

CHRISTIAN SCIENCE
AND THE THREAT OF
MIND CONTROL

As hypnotic power continues
to grow stronger and more
widespread, it has been said,
“There’s no place left to hide.”
But complete protection from
all forms of hypnotism can be
found through prayer in
Christian Science.

A N N B E A L S

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ANN BEALS

The Bookmark
Santa Clarita, California

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Library of Congress Control Number: 2001119633

Beals, Ann.

Christian Science and the threat of mind control / by
Ann Beals. -- 1st ed.

p. cm.

ISBN 0-930227-35-2

1. Christian Science. 2. Hypnotic susceptibility.
3. Brainwashing. 4. Prayer. I. Title.

BX6943.B43 2002

289.5

QBI33-207

Published by
The Bookmark
Post Office Box 801143
Santa Clarita, California 91380

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INTRODUCTION

There was a time when subliminal suggestion, mind control, brainwashing, and black science were terms unknown to my world. We did not need to lock our doors, or stay in after dark. The mental atmosphere of our country was warm and kind, open and trusting.

This has all changed. The freedom and safety that we took so for granted, have now given way to a different mental climate. In the last decades of the twentieth century, there has been gathering a growing darkness. An ominous cloud of hardness, hate, and cruelty has replaced the brighter days of the past. This dark cloud is no longer off in some distant time or place. It hangs over our lives daily. If it is not affecting us directly, then we see it in the lives of those around us.

What has brought about this change? There has been no major war, no open and obvious attack on Western civilization. Instead, we seem to be caught up in a new type of warfare — a mental war between the forces of good and evil. An obsession with evil power is counteracting the Christianity of centuries, destroying the morals that have been the very foundation of our lives for over three centuries. If the power of evil should ever reach the point where it outweighs the power of good, civilization as we know it will collapse into anarchy.

There are many causes for this breakdown in our society, but undoubtedly a major cause has to be the growing presence of secret hypnosis and mind control practiced by the black arts and black science.

In a previous paper of mine, *Malpractice: Protecting the*

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Mind from Hypnotic Influence through Prayer, I explored the more common forms of aggressive mental suggestion that we encounter daily, mainly through our relationships and the media. But I did not discuss to any extent the many malicious forms of mind control secretly at work in the unseen realm of world consciousness. Mind control is such a serious threat it required a separate book. My purpose in writing this, is to explain how to protect the mind from malicious hypnotism through which one mind secretly attacks another to harm, seduce, control, or destroy him.

I write this out of years of experience in surviving malicious forms of hypnotic attacks. It was a number of years ago when I had my first lesson in successfully handling malicious hypnotism. I was able to do so because, as a Christian Scientist, I had been given some insight into the power of scientific prayer to handle what is termed in Christian Science *malicious malpractice*, and I was well aware that such mental work went on.

In this particular instance, I had been struggling for several weeks to heal through prayer a serious physical problem. The prayerful work that had been so successful in the past, seemed to have no effect on the pain I was experiencing. I understood the need to handle malpractice in treating severe problems, and I had done this in a general way without results.

One night, when I was in such pain that I could not sleep, I humbly asked God for an answer to this problem. The thought came to me to deny malpractice coming directly from someone who knew me quite well. Without malice or vindictiveness, I focused on the angry thoughts that could be hidden in this person's inmost thoughts, and I simply rebuked them as having no power or reality because such thoughts were not of God. Within minutes, the pain faded out and I went to sleep. That was the end of the problem.

For days, I was in shock to learn that this individual, without any indication, was harboring such hidden hostility towards me. I was even more shocked to learn that the anger of one mind could

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be directed towards another so aggressively as to cause such suffering and pain.

I could not understand why nothing was taught about handling malicious malpractice in the Christian Science Church. Christian Scientists were usually told that, if they had a problem, they should straighten out their own thinking. With few exceptions, there was no mention of the need to handle malpractice. I have since learned that Mrs. Eddy wrote and taught incessantly on the need to handle malicious hypnotism. But with her passing, her invaluable teaching on this subject was slowly buried by the Church. Over the years, less and less was said about the need to handle malpractice until any instruction on it disappeared from the teaching and literature published by the Church organization.

I was fortunate enough to have had some teaching on this subject from my family and other Christian Scientists, and so I have been able to overcome attacks of malpractice each time they have come into my experience. These lessons in handling hypnosis, have enabled me to discern when an evil influence is attempting to harm me; and then through my understanding of Christian Science, I can counteract it, and prevent it from having any influence over me.

I was raised in Christian Science, and in my childhood I had several healings that saved my life. Being deeply impressed by these, I began studying this Science about the time I entered high school. After I married, I served a branch Church of Christ, Scientist, in many capacities, before taking up the healing work, and becoming a Christian Science practitioner.

As I studied Christian Science, I found it enabled me to understand the nature of God and the nature of evil, and I learned how to defend myself through prayer against any negative mental influence that would produce discord and illness in my experience. Often I found that only through handling malicious malpractice was I able to overcome problems that my prayerful work could not otherwise heal.

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I have also watched the world around me lose its innocence and freedom, and grow increasingly knowledgeable about the power of hypnosis and mind control, and I have come to realize that one main purpose of Christian Science is to give the world a form of prayer that will enable everyone everywhere to defend his or her mind against secret malicious hypnotic work. The forms of hypnotism that I write about can and do happen. I have experienced enough of them to know that they are taking place.

The use of secret hypnosis is no respecter of persons. It is most aggressive where there is a concentration of wealth and power; but it can also be used by any malicious mind for revenge, control, or simply for the exhilarating feeling of having a mental power that can destroy another's freedom, health, or life without the criminal mind being detected or punished.

This discussion is not intended to frighten you, but to equip you to recognize the practice of malicious hypnotism, and to understand how you can defend yourself against it through prayer in Christian Science.

We must learn to fight this growing occultism with the power of prayer if we are to bring our world through an escalating warfare between the mental forces of good and evil. We are indeed blessed to have the scientific means for doing this through the teachings of Christian Science.

I should add that I have not studied hypnosis, and I do not know how to hypnotize. I have experienced malpractice many times, and I know the suffering it can cause. But my life-work has been to understand Christian Science, and in this pursuit of Truth, I have learned how to detect and overcome malicious malpractice through prayer. I hope in this discussion to help you do the same.

Ann Beals
2002

Chapter I

THE WARFARE OF THE TWENTY-FIRST CENTURY

In August of 1945, the United States detonated the first atomic bomb, and the world entered a new era. Unleashing the power of the atom began the transition from physical warfare to mental warfare. Great powers could no longer go to war to settle their differences because the horrifying destruction of men and property possible through such warfare, was unthinkable.

Yet the bomb did not eliminate the primitive urge to conquer and rule, to fight and destroy. Warfare has been forced into a new, more subtle form. It is gradually shifting from the physical to the mental plane, and today we are witnessing the early stages of war based on the diabolical use of black arts and black science to control the minds of the civilized world.

Wars of the past were confined to battlegrounds, with sides distinctly drawn and causes well defined. Today, violence and aggression are diffused throughout the world. The enemies of freedom and justice are secretly at work in the mental realm, bringing about the threat of an Armageddon unlike any we could have foreseen.

The hypnotic use of evil power is being practiced by those who live among us. Enemies, once far removed from the home-front, can now be living next door to us, or attacking our minds from a distance, or influencing our lives without our being aware of it.

This new warfare comes through the growing use of hypnosis and scientific technology. It is a warfare which leaves the physical world intact while attempting to enslave the minds of the

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masses. Daily events testify to the growing threat of criminal minds working to control, cripple, and destroy the free world through secret hypnosis and electronic technology. The casualties of this mental war are buried as though they died from natural causes.

Volumes have been written on the occult, Satanism, witchcraft, voodoo, Jesuitism, theosophy, Oriental mysticism, and hypnosis. And now a new threat looms in the form of sophisticated electronic technology that can read one's thoughts, monitor his actions, affect his health, control his behavior, and even bring about his demise without ever being detected. Those who are aware that such evil powers are in use, are claiming, "*There is no place left to hide!*" Indeed, the most terrifying factor of this war is not the scientific technology and hypnotism used to control others, but the lack of defense available to the innocent victims under attack. *They appear to have no weapon for defending their minds.* And at this time, the main thrust of this warfare is against Christian beliefs and practices.

The moral and ethical mind that could never practice malicious hypnosis, must be given a way to defend itself against all mind control. The purpose of this discussion is to answer this need. For there is an answer — there is a place to hide.

This discussion focuses on hard-core hypnotism — the depraved will or moral idiocy that mentally attacks an innocent and unsuspecting victim with the purpose of controlling, hurting, or destroying him emotionally, mentally, or physically. The secret work of experienced hypnotists can be as crippling and lethal as any modern weapon.

It is possible that you, the Reader, may not encounter the most malicious forms of hypnosis described here. But then again, you might. In view of the trend of world thought, we cannot be too well informed on this subject. The knowledge and practice of the occult is becoming so common that even grade-school children know about it. Those in junior high school are learning to practice it. Those

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in high school are joining together in witches' circles to give power to their experiments with witchcraft. Who is to say what these same children will do when they become adults, and decide to resort to hypnosis to get what they want? And what will happen when those who practice hypnosis, practice it on each other? It could come to that. Those who recognize the evils involved in such depraved mental work, will need a way to protect their minds and lives from its devastating effects.

A History of the Occult

Malicious mental power is not a recent phenomena. The black arts can be traced back at least 6,000 years to the primitive worship of unseen forces in the universe. The belief in the power of evil and in destructive supernatural spirits, led to the first temples and ritual worship. Certain men in primitive tribes were believed to be in touch with unseen forces that worked against the good of the tribe, and as the men assumed the authority of priests and healers, occultism grew to be the basis of ancient religions. It was believed that priests could enter the spirit world, appease evil spirits or gods, communicate with the dead, and use supernatural powers for good or evil. Thus, magic and religion were one and the same thing. Greek and Roman myths created gods with good and evil natures. Pagan religions held the first great civilizations in the hypnotic spell of priestcraft.

It was only with the coming of Judaism that a higher form of religion began to free mankind from idolatry and paganism. After the resurrection and ascension of Christ Jesus, Christianity began to spread throughout the civilized world, breaking the hold of the occult priesthood. Christianity separated God from Satan, angels from devils, and prayers from evil spells. It recognized the power of the evil spells of the occult. When illness or misfortune could not be explained in any other way, it was attributed to the

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malicious work of black magic. Witchcraft, magic powers, and demonology were condemned by the Church, and an effort was made to stamp out the worship of idols.

Because Christianity made a complete separation between God and evil, the emphasis placed on the devil and hell in the Middle Ages led to the claim that all those suspected of being witches had a pact with Satan. Although the Christian world condemned and often persecuted witches, the practice of black magic remained a part of Western culture. In the Middle Ages, magic was combined with learning so that there were scholar-magicians. Magic became more sophisticated, with books containing secret spells and alchemy formulas.

The Reformation brought a strong attack on all types of witchcraft. Many practices of the Roman Catholic Church were condemned as originating in paganism. Despite the persecution of witches, witchcraft continued to be practiced during the sixteenth and seventeenth centuries. In the Age of Reason, witchcraft declined, but it returned in the nineteenth century, bringing about a number of secret societies. Meanwhile hypnotism was re-defined by a Viennese doctor, Mesmer. He divorced it from all supernatural and religious ties and claimed it to be a new method of treating disease. Through his work, hypnosis became part of general knowledge. It has been studied and developed until it is today a major threat to mankind. In the last half of the twentieth century, the occult, combined with newly developed electronic technology, has become the basis for a new threat to humanity — conquering and controlling the minds of men without destroying their material wealth.

The Many Forms of Modern Occultism

In ancient times, occult religions were mystical and secretive. Today, the occult comes in many forms. In order to defend ourselves against mind control, we will begin with a brief overview

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of some of present occult and other hypnotic practices and electronic mind control. These are reviewed to give some insight into the activity of the evil mental work taking place. Even though we are not directly involved in such evil practices, or apparently threatened by them, we must realize that such evil thoughts and emotions radiate out into the mental atmosphere we live in. Their practice, active in minds around us, is a mental force that can counteract the spirituality of the Christian mind, and darken our thought without our always realizing what is happening.

The age-old battle between the forces of good and evil is reaching a crucial stage. As we consider the modern use of hypnosis, we can recognize the urgency of developing an effective means of counteracting hidden forces that threaten to engulf the world in “a night without a star.”

Hypnosis Becoming Common Knowledge

The education of the general public in the personal use of hypnosis has become a common thing. Books and classes that teach how to hypnotize yourself and others, give explicit instructions on using hypnosis to overcome bad habits, sickness and disease, how to be more attractive, intelligent, and desirable. They also teach how to influence the thoughts of others. We should remember that we are in the earliest stages of this widespread use of hypnosis. In the past, the occult was shrouded in secrecy, and its practice was hidden from the public. But because it is now so openly discussed and taught, it has become a great threat to individual freedom and life, for it requires only a depraved mind to pervert the seemingly harmless use of hypnosis into malicious attacks on others.

Although those who are taught hypnosis, are warned against using it for malicious purposes, we would be naive to think that this caution is always observed in a society where power and control have become the motive and goal of so many. Someone knowing

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how to invade, influence, and control the mind of another, needs no special equipment or ritual. There is no visible evidence of hypnotic aggression to indicate that such devious mental activity is taking place. Because of its hidden mental action, it can become a constant threat to an innocent victim. As it is more widely understood and practiced, it can produce every kind of sickness, disease, catastrophe, and discord imaginable in a victim's experience.

Anyone in tune with modern life, knows that this is not a remote possibility or a doomsday prediction. It is already taking place. All forms of education, information, and entertainment involving hypnosis are big business, and the understanding and use of hypnosis is in its infancy. It will undoubtedly become increasingly aggressive and dangerous as the more advanced techniques in mind control now being developed in government and private sectors, become part of mainstream knowledge.

"Soft" Mind Control

The most widespread form of hypnotic influence is found in the media, where radio, television, newspapers, and books influence and shape how we think. Such mesmerism is referred to as "soft" mind control. It works so subtly that the victim is not aware that he is being mentally invaded and given information that is detrimental to his freedom, health, and well-being. Nor does it appear to have any effect on his life or health. Yet, slowly such mesmerism has eroded the morality and safety and health of our world.

In mass mind control, certain propaganda is presented as "fact," and it is done so professionally and repeated so often that the public comes to accept it subconsciously and to believe it.

Mass mind control is also secretly taking place through subliminal suggestion, because the mind receives and responds to information and instruction without being *consciously* aware of it. Such subliminal techniques are used in movies, radio, and television. Aggressive mental suggestion reaches the mind by first stop-

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ping conscious thought by distracting it. When thinking processes are in an unresisting state, the mind can be programmed by repetition which embeds the information in the subconsciousness. Subliminal suggestion of misinformation and disinformation is put forth as facts throughout the media. The media has also broken down the Christian foundation of our nation through dramatizing sexuality, mental and physical cruelty, conflict, violence, crime, and irrational behavior.

Hypnosis has no factual or principled foundation. It is purely the power of suggestion. But the susceptibility of the human mind to suggestion put forth fraudulently or secretly, has led to widespread mental manipulation and control. Soft mind control is the most common use of hypnosis, and it would be the least harmful except for the fact that it affects an entire nation, and apparently can shape the thoughts and behavior of millions. Who knows what is being implanted in the mind through subliminal suggestion that we know nothing about? Are we being slowly destroyed by hidden suggestions that turn us against one another, that cause us to be sick, to doubt the existence of God, to be hard and amoral?

The use of black arts and black science seems far more dangerous than soft mind control because malicious hypnosis is focused on a certain individual with intent to harm him. But over the long run, the media could be the most harmful because it reaches millions of minds worldwide, and its powerful influence can grow increasingly negative and anti-Christian.

The Black Arts

In the last half of the last century, orthodox religions have failed to provide Christians and those of other faiths, with spiritual and practical answers to the challenges they are facing. As a result, many have turned to occult and Oriental mysticism, witchcraft, and Satanism, and in so doing, they have discovered the use of hypnosis. Any doubt that the discovery of such mental power is

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being used for the wrong purpose, can be dispelled by investigating the accounts of witchcraft given in books and magazines on the occult found in any local library or bookstore.

The following are examples of the widespread use of hypnotism now taking place throughout our country:

Witchcraft and Voodoo: Witchcraft, or black magic, with its satanic motives, is presently proliferating among the young and disillusioned. It is the use of depraved will-power coupled with hatred or lust projected towards its victim. Such will-power is designed to alter or control relationships, bewitch a victim with lustful desire, destroy his health, or even kill him. Voodoo has its origins in Africa, and came to the Western world with slavery. Voodoo women and witches use dolls to represent a victim. They work charms and cast spells. They use potions and engage in sacrificing to bring death to a victim. Such use of black magic has been proven to cause discord and confusion in a home, and bring about accidents, terrible sickness, insanity, bad luck, and death.

Books are freely available that give detailed instructions as to how to “torment, but not permanently injure” or “to cause agony” or “to maim and kill” through black magic. These instructions explain the malice the witch must muster up and hurl at another to harm or destroy him. And they give horrifying examples as to how successful such hypnotic attacks have been.

Centuries of voodoo and witchcraft attest to its effectiveness. Many who doubt its power, write it off as hallucination on the part of the victim. But those who have experienced such mental attacks know that the suffering produced by witchcraft and voodoo was not the product of one’s own imagination.

Satanism. Even darker than witchcraft is Satanism — the worship of the devil. Satanic worship involves brainwashing and mind-control, mental and physical cruelty, and even human sacrifice. Devil worship is performed in dark, ritualistic ceremonies and

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can involve sexual abuse, torture, sacrifice, and murder. It represents the most sadistic, premeditated evil that the carnal mind is capable of committing. A cult known as the Church of Satan, with grottos around the world, worships Satan in a black mass, and is the essence of the antichrist. It preaches a totally sacrilegious philosophy that degrades and demolishes all that the Christian world believes in.

Satanistic rituals (also performed in witchcraft and voodoo) are three types: (1) A destructive or hate ritual with a hex, curse, or destructive agent. Such rituals often involve many believers, making the ritual especially powerful and effective due to collective malicious malpractice. (2) A compassionate ritual to help another. (3) A sex ritual to cause the victim to lust for a certain person through a seductive or lustful hypnotic attack.

A magical ceremony performed by a group can be extremely effective because the collective mental force of the many minds make the evil extremely aggressive, especially when it is a ceremony to curse or kill a victim. Such malpractice succeeds in proportion to the violence of the emotions — the lust, hate, revenge, and depraved will-power — that is generated. The dolls, potions, chants, and rituals are only props. It is the emotions that enforce the attack.

The intensity of such emotions, combined with the indomitable will-power that underlies all witchcraft and Satanism, seems to give hypnosis the power to do evil. The person who is hypnotically attacking another, is basically sadistic, with no conscience as to the pain and suffering he or she is causing.

The practice of Satanism is on the rise. Jesuitism is known to practice malicious hypnotism. It has been reported that from the fifth century, Roman Catholic priests have traveled to the Orient to learn the use of hypnotism. This knowledge has spread through the Catholic Clergy, and such malpractice has been especially used against the Christian Science movement, because it alone teaches

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how to be immune to the secret hypnotic work of the Roman Catholic Church.

Eastern Mysticism. Oriental hypnotic work is perhaps the most advanced, subtle, and evil form of hypnotism practiced worldwide. Many instances are given where the Hindu mystic has completely taken over the mind of his victim. The Hindu goes into a trance, focuses on his victim until he seems to *become* the victim. Then he proceeds to think the victim's thoughts. Under such hypnotic control, every kind of terrifying and crippling illusion can be projected into the victim's mind as a seeming reality. The diabolism of Eastern priestcraft comes through its claim to embody all temporal and eternal power — which it images forth as hypnotism.

Theosophy. This form of occultism, while seeming to exhibit a certain degree of social conscience, nevertheless comes from Oriental mystical beliefs and practices. It is primarily the basis of the New Age movement in the West.

Theosophy and Oriental mysticism have no almighty God, no concept of obedience to a divinely based moral law, and so no recognition of sin, redemption, or virtue as known in Christianity. On all fundamental principles, Eastern mysticism and Western Christianity are total opposites. Without a moral basis, both Eastern mysticism and Theosophy have no conscience in using hypnotic power to whatever ends they wish.

