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While keeping up with the Monitor over the past several months, I've experienced clarity on how to authentically and effectively pray for *our* world. Whether it was reading about climate scientists in France, a mobile library in New York City, or immigration issues along the U.S.-Mexico border, the prevalent themes of collaboration, altruism, and inclusion surfaced in my thoughts again and again. These recurring themes were the catalyst for a shift in thought about the impact I could have in our world.

It wasn't that the large scale problems that used to scare me, like sex trafficking, poaching, and gun violence lessened. The shift in my thinking happened as I consciously grew more aware of the prospect of lasting, meaningful solutions. I recognized that by focusing on turmoil and strife in the world, I'm consequently limiting my belief in the possibility of growth in a positive direction. Filling my head and my heart with proof of the good that people are accomplishing in the world helped me see the good all around me. Articles I read of people unselfishly helping and seeking innovative solutions left me feeling inspired and uplifted. Feeling this way propelled me to express the same unselfish devotion towards bettering the lives of others and left me questioning if I was rehearsing problems in my own experience, or pursuing healing. I began to go about my weeks inspired by a proactive way of living that I was witnessing in so many of the stories in the Monitor.

What followed was almost like a chain reaction of reading, recognizing, and appreciating good - and it was something I could replicate over and over! This realization made so much sense to me. The Monitor has made the choice to highlight good and emphasize progress – whenever possible – and by making a habit of reading these articles, I was beginning to do the

same. This created a solid foundation for my prayers in a way that felt more practical and applicable to my life than ever before.

So much of the world is focused on boundaries and division. The boundaries of a country or of the socio-economic status one is born into, limiting access to education or opportunities. Boundaries, by nature, force separation and encourage exclusion. For years, the news has been full of controversy and contention surrounding immigration and borders. Recently, I've been inspired to release boundaries within my own thoughts. Just as Mary Baker Eddy says in Science and Health with Key to the Scriptures, "home is the dearest spot of earth, and it should be the centre, though not the boundary of the affections"(58:21), I was determined to expand my affections beyond the boundaries that often occur in typical high school life. To a high schooler, "boundaries" may appear in the form of social cliques, sports teams, race, and age.

During the course of this school year, I have made a conscious effort to be more inclusive, and expand my self-imposed boundaries. Mary Baker Eddy encourages us that, "we cannot fathom the nature and quality of God's creation by diving into the shallows of mortal belief. We must reverse our feeble flutterings — our efforts to find life and truth in matter — and rise above the testimony of the material senses, above the mortal to the immortal idea of God. These clearer, higher views inspire the God-like man to reach the absolute centre and circumference of his being" (SH 262:9). Dwelling on my own problems simply propels me deeper into the pains of mortal belief. These words inspired me to search for ways to give by making others feel valued and heard. As I looked for the good in those around me, I noticed my behavior beginning to parallel the true purpose of the Monitor, and enabled me to "find clearer, higher views" of myself and others.

I began to see possible connections between the impact I was making within my daily life, and the problems people were facing all across the globe. I realised that I could take these global ideals and apply them on a personal scale by remaining steadfast in my recognition of the beauty, worth, and value each individual holds – declaring each day that no one is outside of this birthright. Taking it a step further, I knew I had to not only recognize good that was being done, but *expect good and inclusivity* from everyone and in every place. I'm so grateful for the healing this Monitor assignment has brought me! Even though I was first approaching it as another task on my to-do list, the examples of all the change-makers the Christian Science Monitor highlights has brought about a major shift in my outlook on the power of seeking a higher view.