

How to Give a Prayer Treatment for Laboratory Organisms or for Healing of the Sick

Part One: Watch Prayers

"What I say unto you I say unto all, Watch." (Christ Jesus)
Mark 13:37

Many people have never prayed for anything except another person or more generally for world peace and world problems. Even if they are open to the idea of praying for a research organism they have no idea how to begin.

There are many ways to pray. There are prayers of adoration, prayers of petition, prayers of meditation and silence and so forth .All are valid, wonderful, and to be encouraged. I would never want to tell someone how to pray.

However, so many of you have asked me how to go about praying for research organisms when trying the Spindrifft tests that I have decided to tell you how I usually do it. That doesn't mean this is the way you should do it but I hope it's helpful.

The Christian Science treatment is one specific form of prayer. It is a specific prayer of affirmation and denial that Mrs. Eddy developed which is especially suited to bringing you into the

state of mind needed for healing the sick or for getting measurable effect. It does not heal the sick or cause measurable effect in the lab directly but it does help to put you into a state of mind where these things occur naturally.

It is the way I usually pray in the laboratory, although it is not always the way I pray. I would say it is the bread and butter prayer of the lab though, a prayer that is good to turn to when you are starting out with a cold engine spiritually speaking, and you do not know how to proceed. It has specific steps and that is always helpful when you aren't sure where to start.

And of course it can be used outside of the lab too, for healing yourself and others.

Many people are not used to praying in the “yea yea, nay nay” (Matthew 5:37) style of affirmation and denial. An easy way to get the feel of such prayer is to pray the prayer of petition (asking God for something) but at each step turning the petition into an affirmation and denial also.

For example a petition might be, “God please help me.” You can follow that with the mental affirmation, “God is helping me, here now, at this very moment.” You can also add the denial, “There is nothing – no disease, no mental image, and no fear - that can separate me from the knowledge that God is right here with me helping me. There is nothing that can darken, deaden, or delay my knowledge of God's immediate presence with me.”

The Christian Science treatment contains four simple steps. These steps do not always follow the same order and can be

shortened or lengthened according to the need. They are usually done silently, with long silences in between saying the words mentally. The silences are for “listening” in quiet expectation that the ideas that will help you will come to mind. The treatment can also be prayed out loud.

The four steps of treatment, which will be discussed in future articles, are to affirm the presence of God, to affirm the spiritual identity of whatever you are praying for, to deny evil, and to affirm the oneness of God and all creation, but especially of God and whatever it is that you are praying for.

Treatment is also sometimes called a prayer by argument and is compared to a lawyer, advocate, or (in collective prayer) a legislator, providing a powerful and detailed defense when someone has been sentenced to suffer with disease, or perhaps even sentenced to death by disease.

“Meet the incipient stages of disease with as powerful mental opposition as a legislator would employ to defeat the passage of an inhuman law.” (Science and Health p. 390)

Eddy described the prayers of Jesus “...whose humble prayers were deep and conscientious protests of Truth...” (S&H p. 12) and this is what our treatment should be.

Sometimes you can be in such an inspired (mystical) state that you don’t need the treatment. You can heal instantly without any argument or need to argue or treat. That’s the gold standard. Few live there on a daily basis although it’s a good goal to strive for. In the meantime treatment is a wonderful prayer that does help

you to heal and that also changes you over time, giving you more spirituality and more freedom every day.

If you are serious about becoming a healer you should give yourself a good treatment every single day and not wait for the need to pray in a Spindrift test, or for someone sick to come to you for healing.

The treatment is different than other prayers because it is armed for battle.

A prayer of adoration can be compared to a walk in God's gardens with a heightened appreciation of everything you see.

The four steps of treatment though are like four battalions of soldiers taking and maintaining territory in order to get to those gardens. When sin disease and death are pushing at you – or in a laboratory when fear, stress, and confusion are pushing at you, you sometimes need to do battle before you can reach the state of mind that heals the sick.

To these four steps are often added something called watch prayers, especially at the beginning or end of the treatment. If the four steps of treatment are like four battalions of soldiers, then the watch prayers are the Special Forces.

Today I am going to talk about the type of watch prayer that is often prayed before you begin treatment.

The practice of putting such a prayer before a treatment (although many people today leave them out) evolved from

watch prayers generally. Watch prayers generally are specific short little prayers that deal head on with malicious mental activity, such as attempts at mental assassination.

Most people praying today do not have anyone trying to mentally assassinate them while they pray so the watch prayers have kind of fallen out of favor. Mrs. Eddy's strong teaching of them is not stressed very much by the church any more. A lot of church members figure her teaching of watch prayers was some kind of embarrassing phase Eddy went through and grew out of it. They feel the whole watch prayer/animal magnetism thing is a little too hocus pocus to be socially acceptable and they don't do much with watch prayers any more.

Except for the old timers. The ones I've talked to, mostly patients, still use them.