Far Eastern occultism believes in hypnotic spells to unlock the powers of priests of ancient civilizations, and it also believes that there is no effective protection from the forces invoked by the mystic forces handed down from ancient magicians or priests.

Modern day gurus and cult leaders exercise hypnotic power in the name of religion. Hypnosis could account for the many cults that attract and hold so many innocent victims who do not, or cannot, break away from the hypnotic spell of a "personal savior." It

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would seem that something far more than fear or adulation makes them a mental slave to the magnetic leader of the cult.

Witchcraft, Satanism, and Eastern mysticism have roots deep in the past, and combine hypnotism with religion. The dawn of science brought a new age to hypnotism, for it was then that hypnotism was divorced from religion and began to be studied as a science. In Europe, in the late 1700s, Mesmer discovered what he called *animal magnetism*. His experiments were the earliest effort to use hypnotism to relieve the pain and suffering of patients who came to him for healing. Out of this crude beginning has come forms of hypnotic power that far exceed any of the black arts of the past. Hypnosis is now used not only to attack and punish a victim, but to take over his mind and use him for every kind of devious and diabolical purpose.

Following World War II, when hypnotism threatened the security of our country, the United States government began serious experiments with it. Today, the scientific study of hypnotism has led to highly-developed and life-threatening forms of mind control. It signifies the opening battles of a war which is taking place invisibly. The battlefield is the human mind.

This highly developed non-religious use of hypnotism assumes total control of a victim's thought, memory, and emotions. It is a complete takeover of an individual's mind by another.

It was once assumed that one could not be hypnotized without his consent. But time has proven that, in fact, one *can* be hypnotized without his consent, and he can be made to commit criminal acts against his will. This is achieved by weakening his resistance to hypnotism through drugs or physical abuse, or both. Or he may be hypnotized while asleep, when his resistance is low.

Whether through consent, sleep, physical abuse, or drugs, when a victim succumbs to the hypnotic control of someone experienced in advanced hypnotism, the victim can be stripped of his true identity. His mind and soul can be unmade, then remade to forget certain experiences or information. When drugs are combined with

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hypnosis, an individual can be molded beyond his own recognition. Memories can be destroyed and false memories implanted in his mind, so that he will insist that an implanted memory was a real event in his life. Such hypnotic work can be so subtle that it is difficult to detect whether or not a victim is under hypnotic control.

Once in a deep hypnotic trance, the victim can be programmed to obey the commands of the hypnotist. He can be programmed to assassinate on command at some future date. Upon cue, he will automatically carry out the command, and then he can be ordered to commit suicide. In a similar vein, it has been reported that agents have been trained to spy on and kill others hypnotically from a distance.

After a victim has been programmed, memory blocks can be installed in the subconscious mind that make it all but impossible for him to recover from the mind-altering experiences implanted in his internal memory bank. The victim will not remember that he has been through a conditioning and programming experience because hypnotic blocks cause amnesia. Such behavior, mind, and memory alterations are done at the subconscious or unconscious level.

Through the use of drugs, physical abuse, and torture, the will of a victim can be completely broken, and he or she can become permanently hypnotized and controlled by another. The victim basically becomes the “slave” of the master mind, forced to endure every kind of physical and mental abuse, and without hope of escape. Stories of such hypnotic control have begun to surface, exposing these sadistic practices. It is horrifying to read the experiences of the few who have survived hypnotic slavery and escaped to tell about it.

Black Science

Added to the black arts of hypnotism, scientific technology has created black science in which the use of electronic technology is being tested as a means of controlling the masses.

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Through electronic means, a victim's bio-electrical field can be remotely detected, and he can be monitored everywhere he goes. An individual anywhere in the country can be located and secretly tracked twenty-four hours a day by electronic surveillance. It also appears that electronic technology is now known that can kill from a distance.

Another form of black science comes from computer generated brain-mapping, which can continuously monitor the electrical activity of the brain. Electrical activity in the speech center of the brain can be translated into the subject's verbal thoughts. Without any physical contact, the monitor can map out the brain activity and show images from it on a video monitor. In other words, there is electronic technology that can now read our minds. Every thought, reaction, auditory event, and visual image in the brain, can be electronically read as the victim's thoughts, images, and sounds. Furthermore, subliminal audio can be sent to the victim's brain (bypassing the ears), and subliminal images can also be sent to the brain (bypassing the eyes). These can alter the subject's perceptions, moods, and motor control. Remotely monitoring bioelectric information in the human brain has become the ultimate surveillance system.

In listing some of the many forms of soft mind control, black magic, and black science, I realize there are many areas of this growing menace that I have not covered. But this list will offer some idea of the urgency of finding a way to defend the innocent mind from such evil practices.

To conquer and control the human race is the ultimate power. Control of individuals and the masses seems an obsession with those studying and practicing black arts and black science. The results of secret government research into all forms of mind control will eventually become general information. When it does, the criminal mind will use it to every kind of diabolical end. As the

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use of black arts and black science continue to develop, mind control will become available to anyone who can afford it.

Before the development of black science, all mind control was through hypnosis. However, in this age, development of mind control suggests the use of electronic and computer programming intent on confining not one — but *all* human minds in an electronic prison.

Can this be done? Probably not, but untold numbers of innocent victims could suffer and die in an attempt to do so.

The Suffering Produced by Malicious Hypnotism

There is no way to describe the mental anguish, despair, and darkness, the pain and suffering that hypnotic attacks can inflict on a victim. They can create pain so intense that he dies from it. They can cause mental and emotional breakdown, insanity, manic depression. They can cause a victim to become violent, irrational, schizophrenic.

Symptoms of almost every known disease can be induced by hypnosis. Experienced hypnotists can suggest fever, partial or total paralysis, brain tumor, leukemia, cancer, heart attack, stroke — any one of a number of life-threatening diseases. The constant suggestion of disease hypnotically suggested to an undefended mind will cause the victim to manifest the disease. If he dies from it, it will seem his demise was due to natural causes.

Hypnosis can suggest suicide. It can cause rashes, itching, violent headaches, colds and flu, nausea and vomiting, pain in the feet and joints and teeth. It can make one sleep when he should be awake, and at night it can cause either insomnia or terrifying nightmares. It can cause waves of terror to sweep over one for no reason. It can be so aggressive as to make him doubt the existence of God — an especially dark and despairing state of mind.

Malicious hypnosis can bring about discordant, unreasonable, even vicious forms of attack by family, neighbors, friends, and

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business associates. It can destroy a victim's home and marriage, business and employment, and can cause his closest friends to turn on him.

It can come as a suggestion of accident — until the fear of an accident brings one about. The symptoms of many different poisons and drugs can be hypnotically administered until the victim will have all the symptoms of the drug as though he had actually taken it.

Hypnosis can create such sexual desire that the victim is always seeking sex at all costs — even to losing his reputation, marriage, family, and business or career.

Hypnosis can cause the mind to feel drained of any meaning, and become so hard and rocklike that there is no reason to live — an extremely painful mental condition.

There is no end to the forms of disease, sickness, temptations, adversity, discord, mental and emotional anguish, and physical pain that can be the result of malicious hypnosis.

Whatever the method used to inflict suffering and pain, the black arts and black science can be reduced to one basic term — *hypnotism*. A sadistic mind that finds satisfaction in causing others to suffer through hypnotic attack is one of total moral idiocy. Such hypnotism is demonic will-power. When one has no Christ-love, no faith in God, no concept of right and wrong, no compassion for others, his mental energies are usually forms of depraved self-will, aggression, and hostility. If such a mind develops the hypnotic power to attack others through hypnosis, it becomes completely amoral or non-moral.

A brilliant mind with depraved will-power may learn hypnosis in order to exercise despotic control over others. The use of such mental power leaves no one safe from those who will attack a victim for whatever reason — hatred, revenge, jealousy, envy, or for so small a reason as to impress another, or to have the satisfaction of being able to cause another human being to suffer.

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The hypnotic work of the occult is not limited to individual or mass thought. It can have an adverse affect on the weather. An accumulation of evil in the general mental atmosphere can produce violent storms, droughts, blizzards, hurricanes, tornadoes, and other “acts of God.” If we understood collective hypnosis well enough, we could most likely trace many kinds of unusual conditions and abnormal behavior to secret hypnotic work. It could well be the real explanation for the many bizarre and tragic events that take place daily. Soft mind control and hard core hypnosis can affect the weather, the economy, government, and health of a nation. A collective negative or disturbed thought-force leads to the breakdown of society.

Blaming the Wrong Causes

Before there was widespread interest in the occult, the average person was not likely to experience abusive or violent attacks from hypnotists. But as hypnosis becomes common knowledge, everyone should know how to detect its influence, and defend himself against it. Otherwise, he will go on blindly blaming illness and adversity on other causes, when he is actually meeting malpractice or soft mind control.

Although we watch the occult on television and in the movies, read about it, and hear it discussed, we seldom, if ever, consider the possibility that malicious malpractice could be the underlying cause of discordant experiences in our own life. At this time, our problems most likely are *not* caused by malicious hypnosis directed towards us personally, but what about the soft mind control we are exposed to daily in the media? We need to know how to defend ourselves against it, for we could at any time become a victim, if we have not already come under its negative influence.

The challenge in handling malicious hypnotism is in recognizing that an illness or adversity is due to malpractice, and not to

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some cause that we usually associate with the problem. Such mesmerism is difficult to detect because hypnotic suggestions produce problems that are similar to those taking place daily in our own experience and that of others. A hypnotic suggestion is so similar to our own mentality that it seems to be our own thoughts. We believe chance, fate, or circumstances has caused certain adversity. Or we believe someone has arbitrarily decided to be difficult, hostile, or suspicious towards us for no apparent reason. We blame our illness on virus, germs, age, physical breakdown, heredity, etc. If we are on the same mental plane as the hypnotist, we cannot “feel” his hypnotic influence, because it is basically the same type of thought as our own, and so we attribute the discord and suffering to other causes.

We are susceptible to the suggestions of the hypnotist when our own mentality holds images and traits, beliefs, thoughts, and emotions similar to the hypnotic suggestions projected by the hypnotist. We are receptive to his suggestions through our own fear of disease, accidents, age, germs, heredity; our belief in fate, bad luck, or chance, etc. Thus, we attribute our problems to such causes, and fail to recognize the real cause to be malicious malpractice. We need to see through the habit of attributing *all* challenges to ordinary mortal, material causes, and learn to trace those that come from hypnosis to the mental work of malicious malpractitioners.

If we do discern that our problems are being hypnotically induced, it is not enough to detect such mental work. We must be able to defend the mind against it. At this time, even the strongest human mind seems unable to completely overcome all mental attacks from experienced hypnotists who have singled him out as a victim. Therefore, we must find a way to recognize when our mind is being invaded, and then we must be able to defend it against such mind control. Aggressive hypnotic suggestions must be accepted into our own consciousness before they can harm us. We are safe when we can recognize alien influences, and neutralize and cast

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them out through our own prayerful work. No one can do this work for us. The only sure defense is found when Christian Science is permanently established in the individual mind.

Defense against Malicious Hypnotism

To detect mental invasion and prevent the mind from being hypnotized, we can begin with a statement made by an Eastern Hindu. When asked if there was any defense against hypnotism, he replied, "*The only defense against hypnotism is to hold to a fact. No matter how simple it is, HOLD TO A FACT!*" As an example, it has been proven that if one realizes that an attempt is going to be made to hypnotize him, and he holds to an absolute fact — such as $2+2=4$ — he cannot be hypnotized. This has been proven effective in situations *when the individual was aware that he was in danger of being hypnotized.*

Here we have the first basic answer to defending ourselves against secret hypnosis. *We must hold to a fact!*

This method of protecting the mind, however, needs to be adapted to our Western way of life. In our daily lives, there is no warning when we are about to encounter some hypnotic suggestion. It can come at us through many avenues, and in many forms, at any time of the day or night. We cannot be constantly rehearsing $2+2=4$ to counteract the possibility of being hypnotized.

But Western civilization has a form of truth that is far more practical and effective than mathematics, and it can be with us at all times. It is first found in the Scriptures. The Bible provides *spiritual facts* that can protect the mind, and it is a universal answer. *Anyone, anywhere, at any time, can protect his mind from evil suggestions through a strong Christian character and by holding to the facts found in the Scriptures.*

The spiritual facts of being taught by the prophets, Christ Jesus, and the apostles, are forms of truth, or supreme facts,

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infinitely more powerful in nullifying malicious malpractice than a mathematical equation. Because simple prayer offers a measure of protection for the mind, the occult sees Christianity as its mortal enemy. Investigate deeply enough into the occult, and you will see that it is working secretly, aggressively, silently to bury Christianity, because when one holds firmly to Biblical truths and such facts are present in consciousness, that mind is difficult or impossible to influence hypnotically.

The prayer of faith begins to protect the mind, for when we reduce all occultism to one common denominator — hypnotism, illusion, the antichrist — we find that through the prayer that holds to the truth as taught in the Scriptures, we can break the power of evil.

However, as more people learn to practice black arts and black science, and they become increasingly powerful, devious, cunning, and sophisticated in doing so, Christian faith and prayers of supplication will not be enough to protect the mind completely from their more aggressive attacks — especially when hypnotists work collectively against one individual, or to affect the weather, or to influence world conditions, etc. As such sadistic hypnotic work grows, we will need a deep, strong, absolute Truth to hold to, a more advanced understanding of God, and a more effective form of prayer. Christian Science provides this higher intelligence and love that can meet and overcome this threat.

There have been many attempts to include Christian Science in the mystical practices of the Far Eastern religions and reduce it to the level of the occult. But careful research will show that mystical and supernatural forces are the very antithesis of Christian Science. This Science is a scientific discovery of the laws underlying the healing works of Christ Jesus. The occult “miracles” and supernatural experiences are the result of hypnosis in varying degrees. The occult includes charms, chants, brainwashing, mind-control, satanic and sacrificial rituals, evil spells, cult worship, and

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malicious hypnosis that cause in a victim sexuality, mental and physical suffering, and possibly death. Nowhere in the records of the occult are found accounts of spiritual healing such as those recorded in the Scriptures.

The Hebrew nation was the first to break the spell of paganism and the occult of early civilizations, and to initiate the worship of God as an infinite, all-powerful Deity. The Bible includes many accounts of spiritual healing, provision, protection, and blessings that came to the Children of Israel through the worship of one God. The history of Israel led to the mission of Christ Jesus. His marvelous works proved his teachings about God to be Truth. Following his resurrection and ascension, his early followers healed as he did. Jesus' disciples, as well as Paul, began converting the Gentiles to Christianity through teaching and healing. Healing works were an important part of early Christianity, and his followers healed as Christ Jesus did, based on the gospel of Love.

By the end of the third century, however, these healing works had disappeared. But with the discovery of Christian Science, the scientific laws underlying spiritual healing, are again available to the world. For more than a century, healing works resulting from this revelation have equaled those of early Christianity.

The same spiritual power that heals and regenerates, can also defend the mind from mental invasion and control. Christian Science is the very opposite of the evil forces of the occult. It is based on spiritual facts, eternal Truth, the divine intelligence of Mind. The occult is built on illusions and the belief in the power and reality of evil. Christian Science makes a clear and distinct separation between the two.

Among the terms for evil used in Christian Science, the most descriptive is *animal magnetism*. This term includes all forms of evil known to the carnal mind. The term *malpractice* is used to define hypnotic influence. There are various degrees of malpractice or aggressive mental suggestion. These are mainly described

as ignorant, fraudulent, and malicious. My first discussion on this subject, titled *Malpractice: Protecting the Mind from Hypnotic Influence through Prayer*, explains in detail the ignorant and fraudulent malpractice that is common to all walks of life in today's world. But in this discussion, I said very little about the malicious malpractice that is present throughout our society today. This second paper deals exclusively with this growing threat.

The occult goes far back in time, and is so complex and widespread that an answer to its threat is not a simple and easy one. We need to introduce into consciousness a new intelligence — one so illumined with truth, or facts, that we can do battle with hypnotism anywhere at any time and destroy it.

Exactly how does Christian Science provide this protection? This is a question that requires a long and careful answer, covering a number of basic points: The way to escape malpractice is through the spiritual dimension coming to light as a scientific discovery; the key to this dimension is found in Christian Science; Christian Science is a revolutionary discovery that reveals God to be All and evil to be an illusion; it defines the hidden realm scientifically, and provides the scientific prayer that annuls hypnotic influence; this prayer is the source of a new power that can be used to overcome all evil.

In covering these points, I hope to supply such a thorough answer that you will understand what is involved in protecting your mind from the harmful effects of malicious hypnotism.

Chapter II

THE WAY OUT

Because malicious hypnosis is a universal threat, the means of escaping it must also be available to everyone, everywhere. The statement, “There is no place left to hide,” is not entirely true, but this hiding place is one that has only recently been discovered. It is a very unexpected hiding place brought to light through the scientific progress of this century.

This hiding place is found in the non-material dimension underlying the universe and man. Physicists at one time assumed that if they probed deep enough into the atom, they would find a final material cause for all things. But as they pressed deeper and deeper into the mystery of the atom, they failed to find a final material cause — because there is none. Instead, they discovered that the atom has no more solid substance than a thought or a feeling. The solid universe and material body we live in, are nothing more than empty space and waves of energy. The solid mass of the visible universe has disappeared into an invisible, intangible dimension that holds the final cause of all things. *This non-material realm has been established scientifically — it is a proven reality.*

This hidden dimension holds the answer to the urgent need for an escape from all mind control. This realm is open to everyone willing to turn to it as a “very present help in trouble.” As we learn the nature, structure and contents of this hidden realm, we develop a mentality that is beyond the reach of hypnotic influence or control. With this advanced intelligence, we can hide in “the secret place of the Most High.” There, we are immune to all hypnotic influence because lies, illusions, the unreal, cannot enter this realm of Truth, and so hypnotic influence will have no power over us.

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This escape does not take the form of an altered-consciousness that wards off the occult through a superior or stronger type of hypnosis. It comes through a higher intelligence, or spiritual knowledge. We will transcend the present mental state and enter the spiritual realm. We will come to think in an intelligence that includes the moral and spiritual laws concerning this hidden realm.

The nature of this higher intelligence is very different from our present intelligence. *If it were like our present mentality, there would be no higher form of consciousness to withdraw into, and there would be no place to hide!*

We find this new knowledge by adding another dimension to the universe — *a spiritual dimension*. The discovery of this dimension brings with it the dawn of the spiritual age. In order to appreciate the significance of this new age, we can compare it to the development of the scientific age. The scientific dimension in the universe has *always* existed, but until the Renaissance, it remained a hidden realm. The mind of the Dark Ages was one steeped in false theology, superstition, erroneous assumptions, and gross ignorance. Mankind was completely *unconscious* of the scientific dimension, *unaware* of its presence, *unenlightened* as to the good latent in it. Then gradually the scientific dimension yielded up its secrets, until we now live in it as a reality. We think in it effortlessly. The mind has been transformed into an intelligence that thinks and lives in the scientific dimension.

Now, as we face the hidden presence of this non-material realm, our relationship to this new intelligence is comparable to the medieval mind before the coming of the Renaissance. The world as a whole is totally oblivious to the presence and power of this hidden realm. Even those who are aware of its presence, are *unenlightened* as to its laws, energies, qualities, and elements, its structure and content, *unconscious* as to the spiritual life possible to those understanding it.

Scientific laws and principles were not invented — they were *discovered*. They had *always* been present as governing

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forces in the universe. Even so, the spiritual realm with its laws and principles is not new. It has *always* been the primal cause of creation. As we seek to understand it, we will bring to light spiritual and moral laws that have existed throughout eternity. We have been somewhat aware of them through religion and philosophy, but now these laws will emerge as the scientific facts regarding this spiritual realm. The hidden nature of this realm is not mystical, beyond reason and understanding. It is the melding together of science and religion into one harmonious whole. As we understand this realm, we will discover that the universe and man are governed by spiritual laws that annul the power of hypnotic influence.

