

FREDERICK L. RAWSON & THE CHRISTIAN SCIENCE MOVEMENT

1. Introduction.
2. A short biography of .Frederick L. Rawson excerpted from the internet.
3. MBESI Editorial Commentary.
4. Material extracted from Frederick Rawson Book “Life Understood.”
5. Additional passages from other Rawson books

Further editorial note: below is the statement, “F.L.Rawson took 100 men into world war one—actually, 100 men were given “Absent Treatment,” Mr. Rawson was not on the battlefield. Also, please note, Mr. Rawson himself was a distinguished Electrical Engineer.

IF Mary Baker Eddy's Manual had been obeyed the world at the end of the 20th century would have fulfilled her prophesy found in Pulpit and Press page 22: 9-15.

"If the lives of Christian Scientists attest their fidelity to Truth, I predict that in the twentieth century every Christian church in our land, and a few in far-off lands, will approximate the understanding of Christian Science sufficiently to heal the sick in his name. Christ will give to Christianity his new name, and Christendom will be classified as Christian Scientists."

The evidence of this is in the writings of Mr. Frederick Rawson. Mr. Rawson's work was rejected by the Christian Science Organization but disseminated through New Thought; these teachings and the study accomplished in England by John Doorly and his students would otherwise have been accepted by the Christian Science Movement, not inhibited by wide spread excommunication and a policy of reading only Authorized Literature.

Today these mistakes of ecclesiasticism are being redeemed. As Alice Orgain shows in her book "STORY OF THE CHRISTIAN SCIENCE CHURCH MANUAL", Mary Baker Eddy did not confine her original teaching to the Church Organization alone, but wisely, Mrs. Eddy merged her Christian Science Association into the World Parliament of Religions to be adopted universally. (See Misc. Writings page 156:13).

FOR further information see Pulpit and press 21-23 Also:" CHRISTIAN SCIENCE: Mary Baker Eddy "True Estimate of God's Messenger" part 1page 47-48

While in England, I came across a wonderful book on Christian Science and interesting facts about its Author.

The enclosed information sheet off the internet gives a short biography from the point of New Thought—when I came home I discovered that Mr. Rawson's books were being widely circulated in the "New Thought Movement".—The bookstores have it for 50 some dollars.

In the 1958 book "Christian Science Today" Mr. Charles S. Braden the Author tells us that Boston gave Mr. Rawson a bad time and thus he couldn't lecture, practice or teach in the name of Christian Science, so he founded his own organization.

When the intelligent Mind that programs the universe is seen to be the only program, THE WORD OF GOD, then the scanner comes up with the exact answer to any situation THE CHRIST and CHRISTIANITY brings everything together harmoniously -Heaven—and this is SCIENCE.

If on the other hand the beliefs of a material brain programmed by DNA or mortal thought bringing up its lies-the anti-Christ you have—hell—false system.

Thus the more we know of the system Mrs. Eddy has left us in "Science and Health with Key to The Scriptures" the more clearly we see the unreality of the suppositious opposite.

Influential English New Thought Leader



Frederick L. Rawson was a brother to a great engineer in England. F. L. Rawson took 100 men into world war one. They all returned without a scratch on any of them. "There is nothing but God." was his statement to that miracle. "There is A biography of Frederick L. Rawson (1859-1923) -

It is this coming together we find in Mr. Rawson's work nothing but God in God's perfect world. Man is the image, the likeness, passing on God's ideas to his fellow man with perfect regularity and ease."

F. L. Rawson, like many other leaders in the field of New Thought, was not a clergyman. He was an engineer and businessman. Born in England in 1859, he became a distinguished practicing engineer, had achieved a marked success in his profession as consultant and as businessman, and had retired before he founded the Society for Spreading the Knowledge of True Prayer.

Among other things, he was a pioneer in the field of the practical use of electricity and engineer of the first company in the field of electric lighting. He laid the first electric railway in England. He was also interested in other things and drew up plans for the first gas-driven automobile and was consulting engineer for the first airship built in Britain. He had the respect of serious minded scientists of his day. He also excelled at various sports and was first violinist in an orchestra for more than a dozen years.

