

# Remove the leading error

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Sometimes patients will call for help with a long list of ailments they are struggling with and end their story with a statement like, “I have so many problems, I don’t even know where to begin.”

When hearing this type of dismay, I often reply, **“Let’s start by removing the leading fear,”** which is inspired by this statement by Mary Baker Eddy, which she wrote about mortal mind:

**“Remove the leading error or governing fear of this lower so-called mind, and you remove the cause of all disease as well as the morbid or excited action of any organ”** ([Science and Health, p. 377](#)).

It’s heartening to remember that we don’t have to heal all our moral ailments and shortcomings in order to have a single healing. Yes, in time, we will come face to face with these shortcomings and have opportunity to heal them. But it doesn’t have to happen all at the same time. As Eddy wrote, the quickest route to success is to remove the leading error or governing fear of the moment. That approach brings the greatest good the fastest.

So, if you’re facing a long list of troubles you’d like to see resolved, don’t get overwhelmed by that list. Reduce it down to bite-size chunks that you can handle. Look for the leading error or governing fear of the moment, and address that. You will see the biggest results the fastest that way. You can get to the rest later.

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