Although we have now established scientifically that this realm is real, and that the universe and man are not material, we still retain in consciousness a material view of them as concrete conviction, and so we continue to experience the discord, disease and limitation of a material, mortal image. We continue to believe in the power and reality of matter and evil. Even very good, honest, Christian people remain mortal, experiencing disease and adversity, because they are unconscious of the spiritual realm. They continue to believe that evil and matter are as real and powerful as God. This basic belief in the power and reality of evil makes them susceptible to hypnotic suggestions of every kind. Mentally, they are still on the same plane as the hypnotist. Their mortal state of mind is so like that of the hypnotist, that hypnotic suggestions find many mortal elements in the victim's mind to relate to, and so entering and controlling such a mind is not difficult. It is the basic similarity between the two minds that enables a hypnotist to reach his victim. Without an understanding of the spiritual realm, we relate to hypnotic suggestions because we are familiar with what they suggest. But as we expand our thinking and understand this new realm, we *spiritualize consciousness*, and then we can detect and reject harmful mental influence, because it is so unlike this spiritual state of mind.

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To give an example of such immunity, if we were to go back into the Dark Ages, with its beliefs of old theology, fear of evil spirits, and practice of alchemy, our scientific intelligence would leave us immune to the influence of these erroneous beliefs. Nothing could convince us that they were the truth. Although everyone around us believed in them, our more enlightened mind would be beyond the reach of their false knowledge, because we know the universe has a scientific dimension. Even so, as we add a spiritual realm to the visible universe, our understanding of this realm will place us beyond the reach of animal magnetism's hypnotic influence.

Through the ability to understand the spiritual realm, we will see *through* the visible universe into the spiritual cause underlying it, and understand its moral and spiritual laws, its energies, qualities, and substance. When we do, our form of intelligence will be so beyond that of the material, mortal mentality of a hypnotist that we will be unaffected by his efforts to control our mind. Thus, a spiritually enlightened consciousness, will provide a refuge and escape from all evil influence.

A Higher Vision

To enter this realm, we must have an accurate means of understanding it. It is not an extension of material causes, nor is it patterned after the human mind. If it were like our present mentality, we would be able to understand it. But it remains hidden.

There is needed a transcending vision that accurately reveals the entire nature of this dimension. We need a vision that unfolds an advanced knowledge, or a scientific understanding of the hidden realm, resulting in a higher, purer intelligence. Christian Science supplies the one true vision that opens up this realm.

Properly viewed, Christian Science is the most advanced scientific discovery on the earth today, because it reveals the

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nature and contents of this hidden realm.. It reveals a more complete image of creation. With this transcending vision, we enter a spiritual age, an age of divine intelligence.

Moreover, Christian Science is the first accurate and complete explanation of the Mind that governs the spiritual realm. Reviewing the development of the scientific age, we find that there are not *many* principles for each phenomena. There are not *many* principles of aerodynamics, or *several* charts of atomic weights, or *numerous* laws of electromagnetism. There were in the beginning perhaps many theories attempting to explain such phenomena, but in time there was only *one* that proved to be scientifically right, *one* that worked universally, *one* that everyone agreed upon.

There have been many efforts to define the spiritual dimension. There have been many schools of philosophy, religion, and metaphysics attempting to explain the great unsolved mystery of reality. In time, however, the world will recognize that Christian Science alone provides the first complete scientific key to this unseen realm of Mind. Christian Science was discovered in 1866 by Mary Baker Eddy. Because she plainly set forth her revelation, a revelation so beyond prevailing world thought, it was too radical to be accepted by most people. For over a hundred years, Christian Science has been misunderstood by the world in general, because it is so different from the knowledge of even the most educated minds. There is very little in today's mental atmosphere that relates to the concepts found in Christian Science. Yet, if this Science were like what we now know, there would be no transcending vision to grow into, nothing to enable us to emerge into a state of mind that can protect us from malicious hypnosis. But as we come to understand Christian Science and learn to use its healing power, this spiritualized consciousness is protected from malicious malpractice.

Christian Science reveals the spiritual laws underlying Christ Jesus' healing works, and it is the healing works of Christian Science that prove this Science to be the key to divine reality. Those

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who study it and come to understand it, experience healing after healing — including physical problems that defy all medical help. Their lives become more harmonious, their relationships more loving. They find their life is easier and more affluent. One's adventure into the spiritual realm brings far more than protection from malpractice. It heals, blesses, and prospers the dedicated student who strives to understand and live all that Christian Science teaches.

As we come to think in these spiritual laws and qualities, these divine ideas, we will heal spiritually as did the early Christians. The spiritualized consciousness will find refuge from all evil in this new realm of Mind. It is very different from the mentality that can be hypnotized. The spiritually educated consciousness is so *unlike* mortal consciousness that there is no similarity between the two, and so the evil mental worker cannot reach it. As one understands the spiritual realm, he is able to determine whether he is thinking his own thoughts or is being subjected to the harmful hypnotic thoughts of another, and through his understanding of Christian Science, he can hold to the spiritual facts that make him immune to all forms of mind control.

Chapter III

CHRISTIAN SCIENCE THE KEY TO THE SPIRITUAL DIMENSION

Every great discovery brings to light a new truth that conflicts with prevailing views. In a cold and cruel paganistic age, Christ Jesus taught that God is Love, and that one must love his enemies. Copernicus discovered that the earth revolved around the sun, completely contradicting the five senses and the false theology of the Dark Ages. Einstein published his paper on Relativity, and the entire structure of the mechanistic universe collapsed.

These great truths were rejected, even scorned, when they were first presented, because they were in direct conflict with all that was believed to be truth or science, and yet they eventually revolutionized world consciousness.

When visions of such magnitude are first introduced, they are rejected because they are so misunderstood. The greater the vision, the more it is resisted. Yet, unless a transcending vision introduces revolutionary ideas, it would not be a vision, and without such visions, there would be no new knowledge to enlighten and benefit humanity.

In bringing to light the Science of God, Mary Baker Eddy presented a realm of ideas so radical and revolutionary that they are to this day misunderstood and rejected by the world in general. Yet these ideas are the very facts through which we enter the spiritual realm, and escape from the darkness and suffering of these "latter days." Moreover, time is proving that she is right in all that she wrote. In the late 1800s, when the mechanistic theory prevailed, Mrs. Eddy wrote of the underlying spiritual cause and origin

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of creation. She discerned in its entirety the realm we are only now recognizing as a hidden dimension underlying the universe.

Christian Science — A Revolutionary Discovery

In her writings, Mrs. Eddy recorded a number of revolutionary ideas that are now proving to be true.

First, in the late 1800s, when the mechanistic theory was considered to be a complete scientific explanation of the universe, *she defined the spiritual realm as having absolute moral and spiritual qualities and laws, and a scientific structure and content.*

Christ Jesus referred to this hidden realm as the kingdom of God. God is scientifically defined by Mary Baker Eddy in the Christian Science textbook, *Science and Health with Key to the Scriptures* as, “Incorporeal, divine, supreme, infinite Mind, Spirit, Soul, Principle, Life, Truth, Love.” Mrs. Eddy reveals this realm of Mind as the primal origin and cause of all that is real.

Second, because God is Spirit, *man and the universe are spiritual.* They are of the same essence or substance as their creator. God is cause, and man and the universe are effect. “God creates and governs the universe, including man,” we read in *Science and Health*. To the degree that we understand God, are we able to understand man in His likeness, and learn to think and live in this spiritual realm.

Third, this fact then leads to the conclusion that *there is no matter* as we ordinarily think of it. There are no material laws, cause and effect — a fact that is becoming increasingly obvious as we learn of the mental nature of things. The statement, “All is consciousness,” is being accepted as a universal fact. In *Miscellaneous Writings*, by Mrs. Eddy, we read, “Atomic action is Mind, not matter.” This was written at a time when the atom was still considered to be an infinitesimal billiard-ball, and energy and

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mass were believed to be two entirely different things. She also wrote, “All is infinite Mind and its infinite manifestation, for God is All-in-all.”

Fourth, Mrs. Eddy has brought to light the *scientific laws underlying Christ Jesus’ healing works*. Christian Science reveals that the miracles of early Christianity were actually based upon a divine Principle that is absolute and eternal. Through the study of Christian Science, the healing works of the past are possible in this age. Christian Science appeared at the turn of the twentieth century, when spiritual healing was not practiced in the churches. In fact, ministers claimed that such miracles were a thing of the past. But the Christian Science movement prospered mainly through healing works that equaled those of first Christians. Many healings, including incurable and terminal illnesses, have come about simply through reading *Science and Health*. Healing works are an inevitable result of the study of Christian Science.

Fifth, in seeking to understand how Christ Jesus healed, Mrs. Eddy experimented with placebos and found that *any benefit one received from a drug was due to his faith in it* — nothing more. She writes, “The drug can do nothing, because it has no intelligence.”

Sixth, Mrs. Eddy recognized *the lethal power of malicious hypnotiism*. When she learned of the harm that can come to one attacked by malicious malpractice, she tried valiantly to warn and arm her students with the spiritual understanding they needed to protect themselves from it. Long before the world in general was aware of the dangers of secret hypnosis, she wrote prolifically about its evil use and the need to beware of it. But she was hopelessly ahead of her time. The development of hypnosis as we know it today, was still decades away.

As she wrote and taught on malpractice, her students reacted in different ways. Many felt she was obsessed with evil, and they left her — often because they did not know how to handle

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the malpractice they were already experiencing as her students. Others were so frightened by it that they did not want anything more to do with Christian Science. Still others understood what she was teaching, and those students became useful workers in the early movement.

But most disturbing to Mrs. Eddy was the realization that her teachings on malpractice were also instructing unethical students in the powerful effects of malicious mental work. Although she did not teach hypnosis, some students, having learned the power of prayer, began perverting their ability to heal others into maliciously attacking them, and such students became very dangerous hypnotists. Because of this, she had to stop teaching about malpractice openly, and confine her teaching to students whom she could trust.

To those loyal students, she taught and wrote about malpractice at great length. She was the victim of it for many years. She knew how aggressive it could be, and the suffering it could cause. Roman Catholicism, Theosophy, Orientalism, and all other forms of occultism were greatly threatened by Christian Science, and those who practiced occultism, recognized that her discovery would arm the world with a means of defense against hypnotism that no other religion or system of metaphysics could do. They tried to stop her from bringing Christian Science to the world, and exposing their secret mental work. But in the end, she succeeded in giving humanity Christian Science, which includes a form of prayer that can prevent hypnotism from being effective.

Among the many statements she made concerning malicious hypnotism are the following:

From the second edition of *Science and Health* (1878):
“Penal law must meet the hour when he who hates his neighbor, will have no need to enter his door, [in order] to destroy his peace and prosperity, to harm his health, to demoralize his household; for the evil mind will do this through mesmerism; and not *in propria*

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persona be seen committing the deed. This ‘irresistible conflict’ awaits us, and must be met first by law, and next by *Science*, or mesmerism, that scourge of man, will leave nothing sacred as mind becomes conscious of its latent powers.”

In the third edition of *Science and Health* (1881): “The crimes committed mentally are drifting the age towards self-defence; we hope the method it adopts will be more humane than in periods past. The re-establishment of the Christian era, or the medieval period of metaphysics, will be one of moderation and peace; but the inauguration of this period will be met with demonology, or the unlicensed cruelty of mortal mind, that will compel mankind to learn metaphysics for a refuge and defence. Then shall be fulfilled the Scripture, ‘The wrath of man shall praise Thee, and the remainder thereof Thou shalt restrain.’”

In the first edition of *Retrospection and Introspection*: “. . . In common usage the term Mesmerism, or Hypnotism, falls short of its entire meaning, which should include those phenomena of Animal Magnetism by which the victim is affected involuntarily and without contact or consent. . .

“I have seen a person, when under the effect of Hypnotism, obey the will of one who was neither present, nor known to be attempting any such influence over him. I doubted whether this effect could be produced without the consent of the person to be affected; but this doubt was removed when I witnessed with horror, a superinduced state of involuntary mesmerism.

“The methods of Animal Magnetism, especially its secret work, should be exposed. This alone can protect the people from a future Reign of Terror, far surpassing the error and terrorism of the Dark Ages. One has nothing to fear from this evil, if he is conscious of its claims and its presence, and, on the basis of Christian Science, understands its impotence. Animal Magnetism is the opposite of Christian Science; and its effect on the senses is readily removed by the latter, if the cause of this effect is understood.”

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On October 3, 1888, she wrote to Joseph Adams: “It is only by laying bare the atrocities of animal magnetism and malicious mental malpractice that the human race can be saved from a bondage that will so far exceed the history of the Israelites in Egypt, as the power of sin exceeds the inertia of matter to cause suffering.”

On many different occasions, she gave students specific teachings on the subject, or wrote them about it. Following are a few of these teachings:

“M.A.M. [malicious animal magnetism] rages and Christian Scientists should be *strong* and meet this secret influence with counteracting mental work.”

“A lying argument has no power. What we reject cannot be forced into our thought.”

“Know that M.A.M. has no intelligence to make a law that mercurial or arsenical poison can be mentally administered to produce catarrhal condition of the body. God is the only lawmaker. There is no belief in a mentality through which poison can be hypnotically administered.”

“Mental malpractice must be met daily by all the students; met by your mental protest that breaks the so-called law of a lie, or you are liable to be affected by this lie all *unconsciously*. Dear one, *remember this*. Our Master said, ‘Had the good man of the house watched, his house would not have been broken open.’”

“Christian Scientists must work daily to annul the prayers of the unrighteous, those who unrighteously pray that the Christian Science prayers cannot heal the sick.”

“You know that malicious animal magnetism cannot gain or assert power or act through any mortal or mortals — if you know it, it cannot touch you or make you afraid. The word you will need is, ‘It is I, be not afraid.’ ‘Because he hath set his love upon me, therefore will I deliver him.’”

“Mentally treat yourself that nothing can govern your

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actions or come to your thought that is not from the divine Mind. Be strong there. So many sinister suggestions come to mind, watch! and each day commit yourself to the care of our one Parent, trust Him, turn to Him in all your ways for light to direct your footsteps, wisdom to enable you to separate the tares from the wheat — so that you can judge well between the human or evil ‘suggestion’ and the good or divine impulse.”

“There is no mortal mind, or man, or personality, that can think through me, or read my thoughts, or change, influence, beguile, bewilder, or darken my consciousness.”

“God will reverse every argument of evil before it reaches us, through the Word, which is the two-edged sword, which liveth and abideth forever.”

“Conscious obedience to the open or secret demands of evil minds, ensures moral and physical death. Ignorant submission to these evil though inaudible demands is sure doom. Your eyes must be opened, that you may see and feel this hidden influence; for if you only understood its cause, you would besiege it with Science, until you compelled the city of evil to capitulate, and so save yourself. Science is more exacting than sense; it abates not one demand. All possible progress in Christian Science is sacrificed by him who yields to the influence of animal magnetism. Knowing this, the envious malpractitioner, intent to reducing you to his standard, sends you, mentally, his demoralizing arguments; but at the same moment he whispers into your thought: ‘I am not the one influencing you; it is such and such a one.’”

Mrs. Eddy also defines the mental qualities of a malicious hypnotic mind as “a stolid moral sense; great lack of spiritual sentiments; the desire to subjugate; unsurpassed secretiveness masked by innocence and youth.”

Science and Health and other published writings have a number of statements referring to mental assassination, witchcraft, and the dangers of yielding one’s mind to hypnosis. The following

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statement from the textbook was considered by her to be of prime importance: “Christian Scientists, be a law to yourselves that mental malpractice cannot harm you either when asleep or when awake.”

These quotes, selected from Mrs. Eddy’s published and unpublished writings, show how concerned she was for the mind that can be victimized by the occult. Many of her statements about the coming age of occultism indicate that it will be much darker and more threatening than is presently apparent to us.

Mrs. Eddy did more than warn her students about malicious malpractice or malicious animal magnetism. She also provided them with the means for counteracting it and preventing it from harming them. This will be explained further on. But first, I must make one last, all crucial point.

The Most Revolutionary Idea Presented by Mrs. Eddy

Many of Mrs. Eddy’s concepts, such as the hidden realm of Mind, the unreality of matter, the mental nature of man and the universe, and the threat of secret hypnosis — once so shockingly unrealistic — have proven to be true. But this last point is a spiritual and scientific fact that is so revolutionary it continues to be rejected by the world in general, and yet it is the one point most important in overcoming malicious hypnotism.

Christian Science reveals the fact that there is no reality or power in evil. Evil is an illusion. In Science and Health, we read: “The notion that both evil and good are real is a delusion of material sense, which Science annihilates. Evil is nothing, no thing, mind, nor power. As manifested by mankind it stands for a lie, nothing claiming to be something, — for lust, dishonesty, selfishness, envy, hypocrisy, slander, hate, theft, adultery, murder, dementia, insanity, inanity, devil, hell, with all the etceteras that word includes.”

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The unreality of evil is a fact difficult, if not impossible, for many to accept at this time, and yet it is the one fact that gives us the power needed to defeat malicious hypnotism. *All evil is hypnotic illusion*. It is not real and has no power. Moreover, this fact can be proven in Christian Science.

The logic of this claim is summed up in Mrs. Eddy's work, *Unity of Good*. Here she writes, "As God is Mind, if this Mind is familiar with evil, all cannot be good therein. Our infinite model would be taken away. What is in eternal Mind must be reflected in man, Mind's image. How then could man escape, or hope to escape, from a knowledge which is everlasting in his creator?" And she further states, "All that *is*, God created. If sin has any pretense of existence, God is responsible therefor; but there is no reality in sin, for God can no more behold it, or acknowledge it, than the sun can coexist with darkness. To build the individual spiritual sense, conscious of only health, holiness, and heaven, on the foundations of an eternal Mind which is conscious of sickness, sin, and death, is a moral impossibility; for 'other foundation can no man lay than that is laid.' (I Corinthians iii. 11.) The nearer we approximate to such a Mind, even if it were (or could be) God, the more real those mind-pictures would become to us; until the hope of ever eluding their dread presence must yield to despair, and the haunting sense of evil forever accompany our being."

Time has shown Mrs. Eddy to be right on every other point that seemed so wrong over a century ago, and so we need to accept on faith her statement that evil is unreal, to be absolutely valid and provable. The very boldness of such a claim should cause us to stop and ask how Mrs. Eddy could have made it, if it were not true. By accepting this statement on faith, you will find, in time, that you can prove it to be true. You can learn to exercise absolute power and control over all evil through an understanding of the following fundamental concepts of Christian Science, summed up in three cardinal points:

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1) God, good, is All-in-all. Man and the universe are the spiritual effect of this one spiritual Cause.

2) Evil is not real. It is hypnotic illusion which can be destroyed through an understanding of Christian Science.

3) At this time, evil cannot be ignored or written off casually as unreal. It must be resisted and overcome through study and prayer in Christian Science.

Evil is unreal because the unseen dimension is spiritual, Godlike. The deeper we move into this realm of spiritual reality and understand it, the more we find evil fading out, until it disappears entirely from consciousness and experience. But to say blithely that evil is nothing but an illusion in the mind, while it remains a threat to our health and happiness, is not scientific. *It must be rebuked and destroyed through scientific prayer.* As this prayer destroys evil, it proves that, indeed, God is All and evil is unreal. The aggressiveness of evil, not only in this present age, but throughout the pages of history, would make us believe it to be real. But as we undertake the work of overcoming it by transcending the scientific state of mind and understanding the spiritual realm, we will discover that it is not only an illusion, but that we can destroy its seeming power to appear otherwise.

The purpose of Christian Science is to enable us to prove evil's unreality through study and prayer. As the ideas put forth by this Science are accepted on faith, and studied religiously, we begin to transform consciousness. The spiritual dimension takes on form and substance. We find we can understand it, and think and live in it, and as we do so, we reduce evil to non-existence.

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Asking the Right Question

In the beginning of this mental warfare, we must ask the right question as to evil's unreality. The question is not, Where does evil come from? or How can I explain its presence? But, *How can I prove that evil is unreal?* When we keep this one question always before us, we begin to have dominion over it. As healings are the result of our prayerful work, we discover that it is possible to prove the unreality of evil and matter. Through our own prayers, we can escape even the most malicious forms of hypnotism, for occult hypnosis is a form of evil, and no evil can withstand the laws of God.