He was widely read in the fields of science and philosophy, and it was through his scientific interest in the remarkable claims made in the area of religion and the occult which led to him studying them to discover for himself whether or not the claims were true, and if they were, what scientific basis there was for them.

Christian Science had come to Britain in the late 1880's with considerable success, and its claims of ability to heal the most stubborn of diseases could not fail to attract the attention of thoughtful people. *The London Daily Mail* resolved to find out the facts concerning these claims and publish them. The paper commissioned Rawson to make a study of the new cult and write a series of articles on it. Rawson accepted the assignment and began a study of Christian Science, with the result that far from exposing its errors, he was convinced of its truth and became an ardent Christian Scientist. Eventually though, his brilliant creative mind could no longer yield itself to the rigid, authoritarian organization that Christian Science had become and he parted ways with the church and began his own work, which ultimately grew into one of the most active and influential metaphysical healing groups in England, and affiliated itself with the growing New Thought Movement.

In 1912 he wrote a book entitled *Life Understood*, which was to be revised and edited again and again, used as the textbook of the movement he founded, and studied far beyond the limits of his own groups of metaphysical healers the world over.

During the first war his groups took to adopting "absent treatment" for the protection of soldiers, and some remarkable results began to appear with testimonies coming to him from persons benefited by the treatments, and in 1916 he began a weekly publication called *Active Service* where he published these testimonies. At the masthead of the first were the words: "A weekly paper devoted to the spreading of the knowledge of the truth. YE SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU FREE."

In 1917 he set up an organization called the Society for Spreading the Knowledge of True Prayer (SSKTP); the method of prayer was to be that of the realization of and conscious communion with God. He lectured to large audiences throughout the British Isles and in 1920 made an extended tour of the USA and Canada, lecturing and giving class instruction and treatments, with the result that a goodly number of SSKTP centers were established in American and Canadian cities. Rawson was arrested in St. Louis in 1920 near the end of his tour of teaching and healing. He was charged with practicing medicine without a license and was released and the charges were dropped when he promised to do no more healings.

Although Rawson was distinctly Christian Science in his basic outlook, he cooperated enthusiastically with the New Thought groups. Great scientist that he was, Rawson entertained a number of ideas that find no acceptance among the majority of scholars. One of these was that the British and the Americans were the *true* Israel—that is, he held the expounded Anglo-Israel theory, which commended itself to a good many within New Thought and the metaphysical field in general, as for example Mary Baker Eddy.

Rawson died in 1923, but the SSKTP movement went on and *Active Service* continued publication weekly up until August 1940 when it became a monthly, and was still in publication in the 1960's

The enclosed excerpt from his book LIFE UNDERSTOOD pgs 370-373, which was posted on this site in June 25, 2007 shows how Mr. Rawson worked with the Synonyms and the qualities and attributes of God that are the main study of the system, before that way of working became more fully known.

Our selection this week is from LIFE UNDERSTOOD FROM A SCIENTIFIC AND RELIGIOUS POINT OF VIEW- written in 1912, by Frederick Rawson.

CHRISTIAN SCIENCE OR SCIENTIFIC CHRISTIANITY

"My doctrine is not mine, but his that sent me. if any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself (John 7:16, 17).

There is only one scientific and demonstrable basis of the right way, and this can only be found by the intelligent study of Christian Science, the law of God, demonstrating its divine Principle, immortal Mind, God, supreme good. Intelligent study does not mean the mere acquisition of the letter and the repetition of truisms, but the daily logical deduction, from facts gained, of a higher platform of truth, from which one proves such deductions by the demonstration of the truth that underlies them. The mere demonstration of the cure of disease is not sufficient to prove intelligent and therefore correct study. Not even an instantaneous healing of sin, which is the only absolute proof of one's knowledge of the non-reality of evil and the allness of God, is sufficient. We have to prove our knowledge of God by the continual demonstration over every variety of false evidence in all its myriad forms.

