Replace images of the coronavirus with prayers of truth

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The media is filled with reports and images of the coronavirus spreading around the world. To keep yourself healthy and to help your neighbor too, it is wise to keep those images of disease out of consciousness and to keep one's thought filled with prayers of healing truth instead.

Mary Baker Eddy gave her readers wise advice about protecting one's thought and health from disease reported in the media when she wrote,

"The press unwittingly sends forth many sorrows and diseases among the human family. It does this by giving names to diseases and by printing long descriptions which mirror images of disease distinctly in thought. A new name for an ailment affects people like a Parisian name for a novel garment. Every one hastens to get it. A minutely described disease costs many a man his earthly days of comfort" *[(Science and Health, p. 196).](#)*

The coronavirus epidemic is a serious health issue facing humanity today and must be addressed head-on with effective measures to stop it. The media is doing the best it knows to keep its audience informed with the latest information. But we do not have to accept into consciousness everything we hear.

For instance, if the media minutely describes the coronavirus, we do not have to "hasten to get it." We can keep disease images out of our consciousness and keep our thought filled with prayers of truth and love instead.

Prayers to calm thought, dissolve fear, and negate mental images of disease with spiritual truth not only protect us from getting the disease but help stop the spread of the disease around the globe.

We are not helpless. There is something we can do. Keeping thought filled with healing truth rather than fear of disease is a good first step.

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