Christian Science does not present an in-depth analysis of hypnosis and how it works. We are not engaged in a mental battle with the hypnotist on his terms, using his method of warfare. If we did, we would destroy ourselves with our own evil thoughts and emotions. Scientific prayer is not a confrontation between evil human will-power and good human will-power. Instead, *this prayer enables us to hold to the spiritual facts that render it powerless.* As we withdraw into the spiritual realm and fill consciousness with divine intelligence, hypnosis is no threat, for it cannot enter a mental realm filled with absolute facts.

The Hidden Warfare

Naturally, there has been great disbelief in the claim that evil and matter are illusions. *But consider the fact that it is possible to rid consciousness of an illusion, but not a reality. It is possible to change an error held in thought, but not the truth.* Since the battlefield with malicious malpractice is in one's own mind, it is possible then to overcome evil with truth. It is all accomplished mentally, and once we do mental battle with evil and actually drive

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it out of consciousness. we realize that evil is indeed nothing but an illusion. The hypnotic attack takes place mentally; the destruction of it also takes place mentally.

The hypnotist works secretly. He projects his thoughts with violence, hatred, sadism, energized by depraved, malicious will-power. He attacks without warning. His only hope of success is in projecting emotionally charged thoughts into his victim's mind in such a way that the victim accepts them as his own thoughts and either suffers and dies from them, or comes under the control of the hypnotist. But the hypnotist knows that *these suggestions are not the natural thoughts of his victim*, and he must enforce these malicious suggestions through his own will-power.

The Christian Scientist defends himself through prayer. He also works secretly. But he is motivated by spiritual love and divine intelligence. He does not fight evil will-power with good will-power. *He holds to the spiritual facts of being*. He denies all that is unlike the truth. Moreover, he is confident that his prayerful work will succeed, for he knows that the spiritual laws of the universe are supporting it. Entertaining the facts of being, he is at one with God and His laws, and so his prayerful work will enable him to overcome or outlast the will-power of the sadistic mind. Understanding the allness of God and the unreality of evil, the Scientist knows that the prayerful stand of the righteous mind will win over the unrighteous attack of the occult mentality.

In this method of handling aggressive mental suggestion, the Scientist rises above the level of human good fighting human evil. He moves beyond the human realm and holds to the spiritual facts of being so tenaciously and so confidently that the hypnotist finally gives up from lack of results. Hurling malicious thoughts at a victim with such emotions is exhausting, and cannot be carried on indefinitely. However, the Scientist in the heart of prayer, is sustained and protected by God, and the work is inspiring and rewarding. Each victory brings him greater confidence in his work, and

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enables him to become increasingly astute in detecting and handling all forms of hypnotism. Our work is not to avenge ourselves on the malpractitioner, but to so spiritualize consciousness that we are beyond the reach of his thoughts, and remain unaffected by them.

Fate of the Hypnotist

Often those who practice occultism experience a sense of exhilaration, of being superhuman, of being beyond the hand of God and beyond the law. It would appear that they can commit mental atrocities, and God is unable to do anything to them. They seem to get by with murder in every sense of the word, and go undetected and unpunished. But this is not so. The spiritual laws of God are as inviolate as the law of gravity. One can defy them for a certain length of time — time enough to reform. But if he becomes a hardened sinner, then he must suffer for his crimes.

Malicious hypnosis destroys one's mind. He becomes amoral, and then quite often insanity sets in. The mind slowly sinks into the blackest night. The physical, emotional, and mental pain of such a godless state of mind is beyond description. It may begin in his earthly experience, but it goes on after death indefinitely. The mind is reduced to such a tortured state of depression and total godless despair that it is rendered helpless to ever again inflict suffering on another. And it seems that this dark and anguished state of mind continues until the person has reformed, and is never again inclined to commit such grave and unpardonable sins.

The frustration and despair of the just and upright thinker in seeing the evil mind go unchecked and unpunished, is only natural. But while the punishment may not be apparent, the time will come when anyone who defies God's laws will have to answer to God for his sins. Thus, if one is unable to bring the evil malpractitioner to justice, God will do so. I have seen this take place too many times, in this present experience, not to believe that it is so.

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We must not destroy our own spirituality by being angry and revengeful towards the hypnotist, for these challenges bless us by forcing us ever deeper into the protection of the spiritual realm. These lessons make us accomplished metaphysicians.

As we understand and demonstrate Christian Science, we come to realize that every radical and revolutionary idea put forth by Mrs. Eddy is true, including the statement that evil is not real. And it is because she dared to write that God is All, and evil is nothing, that we have a refuge and escape from the malicious hypnotism of the occult.

Chapter IV

THE ILLUSION OF EVIL

It has been proven that those who “hold to a fact” cannot be influenced by the hypnotic work of an experienced hypnotist, but those who did so and succeeded in preventing a professional hypnotist from reaching them, were usually aware that an attempt would be made to hypnotize them. However, we have no warning when it comes to the many forms of secret hypnosis and soft mind control that we encounter on a daily basis. To have complete protection from such threats, we need a truth of such magnitude that it can counteract all hypnosis by its very presence in consciousness. This truth must be such a permanent part of our mental processes that we think in it naturally and effortlessly. As we move deeper into the spiritual realm, we will discover a divine intelligence that we will come to think in as easily as we now think in scientific laws and technology. Such intelligence will transcend our present intelligence, and give us constant protection from all hypnosis.

This truth includes the fact that *evil is an illusion*. Evil is an illusion in world consciousness — an illusion without any principle, foundation, or fact in reality to sustain it. It is emitted by ignorant or depraved minds. Divine intelligence, or spiritual understanding, found in Christian Science, can neutralize and destroy it. This advanced intelligence is the next stage in the evolution of civilization.

In the history of mankind, each progressive stage has brought to light the “unexpected.” The medieval belief in a universe filled with good and evil spirits and supernatural forces, gradually gave way to a universe governed by scientific laws and principles.

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Beginning with the Renaissance, scientists passed *through* the superstitions and false assumptions of the Dark Ages into a dynamic universe of law and order, plan and direction. It was the unexpected result of the Renaissance.

In the last century, we again found the “unexpected,” when what appeared to be solid atomic structure dissolved into light and energy all that appear solid is only frozen or congealed energy. We have passed *through* the “solid” atom into an underlying intangible realm, and found that matter, as we think of it, does not exist. Outline, form and color are present in infinite variety, but the universe has no more solid substance than a thought or a feeling. Who could have predicted this as the outcome of scientific progress?

With each stage of development, the universe has remained the same. It has always been governed by scientific laws. It has always been an exquisite creation of ethereal atoms. With each stage of progress, it was not the universe that changed, but the mind of man. His progress has been an inner experience — entirely subjective. The light of revelation has dispelled the darkness of ignorance and false reasoning. Man has *always* lived in a scientific universe. He has *always* lived in forms of light and energy. And too, he has *always* lived in a spiritual realm.

Now, as we move towards the spiritual realm and discern the nature of this hidden cause, we will find that we are passing *through* the hypnotic illusion of evil and finding that there is no real cause or source for evil. Evil and its hypnotic suggestions are destined to become powerless and obsolete as the spiritual facts regarding God, man and the universe continue to come to light.

It seems incredible that evil should be an illusion, especially when it has often seemed to be a power greater than God. But barely a century ago the atom was seen to be a hard, indestructible “billiard-ball.” The scientific world had devised an image of the universe built on the assumption that the atom was immutable. The mechanistic philosophy was considered the final word in defining

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the nature of creation. The universe resembled a great clock. Man himself was seen as a biochemical machine. But in the twentieth century, the solid world dissolved into waves of energy, and the mechanistic view collapsed. It was a theory, and even though it seemed to be proven scientifically, it was a mental structure built on the sands of time, an illusion.

Now, as we face the spiritual dimension, we are again finding the “unexpected.” As we press *through* the surface of the visible universe, we enter a realm that is void of evil. It is the discovery of ultimate Truth. Evil and its hypnotic suggestions do not originate in this hidden realm of Mind, and have no basis in reality. The spiritual dimension is one of divine intelligence and love.

This discovery of the unreality of evil will seem as incredible as was the discovery that there is no solid matter in the universe. Yet, it is a scientific fact. All hypnosis is void of principle or power. The only force it can claim to have, comes from the negative emotions and will-power of the hypnotist. Such aggressive mental work neither originates in the spiritual realm, nor does it exercise any influence over the Mind that is God.

Since hypnotic suggestion is always an erroneous state of mind, we do not have to overcome anything in the objective world in order to escape its harmful influence. *Our escape comes from within. Hypnotism cannot harm us if it cannot enter consciousness. And so our defense is wholly subjective.* As we learn the facts concerning God and man, it will be natural to think in this truth, and this truth will prevent false suggestions from entering consciousness and objectifying themselves in a suffering experience.

Each person can prove for himself the unreality of evil by challenging it within his own consciousness. *Evil thoughts and emotions cannot force themselves into our minds.* Knowing that hypnotic suggestions are illusions, we can face all suggestions of evil, and become the aggressor. Through scientific prayer, we can

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deny their power and reality as being of God, and then face them down. When we do, we find that *evil collapses*. It ceases to exist. We are free of the threat of discord and suffering that malicious hypnosis claims to cause. However real and aggressive the mental work of the hypnotist may *seem* to be, it is an illusion destined to lose its hold on us as we enter the hidden realm of Mind.

Even if evil's unreality is only a theory to you, you can start using the power of prayer — the ultimate truth — to counteract the aggressive mental suggestions that come to you. Simply holding to the fact that God is all and evil is unreal, is enough to shut out some of the soft mind control being used today.

Once you begin to challenge all evil as hypnotic suggestion, you will feel the hypnosis that is presently in consciousness fade out. All mental suggestion apparently attacking consciousness, will be unable to reach you. And the effects of hypnosis — the mental and emotional disturbance and illness resulting from this secret mental work — will no longer be part of your experience.

Chapter V

THE SPIRITUAL DIMENSION DEFINED SCIENTIFICALLY

Through hypnotic influence, mind control slowly darkens, materializes, and desensitizes the mind, destroying faith in God and the ability to reach out to Him in prayer. As the occult breaks down moral and spiritual qualities, it strips the mind of its only protection against hypnotic control. This demoralization is subjective. It is the gradual silencing of the individual's conscience of right and wrong.

Spiritual inspiration and redemption is also subjective. God reaches us through the inner voice. Mrs. Eddy writes, in *Science and Health*, of "a divine influence ever present in human consciousness." Thus, the mind is influenced by either the unfoldment of God's thoughts, or by the hypnotic suggestions of animal magnetism.

This inner voice may grow faint, but nothing can silence it entirely, for it is maintained by God as an indestructible part of our being. It can be revived and strengthened through the study of Christian Science, with its prayer of affirmation and denial. With study and prayer, we establish our inner relationship with God. We find that we can communicate with Him, and discover for ourselves the nature and content of the spiritual realm.

An understanding of the realm of Mind comes through the appearing in consciousness of spiritual enlightenment. As we yearn to understand God, and begin to seek divine intelligence, God hears our prayers. He answers this yearning by imparting to our listening thought spiritual ideas and intuitions, and a feeling of His love, His nearness, His compassion, His ability to answer our prayers in a

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way that we can understand. Protection from all hypnotic influence begins with the unfoldment of God's thoughts in consciousness.

It is awesome to realize that our defense against all mind control is within our own inmost thoughts, and that we are not dependent upon outside help for it. We need only develop our own spiritual understanding of God, and this comes to us as we take the Truth found in Christian Science and make it our own.

The One True Vision

In order to enter the spiritual realm, we need an initial insight into it that reveals its scientific structure and laws. And for this we turn to Christian Science. This Science speaks to the seeking mind. It reaches those hungering for God's presence, yearning to understand Him. When, in humility, we pray to God for spiritual understanding, Christian Science becomes a great light to the soul's darkness. We identify with its revolutionary concepts and find peace, comfort, and healing, for this Science of God has answers to all the questions that other religions, philosophies, and metaphysics have failed to answer.

As we explore this spiritual realm through the Science that defines it so magnificently, we come to see ourselves in a new light — as made in the spiritual likeness of God. Consecrated study opens up a new dimension of the mind by introducing concepts of God that are very different from that of old theology. Spiritual ideas that unfold in our prayerful work, become the very fiber of our being. We think in them and live in them as our true selfhood. In this new individuality, we are aware of a relationship with God that is subjective, one that is beyond any outside influence.

As we spiritualize consciousness, we are transformed into a "new creature" thinking in a structure of ideas as yet unknown to us. Our real individuality embodies more of God's thoughts and less of human mortal thoughts. Man in God's likeness has a mind void of mortal, material illusions. Those who venture into this new realm

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are the *avant garde* of today, pioneering in the Science that will eventually rescue all mankind from the antichrist. Such a revelation is far too profound to cover in this discussion. We can only offer some insight into it as it relates to mind control.

A God that Is Scientific

This hidden realm of reality is not mystic, material, or mortal. It is not one of chance and probability, of good and evil, truth and error, love and hate, life and death. It is not chaotic or divided. It is one complete whole, governed by absolute scientific, moral, and spiritual laws.

One key to the nature of the spiritual realm is found in the scientific structure of the universe. The natural scientists have established a universe based on scientific laws. These laws govern throughout all time and space. Because the universe is governed by laws that are fixed and unchanging, we can conclude that the hidden realm of Mind is rational, intelligent, logical. It is never irrational, impulsive, chaotic, unstable, erratic, or unreliable. The stability of the universe, its plan and evolution, unity and order, must come from a solid moral and spiritual foundation. If the origin were not fixed and unchanging, then the universe would not be so.

Therefore, we can conclude that the hidden realm is scientific in nature, and we can assume it is a realm that we can understand. In view of the fact that we have come to understand the scientific dimension that was once unknown to the world, we should have faith that we have the latent ability to comprehend the nature of the Mind underlying it.

A God that Is Moral

Beneath the scientific dimension, there must be a moral dimension to the hidden realm. A creator that is scientifically stable must be morally stable. The final cause of all things would not

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resemble the human disposition — fickle, vacillating, impulsive, good and bad, loving and hating, moral and immoral. A scientific universe suggests a cause that is immutable, eternal, moral, and good. We begin to understand the hidden realm through the moral laws set forth in the Scriptures. The Ten Commandments and the Sermon on the Mount were not the personal views of Moses and Christ Jesus, but their discernment of the moral laws of the universe.

The Ten Commandments clearly state the moral laws hidden in the dimension of God: “Thou shalt have no other gods before me. Thou shalt not take the name of the Lord in vain. Remember the Sabbath day, to keep it holy. Thou shalt not make unto thee any graven image. Honour thy father and thy mother. Thou shalt not kill. Thou shalt not commit adultery. Thou shalt not steal. Thou shalt not bear false witness against thy neighbour. Thou shalt not covet . . . any thing that is thy neighbour’s.” Moses’ laws were summed up in the same basic commandments that Christ Jesus taught. “Thou shalt love the Lord thy God with all thy heart and with all thy soul and with all thy might, and thou shalt love thy neighbour as thyself.” Christ Jesus provided an even greater explanation of reality when he gave his Sermon on the Mount. He taught that all mankind should be pure, meek, merciful, kind, forgiving. They should be peacemakers, and love their enemies as they do their brethren. They should pray in secret, and seek the kingdom of God above all else.

The moral laws of the Scriptures could be considered scientific laws in that they define in part the structure of the spiritual dimension. Also, they are concepts we can understand. To some degree, we have come to think and live in them, and we should know when we are violating them.

Moral laws are as absolute as the laws of gravity and aerodynamics. We cannot disobey them and expect to escape the penalty of discord, lack, sickness, disease, and death. *They are enforced by the one Mind, God.*

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A realm governed by scientific and moral laws suggests that it must also have absolute spiritual laws. A final cause powerful enough and wise enough to enforce scientific and moral laws, must itself be an infinite Mind containing absolute *spiritual* laws and qualities, and a clearly defined structure and content. Because we can understand the scientific and moral dimension, we should then have the ability to understand the spiritual dimension. Time will reveal that only the individual and society living in obedience to moral laws will have access to the hidden realm.

God a Spiritual Cause

We cannot detect the spiritual realm with the five senses because it is *non-material*, and exists beyond the senses. Because the atom is no more solid than a thought or feeling, then the universe and man are no more solid than a thought or a feeling. They are wholly non-material. Therefore the cause and creator of all things must also be non-material — or *spiritual*. The universe and man are the effects of a spiritual cause which is the sole creating and governing power throughout the universe.

We do not detect the presence of this hidden cause because the all-knowing Mind is *ever-present*. It does not come and go; it is a constant reality that we live in. We do not know what it is like to live apart from it. God's presence could be compared to the law of gravity. Gravity is present everywhere on earth. We do not know what it is like to live apart from it. Likewise, we do not have any absence of God with which to compare His presence. He is always with us.

The one Mind is also *infinite*. It fills all space and because we can not go outside of infinity, we can never be actually separated from God. He is the one Father-Mother God, and we are always in His loving care. He is *eternal*. As far back in time as we can go, He is there. As far ahead into the future as we can see, He is there. He is ever-present, filling the eternal now.

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God is also intimately involved in His creation. He is not passive or inert. He is *active*. He is the creating, governing, maintaining thought-force of the universe and man. From the great galaxies on the edge of the known universe to the details of the smallest flower, all is Mind. Mind inhabits the spiritual dimension, as cause, with spiritual man and the universe as effect.

This kingdom of God seems hidden from us because it is *void of evil*. There is no negative element in it. This absence of evil makes it *unlike* the human mind. This holy place, this realm of infinite Mind and divine Love, is so pure and good that we cannot detect its presence through conflict, discord, stress, negative thoughts or emotions of any kind.

Thus we see that the nature of this one Mind is scientific, moral, spiritual, ever-present, infinite, eternal, all-active — a Mind of such pure goodness that it is void of all evil.

God Spiritually Defined

In answer to the question, What is God? *Science and Health* states the following: “God. Incorporeal, divine, supreme, infinite Mind, Spirit, Soul, Principle, Life, Truth Love.” An understanding of these seven synonyms for God — Mind, Spirit, Soul, Principle, Life, Truth, Love — gives us our first concrete insight into the spiritual realm.

Protection from mind control begins with the study of God through the synonyms. An understanding of His nature automatically wards off all mind control, for consciousness is so filled with spiritual facts that hypnotic influence cannot find a way into it.

A study of the nature of God reveals even more clearly how the occult is deadening conscience, hardening the heart, darkening the mind, and obstructing our natural inclinations toward all that is moral and spiritual. The goal of the antichrist is to dilute the natural goodness in consciousness so as to leave the mind defenseless against hypnotism. Fortunately, the synonyms provide a

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scientific basis to our prayers, so that we can maintain the inner light that is our protection.

An understanding of the synonyms enables us to separate true thoughts and feelings from the hypnotic suggestions of animal magnetism. While Truth is real and evil is unreal, the difference can sometimes seem to be so subtle and deceiving that we cannot discern one from the other. But as we enlarge upon our inner relationship with God, we can so fill consciousness with truth and love that we become increasingly astute in separating fact from illusion. This separation grows more distinct as we learn of the nature of God through the synonyms, and the nature of evil through its false traits and beliefs.

Learning of God through the Synonyms

We can begin relating to God through the synonym Truth. As defined in Christian Science, *Truth is reality*. Reality rests on a foundation of absolute Truth, for God is Truth. Therefore, all that is real or true must originate in the Mind that is God. The spiritual facts of being relate only to God and His creation. God is immortal Truth, and we cannot go beyond immortal Truth, for there is nothing back of that.

One fundamental truth is summed up in the fact that God, good, is real, and evil is illusion. In exposing evil as illusion, Christian Science provides a complete and scientific separation between God and Satan, good and evil, Truth and error, fact and fiction, the real and the unreal, spiritual ideas and material beliefs. As our understanding of Christian Science unfolds, the separation between the two grows ever more distinct.

Truth is Science. Eternal Truth is the rock upon which all scientific facts rest. It is beyond and above the many human structures of "truth" that have come and gone over the centuries. Truth in the spiritual realm is absolute, eternal, final. Because this realm is now a scientific discovery, the Truth found in the Scriptures can be

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classified as scientific, as well as religious. The Bible is based upon the moral and spiritual laws governing the universe and man.