When first asked by the Rev. J. Bruce Wallace to lecture upon Christian Science to the Alpha Union, at the Garden City, Letchworth, I did not see my way to do it, as, although there is no by-law against it in the Christian Science Church Manual, which contains rules of guidance for Christian Scientists, the custom in the Christian Science organization is, that none but their trained lecturers give lectures on Christian Science. There have been many wise reasons for this, evidencing the wisdom with which the affairs of that body have been guided.

Not being nominally a member of the Christian Science Church, I referred Mr. Wallace to the member of the Christian Science Board of Lectureship resident in London, who did not, however, feel able to comply with the request. Upon this I received a second invitation to lecture, and felt that it was not to be refused, and gave Mr. Wallace a choice of subjects, recognizing that any lecture I might give upon any subject would of necessity bear on the face of it the impress of the knowledge gained through my study and demonstration of the truth of Christian Science, for the leaven of this scientific religion now at work in the universe must touch all questions.

Such benefits have been received from my investigation of Christian Science and from the study of Mrs. Eddy's inspired writing (which enable us to understand the inner meaning of the Bible), and so much help has been received from fellow-workers in Christian Science, that it appeared wisest not to go against their custom. While trying to live Christian Science consistently, I have proved it to be not only wise, but essential, to follow all the rules of conduct that the founder, Mary Baker Eddy, points out, as I recognize that they are logically based upon the fundamental law of good. The enforcement of such rules of conduct, where the individual objects to the necessary obedience, so far from limiting right action, always results in forcing evil into self-betrayal. Such obedience will always be found, when fully understood, to rest upon an essential obedience to God, which must always precede any other demand. The material presentation of these rules of conduct must always be advancing in proportion with the student's understanding of their true significance.

Truth in Literal and Physical Terms.

In accepting the second request, I was led to frame a lecture to meet the needs of all classes, upon the broadest lines, from the beginner to the deepest and most earnest thinkers, who have found hitherto hopeless difficulties in reconciling the inconsistencies between what has been popularly called natural science and religion. In the present work I have given fully and unreservedly - with the exception of the

meaning of certain Scriptural prophecies - what I have found to be true, explained from a natural science point of view, and expressed in literal or physical terms.

As a rule, I lecture extemporarily. In that case what was said had been written out. I once gave a lecture on new inventions and discoveries, and, after speaking for an hour-and-a-half, concluded by saying: "The greatest discovery of modern days was that made by Mrs. Eddy of the way in which Jesus did his miracles, and Christian Scientists heal sin and sickness in the same way." This was the only reference to Christian Science; yet the lecture, being misunderstood, was misrepresented as having been a lecture on Christian Science, although I had taken great pains to keep quite clear of the subject. The only misunderstanding that seems possible to have arisen here was that the action of good thoughts and bad thoughts was spoken of as being electrical. Some of those present may not have recognized sufficiently clearly that the so-called good thoughts that come to the material man are not of God. They are purely material, only some are not so bad as so-called bad thoughts. Both are a false sense of God's thoughts, or God's thoughts materially cognized, and should never be confused with spiritual facts. God's thoughts are cognized only by the spiritual senses of the real man.

Throughout this present work language has been as carefully chosen as seemed possible, with the special intent to avoid such possible misconceptions. Many problems, which Christian Science completely solves, have been opened up in the present technical statement. The primary object of this work and of the original lecture has been to expose the fallacies of material hypotheses, and to the extent necessary to attain this end the assimilated teachings set out in Mrs. Eddy's writings have been utilized. I have not, however, explained what is generally understood to be exclusively the letter of Christian Science, nor in any way differentiated between such teachings and knowledge gained of the material universe through the study of Christian Science, except when referring to the source from which to obtain true knowledge and how to apply it, the name of Christian Science has not been mentioned in the body of this book; nor has the wonderful work done by Mrs. Eddy been referred to, although expression has necessarily been given to the knowledge gained there from. Consequently, both somewhat resemble the playbill of which Sir Walter Scott wrote as having "announced the tragedy of Hamlet, the character of the Prince of Denmark being left out."

