the face of the coronavirus. There is a metaphysical way to protect ourselves from infection.

As Christian Science explains, we live in a realm of Mind, where God is the only influence over the health and wellness of man. Everything in this realm is mental, spiritual, and good.

The coronavirus is a mortal belief that something opposite to God exists in this realm and can cause harm. This belief is wrong. It's an erroneous conclusion of the human mind that can be reversed with spiritual truth and rendered harmless.

Mary Baker Eddy, the Discoverer of Christian Science, gave us useful insight and instruction on how to prayerfully protect ourselves from contagion. She wrote,

**“If you decide that climate or atmosphere is unhealthy, it will be so to you. Your decisions will master you, whichever direction they take.**

**“Reverse the case. Stand porter at the door of thought. Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously. 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”** [\*\(Science and Health, p. 392\).\*](#)

Truth empowers you to neutralize the coronavirus, render it harmless and prevent infection. So, waste no mental time in fruitless fear. Put all your thought and energy into “standing porter,” and know the spiritual truth that disarms the coronavirus.

Don't fear spread of the coronavirus. Eliminate it!

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