As we study Truth, we spiritualize consciousness and establish a rockbed of facts and laws to think in naturally, constantly. Truth is already present to some degree in the Christian mind that knows right from wrong, morality from immorality, love from hate. Christian faith provides some protection from hypnotic influence. But blind faith in God is not enough to overcome the sophisticated and subtle forms of mind control taking place today. A scientific understanding of Him is the ultimate defense against the suggestions of animal magnetism.

The breakdown in our society can be attributed, to a large extent, to the belief that *truth is relative*. This false philosophy provides no clear-cut sense of right and wrong. It deadens conscience and leads to *justified disobedience to God's laws*. The belief that truth is relative, makes one susceptible to every kind of mind control, for it produces an unstable, insecure mind, robbing it of absolute facts to hold to.

The erosion of the moral standard in the world was intended to bring freedom from the false teaching of old theology. But rather than free humanity, it has produced a moral disintegration and a mental state that has little or no defense against mind control. Honesty, integrity, justice, reliability, and trustworthiness are strong qualities based on Truth. They resist the suggestions of immorality, deceit, hypocrisy, dishonesty. Without a moral standard, a mind can be controlled and demoralized by the antichrist, because it lacks absolute facts.

All mind control is a form of deception. It is an unjust, cruel, malicious act that finds no basis in anything humane or moral. The hypnotist relies on deceit to take over another's mind and project into it a harmful influence. He depends upon lies being accepted as truth. The victim must believe that illusions are real. If we do not know right from wrong, then when evil's illusions are presented too

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convincingly, and with such diabolical logic as they often are, we do not see through them. The false philosophy that all is relative, has produced insecurity and confusion, because no one knows what to believe anymore. The mind is not free, but lost, for there is no foundation of absolute truth and moral laws to give it stability and assurance. The more we understand Christian Science, the more we discern between the Truth and evil's subtle perversions of Truth. With an understanding of Truth, we can escape the confusion of contradicting opinions and theories, indecision and uncertainty caused by the belief that good and bad, right and wrong, are relative. We can take refuge in the spiritual realm of pure Truth. No illusion, no evil, no material belief is found in this realm, just as no ghosts or evil spirits or supernatural forces, so real to the mediaeval mind, are found in scientific principles or laws. The Truth we glean from the Bible and *Science and Health* will grow deeper and more profound as we advance, but it will not change.

Scientific laws are not relative, moral laws are not relative, spiritual laws are not relative, because Truth is not relative. Before the discovery of Christian Science, no metaphysical, philosophical, or religious teaching had ever described evil as hypnotic illusion. With this Science, the facts about God and man, and the falsities of animal magnetism are so clearly separated that we can know the difference and choose the one we want to serve.

Let us now consider Principle. *Principle is law.* God is the divine Principle of the universe, including man. God is not a corporeal person, but infinite Principle that originates, creates, governs, and maintains law, order, unity, and plan in His creation.

At this time, we understand that there are scientific laws governing the physical universe — laws of gravity, chemistry, aerodynamics, etc. There are also moral laws of honesty, integrity, love, justice, mercy. In Christian Science, we learn that there are spiritual laws such as the laws of health, harmony, perfection, infinite

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good, divine intelligence and love, that give stability, continuity, meaning, and purpose to man and the universe.

Scientific laws indicate the presence of a Principle that is scientific in nature, stable, immutable, immortal. This divine Principle relates to the universe and man through clearly defined laws. The visible world is not formed by chaos and probability, but by divine laws that are present throughout all time and space. Because the divine Principle is Love, its laws operate only to bless what Mind creates.

Experiences that appear to be miracles or faith-healing are actually the operation of spiritual laws that we do not understand yet. An early record of these laws is found in the Ten Commandments and the Sermon on the Mount. Here are laws as absolute as the law of gravity. The defiance of these laws is the cause of lack, disease, discord, and failure. All suffering is in proportion to a disobedience to these laws.

When the realm of Mind is understood, it will be seen as a system and structure of spiritual laws — the law of Love, the law of Life, the law of abundance, the law of health, the law of inexhaustible good.

The operation of spiritual laws seems especially hidden because the divine Principle is Love, and the laws of Love are so gentle, intelligent, wise, just, and good, that we do not discern their operation through harshness, struggle, force, conflict, discord. As we understand our oneness with the divine Principle, Love, we will see that God's laws operate in man's experience as well as in the universe.

Governed by a spiritual cause, man is not at the mercy of chance and circumstances, nor is his life the result of chaos and probability. He is governed by the immutable laws of God, good.

Our understanding of this underlying Principle is basic to preventing mind control, for it gives us stable and powerful laws to hold to as facts. As we press *through* the present state of consciousness into the spiritual realm, we will also press *through* the

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illusion of evil. As we realize that evil is neither real nor powerful, it can no longer hide this realm from us.

Everything that mind control and the occult stand for is the opposite of the divine Principle. All that is good and holy rests on Principle and its laws. All that is evil and Satanic has no principle beneath it to support its fraudulent and malicious activity.

The occult violates the laws of the spiritual realm. It denies personal rights to mental freedom and privacy. It is based on domination, control, discord, destruction. For that reason, it cannot be based on a principle, for there cannot be two opposing principles in the universe — good and evil.

Those practicing mind control believe that they are beyond the reach of the law, and that their work done secretly, cannot be detected and punished. But in fact, such minds are already imprisoned in a hellish mentality that must remain in its own darkness until it reforms.

Meanwhile, those obeying God's laws are immune to mind control. They live in "the secret place" where they come under the care of the divine Principle, Love. No amount of depraved self-will can force its way into the spiritual realm, because the laws of Principle deny it entrance.

Our work in defending our minds is to understand that we are governed by a divine Principle that is loving, intelligent, wise, rational, just, and good. We are not at the mercy of evil minds, when our thinking rests in the eternal facts of being or the laws of Principle. Thus, our thoughts are secure against the intrusion of anything that is unlike God.

The next synonym, and a most important one, is Mind. *Mind is intelligence, wisdom, understanding.* Creation did not come about through chaos and probability. It is the effect of a thinking cause — the one Mind. Mind is active. It is an infinite reservoir of ideas that are imaged forth as thoughts expressed in form and

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action. Although we interpret these ideas as atomic form and energy, Mind is the mental activity behind the visible universe and man.

God's thoughts come to us as ideas — spiritual ideas, creative ideas, intelligent ideas, practical ideas. The unfoldment of God's ideas always blesses and heals. His thoughts spiritualize consciousness, so that we come to live in immortal thoughts, rather than mortal beliefs. *Science and Health* defines angels as "God's thoughts passing to man." We are immersed in a realm of divine intelligence, wisdom and understanding. Because we are the effect of the one cause, Mind, we have our being in this divine Mind. As we turn to this Mind in prayer and listen from within, we experience God's thoughts coming to consciousness. They appear as new and inspiring ideas that enlighten and heal us.

As we think our way into the spiritual realm, we draw upon the intelligence, wisdom, and understanding of the one Mind. All that Mind knows, we can know by reflection. This concrete intelligence will prove as specific and practical as we have found science and technology to be. This intelligence is different, richer, warmer, happier, healthier, than the intelligence we now have. All we lose in going forward into Mind, are the misconceptions and ignorance from *not* knowing about God.

This advanced intelligence is our protection from all evil. When we begin our study of Christian Science, our mind is so like the mental atmosphere around us that we cannot tell if we are thinking our own thoughts or being influenced by the thoughts of another. But as we progress spiritually, our thinking leaves behind the mortal human mind and becomes spiritually attuned to God's thoughts. By listening from within, we gain a sensitivity to thoughts other than our own. We sense God's thoughts unfolding practical, intelligent, wise ideas for our daily use. We sense His gentle presence in inspiration, healing, and regeneration.

As this sensitivity develops, we become increasingly aware of aggressive mental suggestions intruding on our mind. They are

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so unlike our spiritual state of mind, that we can instantly be on guard to prevent them from entering. We know the difference between thinking our own thoughts, God's thoughts, and the aggressive mental suggestions of the antichrist. God's thoughts impart inspiration, enlightenment, wisdom, understanding, intelligence, joy, peace, love, health, harmony, happiness — all that is positive and good. The occult imparts darkness, confusion, anxiety, worry, fear, pain, suffering, lust, distress — all that is negative and discordant.

As our prayerful work enables us to *feel* the presence of God, He is no longer abstract, mystical, unknowable. He becomes the one Mind, always with us, always ready with an answer to every need. We can also *feel* the intrusion of the occult. The more sensitive we are to the divine presence, the more sensitive we are to hypnotic influence.

As we sense the presence of the divine Mind imparting spiritual inspiration and ideas to us, we are aware of the spiritual dimension as a reality here and now, and we learn to live in this hidden realm — beyond the influence of the antichrist.

Next, we can take up the synonym Spirit. *Spirit is substance*. The creativity, originality, diversity, plan, order, and evolution found in the universe indicate that the origin of all things must be a thinking cause — one that is infinitely beyond the human mind. It is neither material nor mental, but spiritual. A non-material effect — man and the universe — would come from a non-material cause. Spirit, not matter, creates and governs reality. Reality, then, is spiritual — that is, the forms we see actually have their origin in Spirit, or Mind. Our universe seems material because our lack of insight into the spiritual realm causes us to interpret things as created apart from an intelligent cause. As we understand the hidden realm of Spirit, this material viewpoint becomes obsolete, replaced by a viewpoint that sees *through* the universe, and discerns behind it the creating and governing presence of Spirit expressing supreme intelligence, harmless power, and a benign substance in a spiritual

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creation. This leads to the conclusion that reality is spiritual, and therefore, there is *one* Spirit, God, one cause producing one effect.

Visible forms are actually manifestations of the divine substance of Spirit. They are non-material, but they are more than a mental phenomena. They are spiritual creations of an infinite Mind.

The occult sees the universe and man as purely material, governed by material laws. It believes in spirits — non-physical entities with supernatural power to work good or evil. It believes that evil spirits and the mental forces of malicious thought-energy, can project lust, discord, mental and physical pain and destruction on a material man. Such hypnotic work claims to be a power that cannot be opposed or avoided.

It would appear that the mental powers of the occult can attack and control a purely material mentality. But in the light of Christian Science, we learn that evil spirits, demons, hexes, spells, curses and charms are illusions. They do not originate in the spiritual realm. All substance or energy is from the one cause, Spirit, God, and God does not send forth or support evil spirits.

The belief in evil spirits, material forces, fate, chance, and circumstances, becomes obsolete as we realize that there is only one Spirit, one cause, one substance, one law — and that is God, good. Knowledge based on material cause and effect is illusion. All evil is illusion. The source of all things real is an intelligent, rational, loving cause. To understand that the foundation of reality is God, good, is to spiritualize consciousness.

The spiritually-minded individual has the moral and spiritual laws of the universe underlying his prayers, protecting him from curse, spell, or anathema. We are not alone in this work of fighting the forces of evil. We are drawing on the power of God, and our prayers will prove effective, because His thoughts, His spiritual ideas and inspiration, are pure truth that annihilates all evil.

Moral and spiritual laws govern the invisible realm of Spirit, and since they are the source of all real power, our obedience to

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these laws can annul the seeming power of any form of mind control. Spells and rituals of the occult mind are powerless against the one Spirit, God.

When, in our prayers, we *feel* the presence of God as Spirit, we have the ability to overcome mind control. When we *feel* inspired with the unfoldment of divine ideas, with love, joy, inspiration, peace, and goodness, this is the presence of Spirit that overpowers hypnotic influence and destroys it.

The only *seeming* power in any hypnotic attack is that of the hypnotizer's will-power and emotions. The only chance for success in soft mind control is through deception. Once we understand the unreality of evil, and defend ourselves with scientific prayer, the influence of the occult is rendered powerless. Even subliminal suggestions and soft mind control can be detected and put out.

It is ultimately a mental war between the spiritual laws of reality, and the malice and will-power behind mortal illusions and unrealities. When we realize that there is no matter, no material forces or laws operating apart from the spiritual realm, that there is no actual matter for them to act on or in, then we can reason from a spiritual basis that God is All and evil is nothing, and destroy the mental influence of animal magnetism.

As we progress into the spiritual realm, we find the origin of all life to be God. *Life is being*. The spiritual realm is inhabited by God, the source of all life. The life of spiritual man is God, but his life is more than the act of being alive. He embodies an awareness of God's thoughts and feelings through which he expresses his true identity. This life in God is a life without evil — without sin, sickness, lack, disease, age, or death. It is one of eternal life and ageless being, of goodness, satisfaction, completeness, happiness, vitality, activity, ageless beauty, purity and love. It is a life of perfect health.

This real life presently exists intact in the spiritual realm. As we advance into this realm, this life will appear through and

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within our own being and the very culture we now have. We will evolve beyond science and technology, into a life that is governed by the spiritual laws and elements of the one Mind.

In Christian Science, we slowly transcend our present life by replacing it with divine intelligence and love, and a more affluent, healthier, and harmonious experience. As we do, the large events and little details of our life are governed by the one Mind. Until we understand the unreality of evil and its hypnotic work, this truly satisfying life, waiting in the spiritual realm, will elude us.

The very opposite of a life governed by the divine Mind, is the mortal life subject to the aggressive mental suggestions of animal magnetism. Soft mind control has lured us deeper and deeper into the materialism and sensualism of mortal existence. The occult mentality works to darken the victim's mind with its own negative thoughts and emotions.

Mind control is based on life in matter, not life in God, and often promotes the darkest, most negative illusions of mortal existence as "reality." This "reality" is based on chaotic and meaningless life, on sickness, disease, accidents, adversity, drugs, violence, crime, sexuality, gross materialism, lust, greed, fatalism, death — claiming that this is a portrayal of life as it really is.

Because the public is growing insensitive from witnessing so much suffering and pain through the media, the media tries to reach its audience now through greater and greater shock treatments, impressing every kind of vile and brutal images on the conscious and subconscious mind. These mental images enter the mind before it can put up a defense, and then they accumulate within to form a very dark and disturbing inner self.

If we are mesmerized by this image of life and accept it into consciousness, we then image it forth into our own lives in varying degrees of discord. When such negative emotions and mental images become the norm for our life, and we dwell on the illusion of evil long enough, we become convinced that it is not only

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real, but powerful — more powerful than God. This belief grows as we let the most aggressive, horrifying and shocking images of animal magnetism into our thinking.

At this time, the mind can go in two directions. It can work to understand the nature of God and man, and the meaning of spiritual life, and so gradually emerge into a more harmonious life. Or it can be pulled ever deeper into the dark and destructive existence imaged forth by the hypnotic influence of godless minds.

The world did not always have such a clear-cut choice. Good and evil, life and death, Spirit and matter, have been considered *opposite realities* for centuries. Only with the discovery of Christian Science, has there been an absolute division between the two, with God declared the real and evil the unreal. Until the unreality of evil was revealed, evil was considered as real and as powerful as God.

As we understand that God is Life, we press *through* the illusion of evil and see that hypnotic works are nothing more than mental darkness, and that darkness has no power over spiritual enlightenment.

We must hold to this fact — that God is Life, and evil is illusion. Then if any hypnotic influence suggests otherwise, we can prevent it from harming us.

Next, there is the synonym Soul. *Soul is individuality, identity.* Soul includes many qualities that are the mark of the spiritually-minded, such as graciousness, beauty, purity, temperance, refinement, creativity, and originality. It also includes a quality especially important to this discussion — *sensitivity.* We need to give special consideration to sensitivity in relation to the handling of mind control, for it is through our sensitivity to God's thoughts that we commune with Him, and it is also through our sensitivity to aggressive mental suggestions that we are influenced by the occult.

Deliverance from all evil comes through the activity of Soul,

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revealing to us new ideas — ideas not known before. These ideas must come from an outside source. The human mind cannot of itself originate an idea that was unknown to it before. In relating to the spiritual realm, we discover that we are living in a reservoir of infinite ideas comprising the intelligence of the one Mind. These ideas make themselves known to us as we listen from within. At one time these ideas are not known to us, and then they are. As we study and pray, listening from within with Soul-like receptivity, we find spiritual ideas unfolding as our own thoughts, revealing to us the nature of God and man in His likeness. These ideas, appearing subjectively, are then objectified in healing, progress, and protection. They are the key to entering the realm of God, for they reveal spiritual reality to us.

Our true individuality comes to light through the inner voice revealing the truth about God and man. Through our Soul-like sensitivity to God's thoughts, we recognize and establish His thoughts in consciousness. We shape and reshape our thinking until we transcend our present mind, and find the peace and harmony of a mind aware of the spiritual realm as a tangible reality. Spiritual qualities replace the false traits of a mortal personality, and make us increasingly sensitive to divine ideas.

The mind's ability to be influenced by God's thoughts and feelings, is very basic to our emergence out of darkness into the light. The spiritualized consciousness is sensitive to the presence of God's ideas — God's thoughts unfolding as its own thoughts. These transform consciousness into something more than it had been. These spiritual ideas are the facts we hold to in fighting hypnosis. Spiritualized consciousness cannot be mesmerized into accepting as fact the lies and illusions of an evil mentality.

Those seeking to control the minds of the individual and the masses, work to dull and deaden this Soul-like quality of spiritual sensitivity. This is attempted by glorifying violence, sexuality, filth, profanity, ugliness, hatefulness — all that is degrading and destructive. It promotes immorality and godlessness.

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A steady exposure to the antichrist hardens the heart and soul and mind. It leads to moral idiocy. We should consider what we are doing to the mind when we absorb daily the various forms of animal magnetism that have a desensitizing effect on the mind.

The occult's strongest, most lasting effect in shutting out the inner voice, is to shock the mind with cruelty unspeakable. As we become increasingly hardened to shock, the aggressive impact on the inner self of brutality, vileness, grossness, and filth must become increasingly shocking. This cycle continues until the hardened mind has temporarily lost all sensitivity to God's voice.

A great deal is said about children being exposed to violence and sexuality. But how about the minds of adults? They are just as thoroughly de-sensitized by shocking, sensual, violent mental impressions as are children. Whether one is seven or seventy, the graphic images of animal magnetism deadening the mind and hardening the emotions, will temporarily shut out all Soul-like qualities. The adult can be just as damaged by the hypnotic influence of animal magnetism as the child.

To restore spiritual faith and goodness, we can choose to seek God through prayer. However deep we may drop into the darkness, our oneness with God cannot be destroyed. The pain we feel from the loss of faith, hope, love, causes us sooner or later to seek and find once again this inner relationship with Him.

Prayer and study in Christian Science restores this sensitivity. As we read and ponder writings on this Science, we revive spiritual sensitivity, which is always within us. It is indestructible because God is indestructible, and He maintains it for us when we seem to have lost it. However removed we may seem to be from Him, the inner voice is there waiting, and it will speak when we are willing to listen from within.

Last, but perhaps most important, we have the synonym Love. *Love is power and relationship.* Love maintains our indestructible relationship with God. There is no question that the

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spiritual dimension presents a great challenge. Scientifically to define a realm that is beyond the senses would appear to be impossible. But we already have one definition of it in the disciple's words, "God is Love." All that is in and of God is an expression of divine Love. He has created a benign universe, a holy realm, permeated with His love.

Underlying this creation is an intelligent cause that creates and evolves so gently and lovingly that there is no friction, stress, conflict, or discord to indicate the presence and activity of Love. The divine Principle, Love, never forces; it unfolds and fulfills. It constantly provides infinite good to all things, everywhere, all the time. As we translate our concept of the universe from matter to Spirit, we will feel the warm glow of God's love as an ever-present power filling all time and space.

During his brief earthly experience, Christ Jesus did not openly teach the Science of Mind-healing, but he taught the necessity to love. His followers had to learn to live love, to soften and purify the heart, before they could understand his more advanced teachings.

For centuries, this leaven of love has been preparing the way for the second coming of the Christ. Then in due time, came the discovery of Christian Science. Today, this Science is bringing healing and regeneration to all mankind, breaking down the illusion of evil and proving it to be powerless. As this overturning continues, the power of the occult will be broken. In order to bring this about, we need to consider an important reason for Jesus' emphasis on spiritual love.

There are many reasons for living the divine Principle, Love. First, it shows our obedience to God's commandment, "Thou shalt have no other gods before me." Also, spiritual love is the Christian way of life — to love our neighbors, and also our enemies.