During the time spent in revising this work for publication, my views with regard to the advisability of speaking openly of Christian Science from the platform or otherwise, as occasion demands, have considerably broadened, although I do not lecture on Christian Science, leaving that to the authorized lecturers. I recognize that the time has

come when the explanation of correct human hypotheses called material science, in the light of Christian Science, should be put forward so that full advantage of the latter may be spread abroad, for the benefit and salvation of mankind in dispelling its illusive theories. Christian Science is not the dogma of a sect. It is what we all want; Science, or true exact knowledge, of God and His Christ.

An Exact Science -"When a faithful thinker, resolute to detach every object from personal relations, and see it in the light of thought, shall at the same time kindle science with the fire of the holiest affection, then will God go forth anew with creation" (Emerson).

In speaking to inquirers, when presenting such an inversion of our old ideas, it is necessary to use crude illustrations to assist in conveying a correct meaning. It should be readily seen that in an exact science the official seal can only be attached to its textual statement by a master metaphysician. Such a statement will be found in *"Science and Health with Key to the Scriptures, by Mary Baker Eddy."*

(This work, as a rule, requires reading over several times before one gathers the meaning of many of the passages. Our old ideas are so wrong that we are liable to attach the wrong meanings to passages in order that they should agree with our preconceived notions. As Mrs. S. A. Orne writes, "The lamp of intellect requires occasional snuffing, to throw the clear light of penetration on the page.")

Mrs. Eddy has pointed out to us the underlying Principle, which governs the fundamental facts of being, clearing up our ignorance and opening the pathway to the true knowledge of God, which destroys sin, and with unvarying certainty, based upon unalterable law, relieves man-kind from every ill "that flesh is heir to." She writes: (Communion Hymn)

"Twas the Truth that made us free,
And was found by you and me,
In the life and the love of our Lord"

She, however, distinctly reminds her readers that she had not undertaken to "embellish, elaborate, or treat in full detail so infinite a theme" (*Science and Health, Preface, p. x*). The wider application of the infinite Principle unfolded with scientific completeness in her writings has been left to students who understand sufficiently her advanced teachings. God's unfailing direction was too clearly realized by the re-discoverer of Christian Science for her to doubt the eventual preparation by the action of Principle of such students for this task all the world over. Mrs. Eddy's views on this subject are clearly expressed to the discerning reader of her works.

An Exposure of Fallacies - "The time approaches when mortal mind will forsake its corporeal, structural, and material basis, when immortal Mind and its formations will be apprehended in Science, and material beliefs will not interfere with spiritual facts" (Mary Baker Eddy). (S. & H. p. 402)

I would therefore reiterate that this discourse is obviously not a lecture upon, nor does it pretend to be an elucidation of, Christian Science, but is primarily an exposure of the innumerable fallacies of human theories past and present, made evident through the study of Christian Science, and exposed with the object of their elimination and replacement by divine conceptions of reality. No work could, however, lay claim to present a solution of the mysteries of this world without giving prominence to that discovery which solves the problem of existence, and heralds the final scene in material evolution, namely, the total disappearance of all sin, disease, and limitations.

Spiritual Accuracy - At the same time, let it be clearly understood that there is not a single statement in this book that is not in complete accord with the teachings of Mrs. Eddy. If any, through lack of a real understanding of her teachings, should endeavor to refute this statement, these, by unprejudiced study of this work, will find their objections disappear as they endeavor, through conscientious comparison with Mrs. Eddy's writings, to find passages in contradiction of any statements made by her. Others, prompted by less worthy motives, without this warning, might have been led into open condemnation without any logical or other proof of their statement. The true Christian Scientist does not contradict what he does not amply prove to be wrong, and is always the first to rejoice in any additional light. Mrs. Eddy lamented the inability of students to reply to the fundamental inquiries of the age. Few of her students ever attempt to explain in detail any advanced branch of her symbolic teaching, wisely referring the inquirers to her writings, until they have attained to a clearer understanding of the science that is the basis of her statements.

False Brethren - "In Christian Science mere opinion is valueless.