Of course at Spindrift we have had death threats, at least in the past, and we've had hate mail, and whole churches praying against us, and also people actually acting out anger such as the man that killed my dog and the people that used to burn crosses on my dad's lawn. As a result we always paid special attention to our watch prayers when doing Spindrift work.

Today the resistance is just as strong but much less personal. I don't get much hate mail anymore.

Much of the resistance you will feel when praying for a laboratory organism comes from within yourself. There is a hard dark atheistic core of biased unbelief inside of everyone and it comes to the surface when praying. Never acknowledge that

darkness as yours – and don't let anyone tempt you into playing the guilt game or doing the "I'm not good enough to heal people" routine. That darkness gets inside of us but is not ours; it is no true part of us. We can reject it if we know this. It's just another worn out attempt to keep us from praying.

If you feel that darkness during prayer be glad because it's coming from your unconscious mind to your conscious mind. That means it's coming into range and can be destroyed.

Always love yourself when praying. You know perfectly well that you are a good person or you wouldn't be trying to pray and to heal. Reject those feelings of unworthiness as just plain silly – a trick of "the devil" that you are much too smart to fall for.

Other types of resistance to prayer and healing

There are still people and groups who pray specifically that a Spindrift test won't work – we once had someone praying that our lab would blow up – but since we work on a need to know basis and few people know about an experiment until it's over, this is not a big problem today.

What we are doing is new in human history and that always brings resistance into action.

The hard core of resistance that you will need to overcome when doing a Spindrift test, however, comes from collective human

belief in the impossibility of what we are doing – not so much the impossibility of the test but of the theory.

There is a massive, heavy and occasionally hidden emotional, financial, intellectual, physical, ideological, psychological, cultural, and political investment in the scientific and medical status quo. Every time a Spindrift test is done you threaten that collective investment.

In praying for a simple seed or enzyme you may not have as much personal fear to overcome as you would if you were praying because you had cancer. The fear is really much greater though, because you are dealing with the often self-deceived fears of millions of people banded together into organizations that are threatened by the theory underlying the Spindrift tests.

The hidden nature of this resistance also makes it more difficult to handle. It's harder to deal with this fear because the fear is not immediately obvious; it's half hidden or camouflaged. Personal fear you can feel throbbing; it keeps you up at night. In the same way a man pointing a gun at you would cause fear because he represents danger.

The dangers you have to deal with when praying in the lab are more like pollution – it's a much bigger threat and can kill many more people in the long run but it doesn't resonate the same way as a man with a gun and so you don't take action as quickly as you should.

Watch prayers are a way to take action. I always use them in the lab, no exceptions. They don't have to be long or elaborate but you need to do them.

Mrs. Eddy has pointed out that there is a difference between watching and watching out. (Miscellany, p.232) You don't want to 'watch out' because that is a paranoid kind of watching, a watch that has fear in it.

To watch properly means to scan and monitor the mental environment around you, to always be ready, and to react intelligently and professionally to evil rather than responding emotionally and personally.

Watch prayers are usually put at the beginning and end of a treatment but you can insert them anywhere if you feel a sudden need. They can also be used on and off during the day or night when needed, without the treatment.

It's easy for the novice to mix up the denial part of the treatment and the watch prayers, running them together. That's OK, but it's more effective if you learn to keep them as separate units. This is something you will learn as you go. I wouldn't worry about it now if you're new at this.

Watch prayers are short and specific and generally deal only with underlying malice, revenge, or hate - other stuff can be handled in the regular part of the treatment.

That hate does not have to be coming from a person. It can be a garden variety of the hatred of anything new.

When a plane builds up resistance because it is traveling quickly that is not personal. Hate builds up whenever you use love in healing, it's just a reaction, and you need to deal with it that way. If you think of it this way instead of thinking about getting in a big personal battle, it will help.

What *The Spindrift Papers* call defense mechanisms are mechanisms that thrive on conflict. Conflict generates the energy they need to sustain themselves. Don't get down on the ground with them and wrestle. Stay above it as much as you can. Don't be duped. It is surprising how often, just as you are getting ready to do some Spindrift experiments, some source of personal conflict will come into your life. You may think it is totally unrelated but it's not.

Emotions cloud spiritual perception and feed the defense mechanisms – even so-called good emotions. A treatment is not the place to indulge them. Watch your thinking and learn to be disciplined. Surges of emotion just before beginning a Spindrift test are not uncommon. Remind yourself that those emotions you feel are not really your thought.

Don't be afraid of strong emotions and don't be impressed by them. Like a fireman responding to a fire you should not be surprised by the flames. There is no life in fire. Many diseases are rooted in emotions and as you approach the cause of disease don't be distressed if you feel those emotions just as long as you don't identify with them. Turn to God with all your heart asking for clear thoughts un-muddied and un-manipulated by emotion. It takes some practice. It gets easier.