But there is another reason not too well understood yet. Our entrance into the hidden realm is through the unfoldment of

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spiritual ideas that appear *subjectively*. Each person must experience this flow of ideas in the inmost thoughts if he is to have his own individual revelation of Truth. In order for these ideas to appear, there must be a mental atmosphere that is sensitive and receptive to them, one that identifies with them, relates to them, and can retain them. *We develop this mental atmosphere as we learn to think and feel and live the qualities of love — kindness, compassion, patience, forgiveness, gentleness, humility, generosity, purity, goodness. Such love softens the inner self and creates a warm, sensitive atmosphere in which God's thoughts can unfold.* Obedience to the law of Love makes us receptive to the ideas and intuitions that protect us from all hypnotic influence, since no false thought can penetrate this atmosphere of Love.

A mind that has learned to love, even to a small degree, begins to experience a flow of spiritual ideas. It is through love that our first glimpse into the spiritual realm unfolds. Such love eliminates those negative traits and emotions that make us susceptible to hypnotic influence. When consciousness is filled with forgiveness, compassion, gentleness, spiritual love, this is a constant prayer, the presence of spiritual feelings lived as a natural state of mind.

A mind that reflects God's love is incapable of practicing any form of mind control, for it knows that to do so inflicts pain and suffering on another, and the Christ-like mind cannot harm even its enemies.

A mind filled with negative emotions — pride, hate, self-righteousness, self-justification, anger, fear, self-will — cannot recognize and relate to spiritual ideas. And so these ideas never seem to appear, and the mind remains in a mortal state, open to all forms of mind control.

The occult is motivated by the aggressive, indomitable emotions of depraved will, malice, hate, sadism. The more subtle forms of subliminal suggestion and mental manipulation are based

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on dishonesty and deceit. Those who practice black arts and black science have only the seeming power generated by their own depraved will and hatred. There is no universal principle or unseen power to support or enforce their hypnotic work. Those who turn to God to seek refuge from mind control, draw upon the all-powerful divine Principle, Love, which annuls the attack of the antichrist and reduces it to an unreality, an illusion without thoughts and emotions that can harm or kill. And this is done subjectively when the warmth of Love brings with it the intelligence of Mind.

As we reflect Love, we are one with divine Love, and can exercise complete power over malicious hypnotic work of the occult. It would appear that evil, with its brute force, malice, ruthless domination, deceit, and hardness of heart, is far stronger than divine Love, which is warm, loving, gentle, kind, and compassionate. But ultimately, evil destroys itself through suffering. Although evil would try to take the kingdom of God by force, it can never enter the spiritual realm. Those who would understand this realm and enjoy its protection, first come into it *through* spiritual love, a love that not only protects them from harm, but opens the way into the kingdom within.

This very brief explanation of the synonyms illustrates how to approach the spiritual realm scientifically. As we study these seven terms for God, they grow ever deeper, stronger, richer, and more meaningful, until they reveal the whole of reality to us.

Although we are focusing on Christian Science in regard to mind control, this Science relates to all aspects of life. Merely to read works on Christian Science begins to transform the mind. The healings that come from this inner change are felt throughout our entire experience.

Christian Science reveals that man — you and I — have, this very moment, beneath our visible identity this eternal Truth, the one Mind, the divine Principle, Love. Our understanding of this

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Science will eventually replace our present human knowledge with a mind of infallible intelligence and pure love. Just as the peasant of the Dark Ages did not really live in a world of supernatural causes and evil spirits, so we today do not really live in a material universe and mortal body. The veil of matter, casting a shadow over the mind, will gradually lift, and we will see *through* and *beyond* the veil into the spiritual realm.

Man in God's image sees the universe and man as God made them, thinks in His intelligence, expresses His love, lives in an indestructible life of health, harmony, and abundance.

In accepting these facts about God, we come to know ourselves in His likeness. This does not deny any of the good of the past, but enriches, deepens, and enlarges upon it.

The effect of this renovation of the inner self is strong and enduring, because eternal Truth is making itself known to the individual mind. Christian Science is not human theory or opinion, but Truth at last revealing man's relationship to God. This spiritual understanding of ourselves in God's likeness, enables us to make an even more decisive separation between God's thoughts and hypnotic suggestions.

Our prayerful work with the synonyms is subjective, and we relate to it personally. It is not an academic study apart from our present personality or identity. It has a deep and lasting impact on the inner self — purifying, enlightening, healing, and transforming the heart and soul and mind and body.

Spiritualization Subjective

The spiritualization of consciousness is entirely subjective. All spiritual ideas, inspiration, and love, come from the influence of the one Mind. Mind's influence is felt *within*. It is a purely mental event. We enter the spiritual realm through our relationship with the one Mind inhabiting it. Christ Jesus said, "The kingdom of God is

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within you.” He also said, “Your Father knoweth what things ye have need of, before ye ask Him.”

In the textbook, Mrs. Eddy writes, “Thoughts unspoken are not unknown to the divine Mind. Desire is prayer; and no loss can occur from trusting God with our desires, that they may be moulded and exalted before they take form in words and in deeds.”

Through God’s thoughts passing to us, we come to know Him. The more we understand Him, the greater our protection and deliverance from all evil.

Because the new ideas presented by Christian Science are so radical, we need in the beginning to accept Christian Science mainly on faith. Instead of trying to understand it through human reason and intellect, we begin by simply accepting the allness of God and the unreality of evil.

This faith opens the door to God’s unfoldment of spiritual ideas. As we study the Word of God and pray scientifically, His thoughts become our thoughts, and a higher intelligence dawns. We willingly yield up false material views for the revolutionary ideas that comprise divine intelligence. As we do this, the inner self is slowly transformed or spiritualized. This Godlike identity is the very opposite of the occult. Where the occultism at its worst is the practice and worship of evil, spirituality is the practice of the Christ-consciousness and worship of the one God. To spiritualize consciousness, we need to study the synonyms and the whole of Christian Science.

We also need one more thing — the prayer of affirmation and denial.

Chapter VI

PRAYER THE ANSWER TO MIND CONTROL

Our protection from mind control begins with the study of the Bible and Mrs. Eddy's writings, as well as other literature on Christian Science. This study is a form of prayer. Because the truth, active in consciousness, counteracts and destroys the mesmerism that has already entered consciousness, we derive great benefit from reading and pondering the spiritual ideas that come to us in our quiet hours alone with God. This study gives us a foundation of pure facts to hold to at all times. It is necessary preparation for the prayerful work needed to counteract all mind control.

Secret hypnosis can be so subtle, or so aggressive and so powerful, that human goodness, a deep faith in God, and even a consecrated study of Christian Science, will not always shield us from the full range of malicious malpractice.

Malpractice is more than the presence of an evil mentality. It is a deliberate aggressive mental attack filled with malice and depraved will-power. Its hypnotic work can be compared to a prayer in reverse. It is far more than chanting a curse or an anathema. It is a willful and premeditated denial of the Christ-consciousness, and a vehement affirmation of the power of evil. It derives its power from hate, lust, malice, revenge, and depraved mortal will-power. The emotions underlying hypnotism give it any power it may seem to have.

Because malicious hypnotism is aggressive, motivated and driven by the most depraved emotions of mortal mind, it can force a mental change in its victim, control his mind, and inflict various

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degrees of suffering on him. Being so aggressive, we cannot always escape its influence through the simple, faith-filled prayer of supplication to God for deliverance. A prayer far stronger and more effective is needed, and Christian Science provides this method of prayer. It is called a Christian Science treatment, or the prayer of affirmation and denial. *With this prayer, we take the initiative and consciously counteract the aggressiveness of malicious hypnotism with the facts found in Christian Science.*

This prayer is not a battle between good human will and evil depraved will — like two gladiators locked in combat in a mental arena. The prayerful struggle for our dominion over evil is fought within our own consciousness, in which we use the Truth to resist and overcome lies hypnotically suggested to us. *All mesmeric suggestion comes to us disguised as our own thoughts.* Therefore, we do not do battle with our opponent on his terms, in his territory, or with his methods. To handle hypnosis correctly and effectively, we pray to cast it out of our own consciousness using the spiritual ideas that destroy these malicious suggestions. The conflict is entirely subjective. In this way, we are in control of the battleground. We are also working where we can be assured of victory. If aggressive mental suggestions threaten us, and seem to produce discord, pain, and suffering, our work is to wrestle with the mental suggestion in our own inmost thoughts until we conquer it and its negative influence is destroyed.

Impersonalizing Evil

In this warfare with evil, we must first *impersonalize the attack*. To handle hypnotic suggestion scientifically, we cannot use our mind to attack another mind. Our work must be Christlike, and so we begin handling all hypnotism by separating it from persons and seeing it as impersonal evil. Anyone engaged in malicious hypnosis has the most deluded, pathetic, and deranged of minds. He is

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mistaken in his perverted use of his mental powers. He is mistaken in believing he will not reap what he sows. But it is not our responsibility to punish or reform him. God enforces His moral and spiritual laws. Our work is to see that we do not come under such hypnotic influence. To do this, we separate evil from the person, just as we would separate an error in math from a student. We never attach a mistake in math to a person. We do not attack the person to correct the mistake. Neither should we personalize the hypnotic attack by assuming we must do mental battle with the person.

By separating the hypnosis from person, we do not seek revenge on someone we assume to be malpracticing us. We may be blaming the wrong person. There is no visible evidence that the one we assume is attacking us, is actually doing so, for the attack is mental — silent and hidden. But we never mistake the real cause — *animal magnetism*. Therefore, we can separate the hypnotic work from persons, *forgive them if we know who they are*, and handle the mental work as impersonal evil coming through a mind hypnotically controlled by animal magnetism.

Having impersonalized malpractice, we work only to correct it in our own consciousness. In so doing, we have reduced the battle to one taking place in our own thoughts. When we separate malpractice from persons and denounce the malpractice without harming ourselves or another, we are Christ-like metaphysicians, for we are not returning evil for evil.

It is not an easy thing to forgive one whom we assume is causing us to suffer, but we cannot demonstrate Christian Science while hating or resenting or seeking revenge on another. We have here the modern day challenge of loving our enemies. In obedience to Christ Jesus' command to love those who spitefully use us and persecute us, we must hold no hatred, revenge, hostility, or resentment towards the malpractitioner. Working from a basis of Christ-like love, we do not commit the sin of harming another with our

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own mental work. In Christ-like love, we learn to forgive our enemies and love others who do not seem to love us.

By impersonalizing evil, we reduce it to hypnosis without foundation, source, principle, avenue, agent, intelligence, or medium through which to act. We then work to realize within our own consciousness that *there is no God in hypnotism, and therefore no power in it*. In our denunciation of evil, God gives us the spiritual understanding and strength to destroy its influence. If we pray from this spiritual state of mind, our treatment will be most effective.

The Treatment

A Christian Science treatment is the most powerful form of intelligence on the earth today. It combines the study of divine metaphysics with the prayer of affirmation and denial. *It is a prayer of action through which we take the initiative and exercise our God-given dominion over evil. We argue for the facts of Truth and against the illusions of animal magnetism.*

The treatment is used to overcome all forms of discord, sin, sickness, disease, and lack. In this discussion, however, we will focus on the use of the treatment in handling mind control.

The treatment is far more than a passive prayer of supplication. With it, we affirm the facts about God and man with conviction, and then, fortified with these facts, we deny the power and reality of all forms of evil, including malicious hypnotism. With this prayer of affirmation and denial, spiritual facts are brought directly to bear on the illusions of hypnosis. These facts reduce the illusions to an unreality, and they collapse and disappear into their native nothingness. They cease to be, and the mind is free of them.

The treatment can overcome malicious hypnosis, for it is a prayer more powerful than any hypnotic suggestion, curse, spell, or anathema. It is based on eternal Truth, the divine Principle, Love. Through the treatment, you establish the fact in consciousness that

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evil is an illusion, and God is All-in-all. This prayer is a very simple, but powerful, form of defense against malicious hypnotic attacks, and when used with understanding, it is extremely successful.

For healing and protection, the treatment must be based upon some understanding of Christian Science. This requires daily study of Science, and work with the treatment. The ideas and inspiration that we glean from our study, equips us with the spiritual facts necessary to do battle with malpractice. The treatment is the weapon that insures our mental freedom.

Even when our understanding of Science is limited, the faith with which we hold to the facts and deny animal magnetism will begin to de-mesmerize the mind, and shield it from hypnotic influence.

The Footsteps of Treatment

The treatment consists of six footsteps, four major footsteps and two minor ones. These footsteps serve as an outline or step-by-step guide to scientific prayer. Although these are distinct footsteps, this prayerful work is not based on a formula, or a daily ritual, or a mindless rehearsal of words. Each treatment should be inspired, progressive, bringing new insights into the allness of God and the unreality of evil.

At the beginning it is good to identify the prayer by acknowledging that it is a Christian Science treatment; it is the Word of God, and the truth about God and man; it cannot be annulled or reversed by animal magnetism. This brief or minor footstep opens the treatment and identifies it.

In the second footstep, we affirm God through the synonyms, pondering each term for God, and considering the attributes that are related to that term. The synonyms, although distinctly individual, also relate to each other. As we see their interrelationship, we understand them better. In this footstep, it is helpful

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to relate these terms for God to each other. In the third footstep, we affirm the nature of man in God's likeness. This is done by relating the synonyms to man, showing that the real man reflects all of God's attributes. In the fourth footstep, we deny the power and reality of matter, mortal mind, malpractice, and animal magnetism, establishing the unreality of these illusions. In the fifth footstep, we declare the oneness of God and man, so that our prayer ends on a positive note. And finally we again protect the treatment by knowing that it is the Word of God, and must accomplish its purpose and cannot return to Him void.

The treatment is explained in detail in my work, *Christian Science Treatment: The Prayer that Heals*. Also useful with the treatment are my works, *Animal Magnetism* and *Scientific Prayer*. These are available through The Bookmark. The treatment is so basic to this work that I urge the reader to study all that has been written on it.

Sometimes the treatment can be a prayer of a few minutes when we encounter a situation that needs immediate prayerful work. But a thorough treatment can occupy at least an hour everyday, during which we give long and serious thought to spiritualizing consciousness. These prayerful sessions alone with God prepare us to do battle with malicious hypnosis. But most important, they open the door to the spiritual dimension. We pray our way into the hidden realm. There is no other way into it.

In the treatment, we argue *for* the spiritual facts about God and man, and *against* the hypnotic illusions of evil. This form of prayer is also known as the argument. Such prayer need not always take place in complete seclusion. Any time we turn our thoughts to God and vigorously argue for His allness and against evil's claim to reality, we are working with the treatment.

You will find that short prayers are only effective if you spend enough time in daily study and treatment, for it is here in this consecrated work with Christian Science that you rid conscious-

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ness of material beliefs and mortal traits, and develop the spirituality that gives the shorter treatment its power.

Each day, as we think about the synonyms, we are more and more convinced of the presence and power of God. We find that the spiritual realm has a clearly defined structure of laws operating to bless us as we learn to obey them. We also begin to see through the illusion of animal magnetism.

Second Footstep: Affirming God through the Synonyms

As a rule, the treatment is mostly in the positive or affirmative mode. We begin by affirming God through the synonyms. As we consider the facts about God, we should think deeply and carefully about each synonym and what it stands for.

We can begin the first footstep with any one of the seven synonyms. So let's select the synonym *Love*. Turning away from the world of materialism and sensualism, silencing the senses, we contemplate God as Love and the two attributes that best define Love — power and relationship.

God relates to His creation through spiritual love. His love is gentle, for God never forces. He unfolds. Divine Love is ever-present, creating, governing, and caring for the universe and man. Love is gentle, kind, patient, forgiving, gracious, compassionate, tender and true. Love is without conflict, drive, or stress. Although infinitely gentle, Love is neither weak nor ineffectual. It is omnipotent. The Scriptures tell us, "No good thing will He withhold from those who walk uprightly," indicating that God has the power to withhold good from those who disobey His laws. He enforces moral and spiritual laws *subjectively*. Because Love is law to all, everyone must sooner or later come to obey this law in thought and word and deed.

Disobedience to the law of Love dims the light within until one is left in great mental darkness, for God does not reveal His thoughts, His wisdom and understanding, to those who break the

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law of Love. And defiant ones eventually suffer greatly for their disobedience until they reform.

Among the good things He bestows is the insight, wisdom, and understanding to handle mind control. Those who love Him, find that their prayerful work reveals the ability to detect and reject all hypnotic influence. In *Science and Health*, Mrs. Eddy writes, "Know thyself, and God will supply the wisdom and the occasion for a victory over evil." Through our obedience to Him, God reveals to us subjectively the thoughts necessary to handle mind control, and He supplies the way in which to be free of its influence.

Love is *Mind*. Spiritual love is the atmosphere in which the ideas of Mind come to light. Love is active, and its action comes through invincible ideas, which include the power of Love. God's thoughts appearing in consciousness are omnipotent, destroying the illusion of animal magnetism. Because they are so right and so loving, they are irresistible. No lie or false influence can defy the presence of divine Love expressed in intelligence, wisdom, and understanding.

The hypnotist cannot read the thoughts of divine Mind because there is nothing in his mind to relate to spiritual ideas. Nor can he prevent the influence of the one Mind from dispelling hypnotic illusions.

Through the treatment, we come to reflect the Mind that is God. Divine intelligence and wisdom can overcome all mind control, for Mind holds in itself only the facts of being. The realm of spiritual ideas destroys the false beliefs of mortal mind, and lifts consciousness above all hypnotic influence. Spiritual ideas are based on the fact that God is All-in-all; there are no illusions in reality. His thoughts *are* reality. Divine intelligence is omniscient, omnipresent, omnipotent. Therefore, we can say that Mind is Truth.

Truth is reality. It is the Science of the universe and man. Truth is not relative. It is absolute because God is absolute,

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infallible, eternal. Divine Love is not relative. It never changes, never falters, is never withheld. The intelligence of the one Mind is not relative. It is universal Truth, a manifestation of Love, an expression of honesty, integrity, justice, and mercy. Nothing unjust, dishonest, deceitful, or immoral can enter the spiritual realm, for it is governed by divine Science.

Mind control is neither loving nor intelligent. Therefore, it is not based on Truth. To know the Truth is to be free of the belief in evil and matter. There are no hypnotic illusions in the realm of Truth. The facts of being in divine Science bless God's creation, and bring harmony and perfection to everything that transpires in His universe.

Love, Mind, and Truth are *Life*. Life is lived in the warmth of Love, the all-knowing intelligence of Mind, and the absolute Science of Truth. Because Life is Truth, Life is eternal, indestructible being, health, vitality, joy, bliss, harmony, inexhaustible good. Life is Love. It is gentle, compassionate, kind, patient, forgiving. Life is Mind. The ideas of Mind are the life of man. Life embodies all of the qualities of God, for Life is God, good. Eternal Life is void of any hypnotic influence, for there is no element in it through which a negative thought could enter or leave. Divine Life is the opposite of oppression, control, sickness, disease, and death. It is health, freedom, infinite good.

Life is the law of being. "We must hold forever the consciousness of being," Mrs. Eddy writes. And she refers to man's indestructible oneness with God. Although mortal life seems to begin and end, it is superimposed on the true Life that is God. Life is safe in Soul, where we find all true identity.

Soul is identity and individuality, which expresses only the attributes of God. Consciousness includes the special qualities of Soul — beauty, creativity, originality, grace, purity, sensitivity, receptivity. Soul imparts to man the ideas of Mind, the warmth and gentleness of Love, the joy of Life. In accordance with the law of

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infinite individuality, each idea imaged forth by God is uniquely itself. Each idea is independently dependent on Soul for its being, and each knows the freedom, equality, and honesty of Truth, the lovingkindness of Love, the intelligence of Mind.

Soul is void of the hard, callous, gross, insensitive aggressiveness of malpractice. This negative state of mind is the opposite of Soul, and two opposite views cannot exist in the same mind at the same time.

Because Soul, Mind, Life, Truth, Love are spiritual, God is *Spirit*, substance. The universe and man are spiritual. Spirit, the unseen cause of all things, is one, and it is divine, not human. In reality, there are no evil spirits or violent mental forces with the power to withstand the one Mind. Just as there is no matter, no material cause or law, no material universe or man, so there is no evil cause or law, no evil universe and man. Spirit, being non-material, can reach the inmost thoughts of all living things, and the influence of Spirit, of Life, Truth, Love, works subjectively. The intelligence of Mind expressed in spiritual ideas, the gentle, and powerful, presence of Love, the Science of Truth, being spiritual, counteract and destroy all hypnotic influence. This action is according to the laws of Principle.