Proof is essential to a due estimate of this subject" (Mary Baker Eddy). *Science and Health*, p. 341.

Any accusation of hypnotism leveled against students obtaining constant results of every description, by turning in thought to God, is malpractice of the worst description, and when persisted in is recognizable as the sin against the Holy Ghost. (Matthew 12:31.) *A Needful Warning* - In answer to the question, "Do all who at present claim to be teaching Christian Science teach it correctly?"

Mrs. Eddy has replied: "By no means: Christian Science is not sufficiently understood for that... Time is required thoroughly to qualify students for the great ordeal of this century" (Mis. p. 43). Recognizing the right of humanity to demand correct teaching of this all-inclusive Science, she repeatedly warns inquirers against the merely so-called Christian Scientist. Such a one, if not sufficiently advanced himself to be able to meet the inquiry of the highest intellect today, shields himself behind vehement, dogmatic assertions, aimed against the true scientific interpretations, which he is unable from his limited outlook to comprehend, although accompanied by demonstration and sound logic.

Many have not really advanced beyond the elementary class teaching, which Mrs. Eddy instituted as a branch of her earliest church organization. Such teaching is not supposed to give a complete knowledge of the fundamental truths of Christian Science, but merely to fit the student for deeper individual research on correct lines. We must seek "to discern the rhythm of Spirit," the reward of holiness.

In the most advanced class the teaching in the past has had to be largely elementary. In reply to an address from members of the May, 1905, class of her Metaphysical College, Mrs. Eddy writes as follows: "I am glad you enjoy the dawn of Christian Science; you must reach its meridian," (Mis. P.254).

Under the heading "*Take Heed!*" she writes: "We regret to be obliged to say that all are not metaphysicians, or Christian Scientists, who call themselves so. Charlatanism, fraud, and malice are getting into the ranks of the good and pure, sending forth a poison more deadly than the upas tree in the eastern archipelago. This evil obtains in the present false teaching and false practice of the Science of treating disease through Mind... But while the best, perverted, on the mortal plane may become the worst, let us not forget that the Lord reigns, and that this earth shall sometime rejoice in His supreme rule,- that the tired watchmen on the walls of Zion, and the true Christian Scientist at the foot of the Mount of Revelation, shall look up with shouts and thanksgiving, that God's law, as in divine Science, shall be finally understood" (Mis. p. 368).

True Christian Science - If you ask for an explanation of what true Christian Science is, I can refer you to the Bible, that mine of countless priceless treasures, where, amongst many other instructive passages, we are, told, "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon. For my thoughts are not your thoughts, ...saith the Lord" (Isa. 55:7,8). For the scientific interpretation of this advice, reiterated throughout the Bible, but so long misunderstood, I

would refer you to the writings of Mrs. Eddy, by far the greatest metaphysician of modern times, where the explanation of and the remedy for all the difficulties here dealt with can be found. To these writings and to the consequent more intelligent study of the Bible, I owe the benefit of all the knowledge I have that is worth having; how to obtain inspirational knowledge, how to lead a better life, and how to help one's fellow-man. This priceless understanding results in an intense happiness, with a sublime realization of "the peace of God, which passeth all understanding" (Phil. 4: 7).

"Sweet sign and substance of God's presence here" (Mary Baker Eddy).

"The following words of a friend well voice the feelings of a great multitude to me,' said this gentleman, 'one of the mysteries of our time is the success of Science and Health'" (B. O. Flower, in the Twentieth Century Magazine)... "He could only say that he had rarely met with such capacity to enter some of the deeper aspects of truth, and he had seen the lives of Christian Scientists, tranquil, bright, cheerful... They [his own church] ought to have had all along the elixir of life to give to their people. Had they lost it? Why was it that they so seldom met in the ranks of their own people anyone of whom a visitor from Mars would say, 'What is the secret of that man's or that woman's life?' that radiant sense the supernatural, that brightness and reality of spirit?" (Archbishop of York).