Principle is the power that ultimately defeats and destroys all that disobeys the spiritual and moral laws of God. Principle is law, and law is absolute. Besides the moral laws, there are absolute spiritual laws that govern God's creation and man. These laws operate in the subjective realm — the invisible world of Mind. As Paul wrote to the Hebrews: "For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart." Principle enforces the law of Love, refining and purifying thoughts and feelings; the law of intelligence, enlightening the inner self with divine ideas; the law of Truth, upholding honesty and justice; the

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law of Life, bestowing health and harmony on all. These laws are absolute and govern the hidden realm of Mind.

Defiance of God's laws darkens the inner self, and this darkness manifests itself in discord and disease. For this reason, a scientific understanding of divine Principle and its laws is essential for our protection from mind control. The greater our understanding of God's moral and spiritual laws, the easier it is to obey them. As we obey these laws, the intelligence hidden in Mind appears as our own individual revelation of divine Science, and this spiritualized consciousness is too Godlike to come under the influence of animal magnetism.

Each day as we reason on the synonyms in this way, relating them to one another, we come to understand the structure and content of the spiritual realm. The nature of God begins to unfold, verifying the fact that God is All and evil is only an illusion. We find this concept of God to be true because, as we work with the synonyms, the spiritual ideas that unfold result in healing. An understanding of the synonyms counteracts the animal magnetism in consciousness which causes sickness, disease, discord and lack, and the change in how we think is then manifested in healing.

As we become aware of the spiritual realm, and the Mind beneath the visible creation, we begin to think and live in this realm of Spirit, this dimension of divine Life and Love. The Truth that unfolds is so right, so irresistible, that it renovates the inner self.

Third Footstep: Affirming Man through the Synonyms

In the second footstep, we learn of God through the synonyms. In the third footstep, we learn of man in God's image by relating him to the synonyms. In so doing, we develop our ability to understand our true selfhood as He made us, for in reality we are this man.

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If God is *Love*, then man in His likeness must reflect the love of his Father-Mother God. Man in God's likeness lives the law of Love. He is naturally loving, gentle, patient, forgiving, and good. But this loving nature is also powerful — for by reflecting Love, he is one with the Father, and embodies the irresistible power of divine Love. God's love maintains his life and governs all that relates to his being. The power of God acts to give man "every good thing." Daily, God says to the loving and obedient heart, "Son, thou art ever with me, and all that I have is thine."

If God is ever-present, giving to man every good thing, filling his heart and soul and mind, then hypnosis is no threat to him. Animal magnetism's suggestions are unknown to man in God's likeness, for hate and mental abuse could not enter a mind filled with love.

Christ Jesus said, "Ye shall know the truth, and the truth shall make you free." Because man understands reality, the *Truth* of being, man is free of fear and ignorance. He is secure because subjectively he is one with God. The Science of God is his understanding of reality. He is always safe in God's keeping, because the Truth he thinks in is absolute. It is one of infinite intelligence and eternal love, which objectifies itself in harmony and perfection. Any mental influence that conflicts with Truth is seen as a "liar and the father of it." The facts of being reject false suggestions as being untrue and unreal. Any negative influence is so unlike Truth, that there is nothing in man to relate to it as being real.

Man reflects the intelligence of the one *Mind*. This intelligence appears subjectively in the form of ideas. Man is wise with God's wisdom, and enlightened with His understanding. These ideas are permeated with Truth and Love. They express the Science of God, and reveal the nature of reality.

God's thoughts unfold as ideas that protect man from *within* consciousness. By entertaining thoughts of pure intelligence and love, man is immune to aggressive mental suggestions of the

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antichrist, and all such attempts to control his mind are futile, for such hypnotic influence never reaches him.

All life is of God, for God is *Life*. He is the Life of man. This life is too pure and good to include any ungodlike thoughts. It is one of perfect health, immortality, vitality, activity, inexhaustible good. Life in God is more than merely existing. It is one of bliss, joy, happiness, complete fulfillment. Man, in divine Science, knows nothing of the negative suggestions and experiences resulting from malicious hypnosis. He is so aware of life in God that anything unlike God, this perfect Life, is automatically rejected. He cannot accept it into consciousness. Having known spiritual life, he cannot be pulled down into any lesser experience. The illusions of animal magnetism have no effect on him for he is "hid with Christ in God."

In defining man's relationship to God, *Science and Health* states: "Man is the expression of God's being." And God is *Spirit*. Therefore, man is spiritual. He is the expression of divine substance, and divine substance has no more solid mass than a thought or a feeling. The substance and origin of man's life is not in matter, but in Spirit, and the creation must be like the creator. Therefore, the substance of man's being is not in matter, but in the ideas of God that he embodies in consciousness and objectifies as his spiritual identity. This identity is so Godlike that no form of mind control can possibly enter its atmosphere.

Man's spiritual selfhood has the identity that originates in *Soul*. Although it has the substance of Spirit, the Science of Truth, the power of Love, and the intelligence of Mind, each idea has its own identity in accord with the law of infinite individuality. Each is a unique expression of the creativity, beauty, grace, harmony, and perfection that is present in all that God creates. God has no negative element in Himself, so He could not impart one to man. Man in His likeness has nothing in his true identity that can respond to the negative suggestions of mind control.

The laws of *Principle* that govern spiritual man are absolute. It is a law that man is one with the Father-Mother God, and he

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is incapable of entertaining a thought or feeling unlike his creator. He rejoices in being governed by the divine Principle, Love — ever above and beyond all so-called laws and mortal elements that make him subject to any form of aggressive mental suggestion.

By relating the synonyms to man, we begin to bring to light our own true identity in God's likeness, for the man we name in this footstep is the man we are, right here, right now. There are not two different kinds of men in the universe. There is only one man made in God's image and likeness. There seems to be two viewpoints of the same man — one material and one spiritual. But as we learn that matter and animal magnetism are unreal, we find the material view fading out and the spiritual man becoming a concrete manifestation here and now.

Fourth Footstep: Denying Animal Magnetism and Malpractice

Your daily work in study and treatment prepares you to defend your mind from every harmful influence. Do not wait until such an attack is upon you to begin to study and pray, for you must be prepared to overcome the antichrist. It is through daily study and treatment that you develop the ability to detect hypnotic suggestions and handle them before they handle you. Through the demonstration of Science in all areas of your life, you develop the intelligence, strength, and courage to remain in control of your mind.

All forms of malpractice come in the guise of your own thoughts and feelings. When painful, depressing, fearful feelings come over you for seemingly no reason, when you have no way of explaining your moods, your physical problems, discordant experiences, or relationships, then you should handle malpractice.

When you are working to overcome various problems in Science, you should usually begin your treatment by affirming the

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truth about God, and then about man, and then bring this truth to bear on the animal magnetism that needs handling. In so doing, you reduce the mesmeric belief to nothingness; it then disappears from consciousness, and healing takes place.

In handling malpractice in this fourth footstep, begin by first impersonalizing the malpractice, for it originates in animal magnetism. It is the seeming power of hypnotism that you fight with. Keep before you the fact that any discordant suggestion, however aggressive and malicious, is animal magnetism. It is an illusion. It is not person. *Therefore the contest is between the facts of being that declare God is All-in-all, and the illusions of animal magnetism that are hypnotizing you into believing that evil is real.*

Having impersonalized the hypnotic influence, you can then vehemently deny the power and reality of malpractice. Having established the facts about the allness of God and the spiritual nature of man in the first part of your treatment, your denial of malpractice can be done with conviction, moral courage and strength. The presence of spiritual facts in consciousness enables you to bring this truth to bear on the false influence and destroy it.

Face the specific suggestion and fight it as an enemy — which it is. Become the attacker. It is your right to do battle with it. You would not stand by passively, and let a thief attack you and take your possessions. Neither do you have to endure a mental attack, when Christian Science equips you to stop its harmful effects. Take the facts that you have gleaned from your study and fight against the hypnotic influence. Know that your realization of the allness of God and the unreality of evil, is the truth of being. This truth is the absolute fact that enables you to overcome all false influence. If you stand on this ground, unmoved by the seeming reality of animal magnetism, then all the power of divine law and Principle enforces your denial. You do not stand alone, but with God. His power and presence are one with your treatment, and it is the power of God that brings the victory.

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At the heart of this work is the understanding that there is *no God in malicious malpractice*. It has no cause or origin. It has no authority, no power, no law to sustain it, for it is the antichrist, the very opposite of the Christ, Truth. Therefore, it is an unreality. And, in standing with God, you draw upon divine law, power, and intelligence in denying any reality to evil's claim.

This mental work destroys any *fear* of evil that you may have. Overcoming fear enables you to argue with total conviction against any seeming reality of malpractice. When fear is overcome, and you can stand *absolutely unintimidated* by evil's attempt to influence you, its suggestions become nothing to you. *It is the destruction of the fear of hypnotic suggestion that enables you to handle it successfully*. This loss of fear comes through your daily study and prayer.

You must handle aggressive mental suggestions and learn to prevent them from becoming part of your consciousness. Mrs. Eddy once said, "Animal magnetism is powerless — but you must declare against it as though it has *all power*."

In this work, you have God's presence and power underlying your denunciation of evil. You argue in this footsteps with strength, authority, and vigor. In this mental argument, you literally take the initiative and vehemently rebuke evil. You see it as *impersonal suggestion*. Then audibly, or silently, you turn on evil and aggressively argue against it. Confront it with the fact of its own unreality. Denounce the power of evil to hypnotize. Attack the very core of evil's hidden elements — its sadism, its mental and physical cruelty, its hatred of the Christ-consciousness. Argue with absolute authority that there is no law, energy, power, or intelligence in hypnotism. There is no evil source for aggressive mental suggestion. There is no mind believing in the power of evil and no God in it. Then insist that the hypnotic suggestions are to *stop arguing to you!*

Deny hypnotism through the synonyms for God: There is no life or being in the occult, and no occult in Life; no truth or reality

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in witchcraft, and no witchcraft in Truth; no love or power in the black arts, and no black arts in Love; no mind or intelligence in black science, and no black science in Mind; no spirit or substance in voodoo, and no voodoo in Spirit; no soul or identity in theosophy, and no theosophy in Soul; no principle or law in Oriental hypnotism, and no Oriental hypnotism in Principle.

Mind control has only the illusion of its own lies, and these have no power over the Christ-consciousness. Deny the mental energies of hate, sadism, and mental cruelty. Insist that the occult cannot dominate, frustrate, thwart, or punish man.

Because all soft mind control and hard core hypnotism are based on the belief in the reality of matter and mortal mentality, you should deny the reality of matter, material cause and effect, material law, electricity, physicality, pain, disease, and death. Declare that evil has no foundation or basis, no material existence or medium to act through. Insist that evil cannot think, feel, or act. There is no material creation for it to think or act through, for there is no matter. Animal magnetism has never influenced you, and it cannot influence you now. Hypnotic suggestions cannot deprive you of good by claiming to separate you from God. Firmly deny that hypnotic suggestion can blind you to your real selfhood in God's likeness, or affect the events and circumstances of your life, health, and supply.

When you argue these facts, you are attacking hypnotic influence with such truth that it will have to give out. Work with directness and simplicity, and with absolute confidence in the power of your denials to overcome evil. When you feel mesmeric suggestion taking hold, shut it out! *Refuse to think it!* Take possession of your mind and refuse to come under the mental influence of all forms of mind control. If you refuse to accept these suggestions, you will have dominion over them.

By impersonalizing hypnotic suggestions, you can reduce all discord to one simple term — *animal magnetism*. Once you see

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this, your work is greatly simplified. Instead of handling many different effects of mind control, you can go straight to the seeming power and cause — animal magnetism — and handle that. When you realize that evil has no power to emit hypnotic suggestions that can harm or control you, when you vehemently deny its power to mesmerize you, and you lose your fear of it, then its illusive power is destroyed. It collapses into its own unreality.

When a hypnotic attack seems especially threatening or tenacious, you should begin your treatment with this strong denial of animal magnetism. The negative part of treatment may continue for quite sometime, if the aggressive argument persists and you seem unable to rid consciousness of it. When it is extremely aggressive, *do not give up the work of resisting its suggestions and any effects of these suggestions, until you feel you are in control of your mind again.* This denial part of treatment is your *resistance* to the false argument. You may find that it takes hours, days, even a week or more, of your mental resistance to finally be free of it.

If your first efforts to handle some hypnotic suggestion do not free you of it, then again and again, you need to return to the denial part of treatment. It may take a continual effort to break the attack; but if you persist, it should break; and when it does, know that all of your prayerful work was necessary to achieve this victory.

Strong denial, resistance, and rejection of the intruding hypnotic suggestion, is not a complicated maze of metaphysics. The denial is simple, direct, and spoken with authority. In this prayerful work, there should come a point when you feel the pressure of the hypnotic influence begin to weaken. This is often a distinct impression. You can feel the mental change. Your mind begins to be free of the presence of the suggestion and its disturbing or painful effects.

At this point, you can give more time to affirming the truth,

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as well as denying the hypnotism. The denial should be continued until the mind is free. Do not stop the denial entirely at the point where the hypnosis weakens. But more affirmation should be added to the work.

Somewhere in this work, there will come a moment when you *know* your treatment has broken the power of the hypnotic attack, and you have dominion over it. You no longer fear it. You are totally unmoved or unintimidated by it. Soon the entire attack will collapse into nothingness, and you will be free of it. This is your proof that evil is unreal.

It is a great turning-point in your life when, for the first time, your work actually destroys the belief in the power of evil and its hypnotic lies. You *know* then that your prayerful work has the power to destroy the illusions of evil, and you know why Mrs. Eddy could say that evil is unreal.

Fifth Footstep: Establishing the Oneness of God and Man

A complete treatment should include the fifth footstep in which you establish the oneness of God and man.

Having fought a battle with animal magnetism, the mind is in the denial part of treatment. This is a negative and aggressive mode. The treatment should not end with consciousness focused on the illusion and unreality of evil. Therefore, return to positive affirmations in the fifth footstep, by establishing the oneness of God and man through the synonyms. You can affirm that:

Life is eternal, and so man's being is immortal. It is one of indestructible health, vitality, activity, harmony, perfection.

Truth is reality and man lives in the Christ-consciousness, safe in the Science of God, good.

Love is the power and relationship of the one Father-Mother God with man. Man's indestructible oneness with God is a relationship eternally maintained through the Father's unfoldment of inexhaustible good and the Mother's tender, loving care.

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Spirit is the substance of man's being. He lives in a benign universe and an ageless form. Because Spirit is non-material and cannot wear out or cease to be, so man's being, reflecting Spirit, is immutable, immortal, divine, and wholly Godlike.

Soul gives man identity. Man embodies his true identity which reflects God in beauty, grace, purity, and holiness. He is sensitive to the ideas that shape and form him in God's likeness.

Principle is law to man's being. He lives in God's plan for him, and is secure in a universe of law, order, plan, and unity. God is the one cause, and man and the universe are the effect of this divine Principle, Love.

Mind unfolds divine ideas to man, and these ideas are man's being, his life, his reality, his individuality, his only source of intelligence and understanding.

You can then close the treatment by once again protecting your work by knowing: This is the Word of God. It must accomplish its purpose and cannot return to Him void.

With this last footstep, we have the complete six footsteps of treatment. This treatment, backed by our understanding of Christian Science, can prevent malpractice from entering consciousness and overcome any attack that has been made against us.

Guidance in Using the Treatment

When we begin to recover from hypnotic suggestion that we seem to be under, we should stay deep in prayer and study until we rise above the entire experience, and can think as freely as before the attack.

When a hypnotic attack is extremely challenging, it is best to start the treatment with a vehement denial of animal magnetism. Stay with the denial until you feel you have dominion over the suggestion. Then begin at the first footstep and go through the

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treatment using affirmations and denials to rebuke the suggestions until they give out completely.

In first taking up this work, you may find that a hypnotic suggestion seems so real that challenging it through prayer may seem overwhelming, even hopeless. However, you should begin denying it, and continue fighting against believing it, trusting that evil, however real and threatening it may seem to be, is nevertheless an illusion. If you hold to the facts about God and man, and refuse to believe the illusion — somewhere in this battle, you will realize your dominion over it, for you will feel the false influence weaken and give out.

Once you become successful in handling evil in this way, you will learn to handle all discord and illness as hypnotic illusion. You should be able to face any adversity or physical problem and demand that it cease mesmerizing you, and know that it will.

Sometimes this metaphysical work will cause a chemicalization of a problem, and it may seem to grow worse. If a problem changes for better or for worse, this means that your treatment is having a definite effect on it. If you continue working, unimpressed by the outward signs, you should realize healing.

In meeting an unusually challenging form of malpractice, you may find that persistent work does not bring about a change in the condition. Work right on at such times, because your work should be affecting the mesmerism even though it does not appear to be doing so. Certainly, your work is not allowing the problem to go unchallenged. It is probably keeping the problem from becoming worse. Such stubborn claims may resist your work until you give one last treatment which causes it to break, and healing comes about.

Sometimes we find we cannot always meet an attack because the collective mental work of the malpractitioners seems to be too strong to annul and reverse. At such times, we need to withdraw as deeply as we can into the spiritual dimension and “tough

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it out.” There are forms of malicious malpractice so aggressive and so evil that our spiritual understanding is not always enough at this time to completely counteract them. But if we are able to withdraw into the hidden realm, forgive our enemies, and endure the attack, even though we are suffering from it, God will either show us a way out of the situation, or give us the strength to endure it, until those attacking us wear out in their attempt to harm us. While we have the power and strength of God underlying and enforcing our prayers, the hypnotist has only his own personal energies, emotions, and will-power. He will grow weary and give up, while God is never weary of caring for us.

If you are wise, you will not rehearse or ruminate over your experiences with malpractice. You will dismiss them with the words, “It never happened.” If you have to go through such experiences more than once, and most likely you will, the lessons you learn from each encounter will be invaluable experience in handling the next one. But to hold on to the memory of these trials and rehearse them to others, is to make a reality of them. A complete demonstration includes putting such battles in the realm of the unreal, realizing that such things took place in animal magnetism and not in reality. Animal magnetism is all that caused them, experienced them, suffered from them, and remembers them. And if you are tempted to rehearse these struggles to yourself or others, you are holding on to the illusions and ruminating over them, and this will retard your progress. If the suggestion comes to rehearse these trials, turn on animal magnetism and say to it, “Don’t ever bring this to my mind again. It never happened.”

We cannot blame all our difficulties on malpractice. Once we begin to see the power of hypnotic influence to cause every kind of adversity — even death itself — we become prone to believe that the malpractice of others is the cause of all our problems. We eventually learn, however, that all our challenges are due to our own erroneous thinking. There is always some form of ani-

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mal magnetism in our own mentality that lets in the harmful influence of animal magnetism. We prove our dominion over hypnotic influence entirely within our own consciousness. The battle is ultimately between the illusion of evil and the reality of good in the battleground of our own mind.

Because malicious malpractice reaches us through our own mortal traits and beliefs, the focus of our daily work should be to spiritualize our own consciousness, reform our thinking, transcend the material world, and dwell in the spiritual realm. Until we do this, we may have many forms of animal magnetism to deal with — including all the phases of mind control.

Are these trials with malicious hypnosis fair or just? No, they are not just or deserved from the human standpoint. Yet, these lessons seem inevitable, because we must demonstrate dominion over the whole of animal magnetism, including that which comes to us as black arts and black science. Only as we overcome our belief in all forms of evil, will we be free of them.

This lesson in learning to exercise God-given dominion over evil is now upon us. The practice of the occult grows stronger everyday, but that does not make it real. It is always an illusion. In this age, when its power is becoming so strong, we are blessed to have Christian Science and the scientific form of prayer through which we can overcome it.

Chapter VII

THE POWER OF SCIENTIFIC PRAYER

As we learn of the spiritual dimension, we once again find the “unexpected.” Latent in this realm of God is *an invincible power for good* — a power that is released through study and prayer in Christian Science. As consciousness is spiritualized, it reflects the divine Mind, and this higher intelligence, realized subjectively, manifests itself as ideas and operates with irresistible power to heal and protect us. The action of this power in our life is beyond description. Through the sheer strength of its Godliness, the spiritualized consciousness emulates the healing works of the early Christians. Who could have foreseen this power for good as the end result of man’s scientific and spiritual progress?

The spiritual realm is not only a refuge from mind control, but it is the source of power that is the means for destroying all evil. For too many centuries, good, honest, devout Christians have been at the mercy of ruthless tyrants, of unscrupulous, amoral, greedy, criminal, and warring minds. Too often, history records with fascination the success of godless men to conquer and rule. The toiling, hopeless life of the peasant, the slave, and the masses has been due to the domination of the corrupt and powerful over the weak and defenseless. Today, history could write another page of cruelty and injustice if the very minds and souls of the masses, as well as their lives and property, slowly come under the control of the tyrant and the criminal mind. If the development of black arts and black science continues unopposed, Mrs. Eddy’s prediction of a coming “Reign of Terror” could gradually become the fate of the civilized world.

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And so it is imperative that we learn to use this saving power of God to counteract and destroy the mental forces of animal magnetism in whatever form they take. Through our prayerful metaphysical work, we can draw upon this infinite power waiting to save us not only from mind control, but from all discord and suffering.

The Source of Spiritual Power

The use of spiritual power begins by recognizing its source to be one infinite Mind. The spiritual power that we use in the treatment, is only a reflection of the omnipotence of the one God. One definition of God in *Science and Health* states: “GOD. The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence.” The one Deity inhabiting the spiritual realm is a thinking cause, a supreme intelligence, an infinite Mind, actively involved in creating and maintaining the spiritual universe and man. And we are the man God cares for.

As physical science has given us control over our visible universe, so the Science of God will give us control over the invisible universe. This power comes through spirituality — not intellectuality. As we transcend scientific reason and knowledge, we attain a new level of intelligence through which we discern the presence of the spiritual realm as a concrete reality.

The earliest record of this divine power is found in the Old Testament. Here, woven into the history of the Hebrews, are accounts of “supernatural” events — signifying God’s power operating to meet their needs. The history begins with Abraham leaving Ur of the Chaldees in order to worship God as Spirit. His courage was rewarded with prosperity and the promise that he would be the father of a great nation.

This power is again seen in Joseph, who interpreted dreams and saved Egypt from famine. Moses heard God’s voice by the

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burning bush, and led the Children of Israel out of Egypt into the Promised Land. For forty years in the wilderness, God cared for them. Their clothes did not wax old; their shoes did not wear out.

Although, in the history of the Hebrews, there were personalities with human weaknesses and failings that seem far removed from Godliness, still the presence and power of God shines through the Scriptures in the lives of kings and prophets. David slew Goliath, Daniel survived the lions' den, and the three Hebrew men walked out of the fiery furnace. These events are evidence of the spiritual power possible to those who understand God.

Bible verses tell of God's divine nature and His relationship to man. We read such passages as: "The eternal God is thy refuge, and underneath are the everlasting arms." "The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee." "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." "He that dwelleth in the secret place of the most high, shall abide under the shadow of the Almighty." "The Lord is my shepherd; I shall not want."

The many miracles and the obedience of the Hebrew nation to God's laws, led to the coming of the Messiah. Christ Jesus was the highest example of spiritual power visible in human life. He healed the sick, raised the dead, stilled the storm, walked on the water, and fed the multitudes with a few loaves and fishes. His life work culminated in his resurrection and ascension. In all these works, he was drawing on the infinite power of God that patiently awaits universal acceptance.

Jesus taught his disciples the Science of God, and after his ascension, they went forward and, with Paul, performed healing works through the power inherent in spiritual understanding. They taught others to use this power. For three centuries, healings took place, and then the teachings were lost.

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Although dynamic healing of early Christianity slowly disappeared, faith in God's power to heal and care for man has always been part of Christianity, and there were times when this faith brought about miracles. And always there was present the expectancy that the Promised Comforter would come.

When Mrs. Eddy discovered Christian Science, she scientifically defined for all time what the source of this power is and how to use it. Her own life was filled with healing works, and students world-wide who studied her writings, experienced such healing that they acknowledged Christian Science to be the second coming of the Christ.

For those who would doubt this, the Christian Science periodicals record a massive body of evidence that prove the power of prayer in Christian Science. A few healings, however impressive, might not be enough to prove that Christian Science reveals the scientific laws underlying Christ Jesus' healing works. But it is hard to dispute the thousands and thousands of verified testimonies found in these periodicals and elsewhere in writings on this Science. The last hundred pages of *Science and Health* have inspiring testimonies of those healed simply through reading the textbook.

As we enter the twenty-first century, we must now draw upon this divine power if we are to remain free and safe. The threat of mind control and other ominous threats will force us into the spiritual dimension for the power and resources needed to see the world through this time of mental fermentation and evolution. As more and more thinking people learn to use this awesome spiritual power, collective prayers will evolve civilization into an age when the power of good will at last begin to overcome all evil.

It is this power outside of and beyond ourselves that we turn to in time of need. We relate to God subjectively. When all else fails, we turn to Him with trust and faith that He does hear our prayers. We need this supreme power because human means alone

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cannot resolve the many challenges facing us. God's role in answering our prayers, is to do for us what we cannot do for ourselves. First, He unfolds the thoughts that enable us to do our part in resolving the problem. Then, He brings about the necessary elements or events necessary to restore health and harmony. His part in a healing is what appears to be miraculous. This spiritual power, this divine Principle, Love, heals, protects, supplies, and works out the details, and brings about the highest degree of harmony possible under the circumstances. Such invincible power — the omnipotence of God — is not yet understood, because it acts so gently and naturally that we do not always recognize its action.

This divine power and the hypnotic work of animal magnetism are opposites. Animal magnetism forces, drives, dominates, destroys, brings about conflict, stress, discord, disease, disaster, death. God gives, unfolds, leads, protects, heals, regenerates, and restores health and harmony, peace and joy. And He does it with such ease and such tender, loving care, that we do not always detect this activity of Love, bringing about harmony and health in our experience. Bible events appear to be miracles only because we do not understand the spiritual and scientific laws operating in them. As we experience the power found in this realm, we come to believe that all things are possible to God.

Prayerful work in Christian Science can and will become a source of spiritual power unlike any known since the time of Christ Jesus and early Christianity. As we think and pray, we call into action this incredible power for good — a power that can annul and destroy any seeming influence of the ungodly mind. Christian Science understood and demonstrated is invincible. No evil can withstand the power present in the spiritualized mind. This powerful state of consciousness not only heals the one praying, but it can heal others as well.

As we have pressed through the visible realm and proven solid matter to be an illusion, so we can now press through the

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mental realm and prove evil to be an illusion. Mind control cannot prevent the earnest student of this Science from going forward in this work. Hypnosis cannot invade the spiritual realm. It cannot affect the one Mind that is the source of spiritual power. It cannot influence God against us, or separate us from Him.

This power for good confounds those believing in the power of evil. It confuses, reverses, and destroys the efforts of the mal-practitioner, who can neither reverse nor overcome this spiritual power, nor emulate it. Those who do not believe in God, cannot understand His power. They can neither employ it for their own ends or prevent others from using it. This power is available in proportion to one's reliance upon divine intelligence. It only works for the Christ-like consciousness.

This power is hidden in the spiritual dimension. It cannot be stolen or lost. It is ours by reflection, and remains a permanent power instantly available to meet every need.

Spiritual Power Subjective

The power waiting in the spiritual dimension first unfolds *subjectively*. It is a new power for the world. The mind reflecting the divine Mind is invincibly strong, yet kind, gentle, forgiving, harmless, pure, and good. It reflects the Father's love and intelligence, as well as His power. As we understand Christian Science, we find that spiritual power is inseparable from the realization of truth. As the truth unfolds subjectively, the power also appears subjectively. Once a fact about God and man has replaced a mortal illusion, the change is permanent, and the power attending the revelation is also a permanent state of mind.

Through our prayerful work, ideas unfold in consciousness, and the power of these ideas will be objectified in healing and protection. No form of hypnosis can obstruct the power of a spiritual idea moving forth to heal, protect, and bless. This power is real. It is

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there waiting! Through seeking Truth in Christian Science, we can understand how to use it.

Through prayerful work, many advantages become ours. First, we begin to understand the hidden realm of God and find refuge in it. Second, we rid consciousness of the mortal traits through which hypnotic influence can reach us. Third, we free ourselves of the hypnotic influence that we have already accepted as “facts.” And fourth, we learn to detect and resist the aggressive mental suggestions or secret hypnotism, preventing even sadistic attacks from taking control of our minds. And fifth, we acquire an invincible power for good that annuls and destroys hypnotic influence, not only for ourselves, but for others as well.

The Final Warfare

In Revelation, John wrote, “And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, and prevailed not; neither was their place found any more in heaven. And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him. And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.”

This “war in heaven” is usually assumed to be a physical war, a bloody battle between the forces of good and evil. But it now appears that it may be a mental warfare between the hypnotic forces of animal magnetism and the spiritual power of God. The battle ground is world consciousness.

The occult, the hard core of evil, or the antichrist, claims to have power to do evil works while escaping detection and punishment. Being able to defend the mind against such mentalities is

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essential, especially as those of the occult may be secretly gathering together to work collectively to control or kill, and to affect the weather, and influence economic and world conditions. Many bizarre incidents, unexplainable accidents, acts of violence, sudden deaths and suicides, destructive forces of nature, and strange events in world relationships, could be the work of collective malicious malpractice.

Are there going to be armies of mental workers attacking entire populations with suggestions of disease, epidemics, economic disaster, or racial hatred? Are they going to attack government officials? Cause perpetual conflict between nations? Bring about extreme weather conditions? As many of us know, these are not far-off possibilities. They could be taking place already.

Because the occult is now so advanced in its practices and so widespread, the Christian world needs a common ground to make its prayers of defense most effective. We do not need to know how witchcraft or black science works. We do not need to know how to hypnotize. Such false knowledge only darkens the mind and obstructs our prayerful work. An understanding of Christian Science is all that is needed to protect the mind and turn back the evil taking place. Scientific prayer annuls and reverses the hypnotic work of the occult, calling into action the power of the Christ over the antichrist.

Our work is to transcend the prayers of the past — prayers of blind faith and supplication. We must use the prayer of action, the prayer that is stronger than the hypnotic work of the occult, the prayer that can unify the Christian world in one common bond. Christian Science provides this unity because it is a scientific discovery that has been universally tested and proven. With this Science, the world can agree on spiritual realities, pray collectively from a common ground of scientific facts, and go forth unified in one Principle.

Equipped with this Science, anyone can take the initiative and work metaphysically against evil and for the unfoldment of

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spiritual good. Each can assume the responsibility for stemming the tide of occult anathemas, curses, antichrist influence, satanic works, and all forms of mind control.

One does not need a strong body and great physical endurance for this warfare. The most awesome victories can come from the mentally tough, but loving Christlike men and women of all ages — those who have developed a high degree of spiritual love, along with spiritual strength and endurance, for the power of prayer is a mental activity. In the warfare with the occult, it requires moral courage, determination, and a mental strength or toughness that is not always associated with prayer.

In this warfare, men and women can be equally effective in this prayerful work, for we do not fight openly with evil either verbally or physically. We fight secretly and spiritually. In the heart of prayer, we grapple with malicious forms of hypnosis until we emerge the victor. We will be victorious because we are equipped with the power of God to resist and overcome all evil.

As warriors in the mental war, we need *spiritual love*. Otherwise our defense becomes vindictive, even hateful, and our battle is waged on the human level, where good-intentioned human will-power resists depraved human will-power. This does not work too well, for we are still on the same mental level as the attacker, and so we are still vulnerable to aggressive mental work. For this reason, spiritual love must motivate our work. Then we can separate evil from persons and have the Christ-like love to forgive the person while denying the malpractice. Christ Jesus on the cross asked God to forgive those crucifying him. This is the Christly love we need for those crucifying the Christian of today. We must hold no hostility, animosity, anger, hatred, vindictiveness, or revenge towards our enemies. We can love our enemies, for the challenges they present only serve to drive us ever deeper into the spiritual realm, until we are beyond the reach of all evil.

We find our victory as we embody spiritual love, as well as *spiritual toughness and endurance*. Spiritual strength comes from

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the conviction that we are right in resisting all hypnotic influence. And that we *must* resist it. Love is not enough to protect the mind at this time. We must heed Jesus' admonition, "What I say unto you I say unto all, Watch." To watch is to deny hypnotic influence entrance into consciousness. If it is aggressive, we must have a mental toughness that can face the malicious influence, endure any suffering it may claim to inflict on us, and fight with it until we overcome it. Such strength and endurance comes from knowing that we are right in resisting evil, in proving that God is all and evil is an illusion, that we are right in fighting for good and against evil. Like Christ Jesus, we must love righteousness and hate iniquity.

The development of such spiritual power on a universal scale will be a historical event of monumental proportions. Never before in history has the Christ-like individual been so equipped to face and defeat the mental powers of the antichrist, and demonstrate over all evil. And because this spiritual power comes through scientific prayer, it is a universal defense available to everyone, everywhere, all the time.

God's Final Victory

For those looking on the world scene through the dark cloud of the material human mind, the future seems one of doom and gloom, for "where there is no vision, the people perish." Without some insight into the spiritual realm, the future seems very uncertain, even hopeless, and there seems to be no place left to hide. But as we discern the spiritual realm, we see that there is a place to hide. Moreover, the presence of this dimension foretells the coming of a new age, the spiritual age.

Slowly, as the true nature of this new realm takes shape, there will be a renovation of the mind — of how we think, how we view ourselves and our world. Mankind will gain a sense of direction and a new purpose for living.

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We will also find that this will not be an easy time in the development of civilization. Animal magnetism does not give up without resisting its own destruction, and so the conflict between good and evil will be a great challenge. Christ Jesus prophesied this coming battle, "And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; men's hearts failing them for fear and for looking after those things which are coming on the earth; for the powers of heaven shall be shaken."

Mrs. Eddy wrote, "The mild forms of animal magnetism are disappearing, and its aggressive features are coming to the front. The looms of crime, hidden in the dark recesses of mortal thought, are every hour weaving webs more complicated and subtle. So secret are the present methods of animal magnetism that they ensnare the age into indolence, and produce the very apathy on the subject which the criminal desires."

The battle of Armageddon is upon us. How quickly we recognize the spiritual dimension as a refuge and learn to use its power to overcome all evil, will determine the length of the war.

But one bright light in the future, is the predicted outcome. Jesus said, "And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh . . . when ye see these things come to pass, know ye that the kingdom of God is nigh at hand."

John wrote, "And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. . . And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away."

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We will conclude this discussion with an inspiring statement from *Science and Health*. From the depths of her spiritual vision, Mrs. Eddy writes: "The Revelator was on our plane of existence, while yet beholding what the eye cannot see, — that which is invisible to the uninspired thought. This testimony of Holy Writ sustains the fact in Science, that the heavens and earth to one human consciousness, that consciousness which God bestows, are spiritual, while to another, the unilluminated human mind, the vision is material. This shows unmistakably that what the human mind terms matter and spirit indicates states and stages of consciousness."

"Accompanying this scientific consciousness was another revelation, even the declaration from heaven, supreme harmony, that God, the divine Principle of harmony, is ever with men, and they are His people. Thus man was no longer regarded as a miserable sinner, but as the blessed child of God. Why? Because St. John's corporeal sense of the heavens and earth had vanished, and in place of this false sense was the spiritual sense, the subjective state by which he could see the new heaven and new earth, which involve the spiritual idea and consciousness of reality. This is Scriptural authority for concluding that such a recognition of being is, and has been, possible to men in this present state of consciousness, — that we can become conscious, here and now, of a cessation of death, sorrow, and pain. This is indeed a foretaste of absolute Christian Science. Take heart, dear sufferer, for this reality of being will surely appear sometime and in some way. There will be no more pain, and all tears will be wiped away. When you read this, remember Jesus' words, 'The kingdom of God is within you.' This spiritual consciousness is therefore a present possibility. . . . A louder song, sweeter than has ever before reached high heaven, now rises clearer and nearer to the great heart of Christ; for the accuser is not there, and Love sends forth her primal and everlasting strain."

ABOUT THE AUTHOR: Ann Beals is a life-long Christian Scientist. Her family came into Christian Science through a healing she had before she was a year old. Doctors could not diagnose the illness or cure it. She seemed about to pass on when her mother called in a Christian Science practitioner who prayed for her until she regained consciousness. Within a short time she was completely healed. Her parents then took up the study of Christian Science and the family attended First Church of Christ, Scientist in Louisville, Kentucky. During her early years she had several healings of extremely serious illnesses through reliance on Christian Science. In time her father, Harry Smith, became a Christian Science teacher and lecturer.

While attending Washington University in St. Louis, Missouri, Ms. Beals met and married Robert Beals. She has two sons, Charles and John. After serving the branch church in Decatur, Georgia, in many ways, she became a Christian Science practitioner, listed in *The Christian Science Journal*. She also contributed a number of articles to the Christian Science periodicals.

Early in her practice work, she realized the need for writings that explained more fully how to demonstrate Christian Science. But when she submitted deeper articles to the editors of the periodicals, they were unwilling to publish them.

As she watched the steady decline of the Christian Science Church, her concern for the future of the movement led her, in 1974, to publish independently of the Church organization her booklet *Animal Magnetism*. Because of Church policy, members of the Church, and especially *Journal* listed practitioners, were forbidden to publish writings without the permission of the Christian Science Board of Directors. After publishing her booklet, she was forced to resign her *Journal* listing as a practitioner.

In 1975, she met Reginald G. Kerry. He shared her deep concern about the decline in the Church. His work at Church headquarters in Boston had led him to see that the decline in the Church

was largely due to the immorality and corruption at Church headquarters. He delivered an ultimatum to the Board of Directors that they either “clean up things at headquarters” or he would write Church members exposing the corruption and immorality there. When the Board refused to take his threat seriously, he carried out his promise to “write the field.” Ms. Beals assisted him in sending the Kerry Letters. For two years, while living in Boston, she worked with him in getting out the first four Kerry Letters. Her book, *Crisis in the Christian Science Church*, tells of these events.

After mailing the fourth Kerry Letter, she moved to California. She resigned from the Church in 1977. She continued assisting the Kerrys in sending out the Letters. In 1980, she started The Bookmark with the conviction that the time had come when deeper writings on Christian Science had to be published and made available to everyone. As this work has progressed, she has been able to publish and promote many profound works on Christian Science that have been suppressed by the Board of Directors over the years.

She presently lives in Santa Clarita, California, where she continues to write papers on Christian Science, and serve as publisher and editor of The Bookmark.

For further information regarding Christian Science:

Write: The Bookmark

Post Office Box 801143

Santa Clarita, CA 91380

Call: 1-800-220-7767

Visit our website: www.thebookmark.com

With the interest in mind control and witchcraft becoming so widespread, those who do not practice such forms of evil need a means of protecting their minds from the influence of secret hypnosis.

Long before malicious malpractice became such a threat, Mrs. Eddy warned of a time when "he who hates his neighbor, will have no need to enter his door to destroy his peace and prosperity, to harm his health, or to demoralize his household, for the evil mind will do this through mesmerism; and not in *propria persona* be seen committing the deed." She also discovered that prayer is the most effective way to protect the innocent mind from the harmful effects of mental invasion.

Christian Science reveals the spiritual laws underlying Christ Jesus healing works. When our minds are at one with God's laws and filled with spiritual thoughts, we can detect the negative or evil thoughts attempting to influence and control us. Through a scientific form of prayer as found in Christian Science we can prevent the mental and physical suffering caused by malicious hypnotism and stay in control of our mind.

This book defines the different forms of secret hypnotic work used to intentionally invade and control the undefended mind. It explains the form of scientific prayer that enables us to escape the threat of mind control. By spiritualizing consciousness through an understanding of God, we learn to abide in "the secret place of the most high" and be immune to all hypnotic influence.

CHRISTIAN SCIENCE: THE MIND AND THE MYSTERY OF THE HEALING

The Bookmark

1000 North Main Street
Boston, MA 02111

www.thebookmark.com

ISBN 0-930227-35-2 \$15.00
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EAN
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