Mary Baker Eddy - "It is commonly said that, if he would be heard, none should write in advance of his times. That I do not believe, upon a great and deep spiritual change. I believe a new redemption is even now conceived, of the Divine Spirit in the human heart, that is itself as a woman, broken in dreams and yet sustained in faith, patient, long-suffering, looking towards home. I believe that though the Reign of Peace may be yet a long way off, it is drawing near: and that who shall come to save us anew shall come divinely as a woman, to save as Christ saved, but not as He did, to bring with her a sword" (William Sharp in *The Isle of Dreams*).

It would not be natural to end without saying a few words about Mrs. Eddy, whom I revere as a leader, and love as a fellow-worker, and of whose writings I gratefully acknowledge myself a student, diligently searching daily in the inexhaustible mine of wealth that now is open to every earnest worker. Of her physical condition in her 87th year, I cannot do better than quote" Dr. Allan McLane Hamilton, the expert alienist, who has devoted the last month to an exhaustive investigation of the mental condition of the Founder of Christian Science," a "medical expert who has figured in so many famous cases during the last thirty-five years," and who was chosen by the Court to report on her mental condition, "having no sympathy with her religious teachings." In the

New York Times of September, 1907, from which the above is taken, he says: "She is absolutely normal, and possessed of a remarkably clear intellect.... For a woman of her age, I do not hesitate to say that she is physically and mentally phenomenal." He also speaks of "Mrs. Eddy's great vitality, and the absence of any of the usual tokens of mental breakdown natural to one of her great age."

*"God sends His teachers unto every age,
To every clime, and every race of men,
With revelations fitted to their growth
And shape of mind, nor gives the realm of Truth
Into the selfish rule of one sole race" (j. R- Lowell).*

Descended from a long line of religious ancestry of our oldest and best English and Scottish families, imbued from her earliest days with deep religious feeling, with great natural intellectual ability and spiritual fervor, even as a girl, a student of Natural Philosophy, Logic, and Moral Science, familiar with Hebrew, Greek, and Latin, and trained specially in rhetoric by Professor Sanborn, she was eminently fitted from the outset to receive the inspiration of Truth, which enabled her, not only to unveil the science of God by rediscovering the true scientific meaning of the teaching and works of Jesus the Christ, but to place on record, founded on the Rock, a definite and accurate statement of absolute truth, for the guidance of man throughout all time. "For then will I turn to the people a pure language that they all call upon the nature of the Lord, to serve him with one consent.

From beyond the rivers of Ethiopia my supplicants, even the daughter of my dispersed shall bring my offering." (Zeph. :9,10)

This pure consciousness, fit channel for Truth, has taught the world how, sitting at the feet of our Master and Way-shower, the Galilean Prophet, man, gaining a spiritual sense, loses a belief in a material self-hood, to find himself divine, the son of God. In demonstrating the truth of her words, "humility... is the genius of Christian Science," this great leader has told of early searchings after truth; of timidity, self-distrust, and sleepless nights; of utter friendlessness, desertion, wearying toil in the wilderness of shattered hopes; of misrepresentations, bitter envy, ceaseless mockery, malicious falsehood, relentless persecution, agonies, and, thank God, of victories gained, uplifted by the sustaining power of what the world calls miraculous visions. Ablest to expose, "bravest to endure, firmest to suffer, soonest to renounce," and noblest to forgive, with self-forgetfulness, purity, and love, with secret yearnings to be better understood, she demonstrated step by step along the rugged way the truth of the great revelation.

Then with a cry of "Follow your Leader only so far as she follows Christ," (Message 1901 p. 34), she put her discovery into practice, though at times with bleeding footsteps through self-sacrificing love for others. "Scourged and condemned at every advancing footstep," but sustained by the marvelous development of male and female qualities, splendid moral courage and unfailing love, she hurled "the thunderbolt of truth," while binding up the broken-hearted. Reasoning with the storm, Truth stilled the "tempest of error," and thus this messenger of God has been the means of bringing moral and physical salvation to hundreds of thousands of suffering men and women, who now bless her name. "A woman that feareth the Lord, she shall be praised. Give her of the fruit of her hands; and let her own works praise her in the gates" (Prov. 31:30, 31).

As the outcome of a life devoted to scientific research and demonstration, there has been founded a religion based upon changeless Principle, whose true followers, demonstrating wholeness of mind and therefore of body, are understanding and consequently proving the scientific basis of the so-called miracles recorded in the Bible, and rejoicing in their freedom. They now, in their turn, are daily healing sin and sickness by putting into practice her motto of "Work-work-work-watch and pray," the song of Christian Science, and consequently are increasing in number with a rapidity unparalleled in the history of the world. This religion, based on absolute, unalterable Science, is about to revolutionize the entire universe, and must bring us to its final result, for which all true lovers of humanity have for centuries devoutly prayed - namely, the end of all sin, sickness, suffering, and limitations of every description, even the seeming disappearance, called death. Ignorance, or human consciousness, then no longer has its self-imposed, imaginary existence, and all apparently wake up out of this hell of perpetual seeming troubles and limitations, to find themselves Godlike beings, in a state of inexpressible constant happiness, in a world of wondrous glory, God's world. This is the only "end of the world." (Matthew 24:3.)

"For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be" (Matt. 24:27).

"And what I say unto you I say unto all, Watch" (Mark 13:37).

Watch your thoughts!

Two further excerpts from Mr. Rawson's books

TWO METHODS OF MENTAL WORKING

The value of my professional investigation into mental healing is not to prove that all disease is mental - the leading medical authorities are now coming to that conclusion; nor is it to prove that matter appears and disappears in accordance with one's thoughts - the scientific reasons for this are given in my book, *Life Understood from a Scientific and Religious Point of View*, which is practically my report. Its principal value lies in proving the difference between the right and wrong methods of mental working, as before long all intelligent, open-minded people will be mental workers.

There is a hard-and-fast line drawn between the two methods of mental working, between the right and the wrong method of prayer. Jesus pointed out the difference more than once.

THE RIGHT METHOD

If, when you are mentally working, you are thinking of reality, that is, of God, of heaven - the real world - of the Christ or of the spiritual man, you are helping your patient, yourself and the world. This is "*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ*" ******(2 Corinthians 10: 5). No one can tell beforehand what will happen, but, unquestionably, good for everyone concerned always takes place, more or less, according to the clearness and persistence of your thought.

THE WRONG METHOD

If, on the contrary, you are thinking of the material man or the material world - whatever you are thinking about them, unless you are denying their reality, which means denying their permanence - you are harming your patient, harming yourself, and doing no good to the world. Of course, anyone who wills strongly enough, can apparently bring about changes in the material world, but this is not true healing, for when by strong, determined thinking, or will-power, you try to bring about what you think is good, you can neither destroy the evil thoughts nor purify the so-called human mind. The result is that trouble of some kind always returns about three months afterwards. Reliance on Truth and Love, that is, God, alone results in health being manifest, through the mist of matter thinning. The

healing then is perfect and permanent, whether of disease, sin, or any of the many troubles that make this world a veritable Hell to so many.

How to Gain a Working Knowledge of God.

When I started my investigation I came to the conclusion that I ought, whenever I had a moment or two to spare, to have something definite to realize, and I made up my mind on these occasions to think of God as Love. Then, when my love towards my fellowman seemed to have advanced more than my knowledge of Truth, I changed this realization to that of God as Truth. Later on, every day I used to think of God in all the main views as Life, Truth, Love, Mind, Soul, Spirit, cause, intelligence, substance, and Principle, the Principle of good, which includes its idea. I now know that Cause ought not to have been included, as it is a synonym of God, not an aspect, or quality, as the other names are.

Later, I put each of these headings on a separate piece of paper, and then tried to find all the qualities and attributes of God that I could, putting each of them down under what I thought was the proper heading. Each day I went through these, starting by thinking of heaven, and then trying to realize what each one of them meant. At one time I had on a blank bit of paper about forty qualities and attributes that I could not place under the proper heading, and not more than twenty under anyone heading; but, as my knowledge of God grew, so I was able gradually to place each of these qualities and attributes under its proper heading.

I did this every day for over three years. By that time I had over two hundred and twenty qualities and attributes, and it took me about three quarters of an hour each day to go through them. Not only had I then been able to place the whole of the forty qualities and attributes under their proper headings, but whenever I found a new one I could at once place it in its proper place. Finding no new attribute or quality for three months, I took this as the sign that I had worked in this way long enough, and ceased.

I was once told that in treatment I would find the realization of God as Principle most effective. Trying this, so as to see whether the statement was correct, the next day an instantaneous result was obtained by merely losing all thought of the material trouble and simply trying to realize God as Principle as clearly as possible. Proving in this way that God was Principle, the love for God that I had seemed instantly to vanish. As I went on, however, obtaining a better understanding of God, my love for God gradually returned, until, in about three months, I had a far greater love for God than I had ever had before.

Being trained as a scientific man, my method of treatment is what may be called "cut and dried"; that is to say, I rely upon the flat denial of the existence of the evil, with all the insistence at my command, followed by as clear a realization as possible of the exact opposite.

How to Reverse Wrong Thoughts.

The following copy of a letter written to a patient, to show him how to reverse throughout the day any wrong thoughts that came into his so-called mind, is not only the basis of right thinking, but forms a good basis of treatment, showing how to deal with the various forms of evil that have to be destroyed :

DEAR -,

We have to watch our thoughts continually. "Watch and pray," and "pray without ceasing," and directly we think a wrong thought, that is, even any thought that is not harmonious, we have to drive it out of our mind, and cease thinking of things material, raising the level of our thoughts until we are thinking of God and things spiritual or truly mental. This is true prayer, conscious communion with God.

One method of doing this is to group our thoughts under three headings:--

First.-Turn in thought to God and heaven, which is a perfect condition of consciousness or "divine state of mind." This is essential.

Second. - Deny the existence in heaven of the wrong thing thought of, seen, or felt. When, for instance, you see an angry man, or feel angry, or think of anger in any way, realize with all the power, earnestness, and conviction at your command, that there is no anger in the spiritual kingdom, the kingdom of heaven, the reality. This is called the denial.

Third.- Realize the existence of the opposite; namely, in reversing the thought of anger, realize that in heaven, the world of reality, all is perfect peace and infinite love. Dwell on this realization, and get it as clear as possible. This is called the affirmation. I think that, if there is then time, it is advisable to split up one's thoughts into two more headings, namely:

Fourth.-Realize why this is so; namely, because God, the Principle of good, rules and governs, and heaven is the manifestation of His government. This heaven is everywhere, for there is nothing but God and His manifestation.

Fifth.-Try to form as clear an idea as you can of God and His manifestation, heaven.

Reversing our thoughts in this way all day long is prayer without ceasing, and is not only leading us "Continually to "abide in the secret place of the Most High," but is teaching us to recognize, clearly and persistently, that all sin, disease, worry, limitations, and all other effects of wrong so-called thoughts, are non-realities, i.e., have no permanence about them. It is also teaching us to realize the truth continually, namely, that God and His manifestation are spiritual, perfect, and omnipresent. Your progress depends solely upon the number of seconds during the twenty-four hours that you are thinking of this reality.

Do not take this as a hard-and-fast rule for working; it is only the way that I have found the most helpful. Let God teach you the way to work, not man. "Prove all things: hold fast that which is good." If you constantly realize that God is Truth, and that you know Truth, being the knowledge or consciousness of God, you will be led, step by step, absolutely correctly, as though by a loving father and mother. You will never have to retrace your steps, but will look back with rejoicing along the straight and narrow path by which you have come, recognizing the pitfalls and morasses from which you have been tenderly guarded.

You may have troubles, and find the pathway sometimes rugged, but if you keep your gaze continually fixed on the goal of reality, you will find that these troubles merely spur you on to still higher attainments, and you thereby gain the uplifting joy of relieving suffering, humanity, teaching them the continuous availability of God and the meaning of "the peace of God which passeth all understanding."

Yours sincerely,
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