Don't fall into the trap of thinking that love is an emotion. It's much bigger than that.

Four Steps

The watch prayer that we pray before we start giving a treatment can be compared to the security people that go in and clear an area before some important event. It's a short prayer to heighten your mental alertness and to mentally clear the way for the treatment.

The watch prayer we put before a treatment has four purposes.

1. To identify itself.
2. To identify where its authority comes from.
3. To heighten your mental awareness.
4. To clear the way for the prayer and remove any obstacles.

If you were a security person doing advance work for a special event, or before someone important like the president etc. came though, you would take these same four steps. You would have to identify yourself. You couldn't close off streets for security etc. without identifying yourself and showing some sign of your authority.

You want to 'close off streets' before praying. Turn off the TV. Go where there are no distractions if possible. Mentally shut out thoughts like what you are going to have for dinner, how much it is going to cost to get the car fixed, or worries about whether

your daughter will pass her math test. Cordon off your mind and shut everything out but the prayer, at least as much as you can. Again, it gets easier with practice.

If you were a security person you would only let authorized people come through. In a watch prayer you are going to be sure that only authorized thoughts – good thoughts – can come through. Prayer is a big event and a visit from the Holy Spirit is more important than a visit from the President. The Bible says, “Prepare ye the way of the Lord.”(Mark 1:13)

You are going to identify where the snipers might be and secure those mental places in advance.

How? By always asking yourself honestly before you pray what you are afraid of. Failure? The inability to get an effect? Pain? Whatever it is it's a sniper. Secure the area. Pray not to be afraid. If you can't get rid of the fear at once then say out loud in prayer, “This fear is not mine, it's not anybody's, and even if it hangs around it can do no damage at all. I will not be afraid of fear. I am not impressed by it.” Hold that fear in custody – control it – while you pray. You may find it goes away all by itself. When you secure a prayer in advance with a watch prayer then it's not likely you will have any snipers.

The watch prayer helps you tighten up security; it helps you tighten your thoughts as you prepare to pray.

A secret service person is more mentally aware than a person simply walking down the street. A watch prayer needs to be aware like that. A security person would be looking around and

putting protective structures in place, or removing obstacles. ¹²
This is exactly what you are going to be doing in the watch
prayer that starts a treatment.

Let's look at these four steps one by one.

Step #1: identifying your prayer clearly.

How you do this is up to you. If you were a Buddhist then I assume you would identify the prayer with the qualities and power of the Buddha. Christians generally pray in the name of Jesus Christ or in the name of the Father the Son and the Holy Spirit. This is more than just routine. If you use those words don't glibly run through the words without thinking.

They are good words. You want to stop and think about the fact that treatment is cumulative - and by the way the Spindrift tests show this in a linear way, - so place your prayer or treatment in its context, as part of a long line of prayers that stand through the ages and continue to do their work. Like radioactive material prayers have a long shelf life and they bond together to do more good than one prayer could alone.

I like that wall in Israel where everyone leaves prayers, and also War Memorials where people leave things, because they're a good solid symbol of what happens when you pray. You are adding your bit to the pile, and it's the whole, not just the bit you add, that conveys power.

Praying in the name of something means to pray having, or accessing, the power of something. In ancient days it was believed that the name of someone contained power, that a person's name contained an actual part of them. That is why you used their name in a curse, you could work on it just like you could a lock of their hair; it was a part of them.

That is why Jews could not say the name of God, because no person could have that power over God. This is also why people would sometimes take a new name after a holy experience because they were not the same person, so they could not have the same name. Jacob was renamed Israel (Prince of God) and Saul took the new name of Paul, Simon was renamed Peter (petros or rock) by Jesus and so on. Names had much more power and meaning in the Bible than they do now.

To pray "in the name of" means to pray in the power of. If you pray in the name of Jesus the Christ you are asking, as St. Paul said, "for that mind to be in us which was also in Christ Jesus." You are saying that this treatment has the same power that Jesus had to heal the sick. That's a big thing to say.

Because of who I am and what is meaningful to me I always state that my prayer is part of the successive stage of Christian Science. If you are building a skyscraper and you have to dig the foundation with a kitchen spoon you've got a hard task ahead. If you have one of those giant bulldozers it's much easier. The Spindrift methodology has at least given the world the blueprint of the bulldozer. Today's problems are worse than they were a century ago but the technology, the ability of spiritual healing to break through collective as well as individual resistance, (the

bulldozer instead of the kitchen spoon) is now in the world. Acknowledging this in a prayer has power.

Just saying it has power. I always identify myself with the bulldozer, not the kitchen spoon. A lot of bad things have happened but the Spindrift work has not been stopped. It's in the world. It's developing. It came right on time. Nothing can hide this fact. Against all human odds the work is still progressing and you are still sitting there reading about it. Just to say out loud the truth of that carries a certain power.

I am mentioning this because in my circumstances, and possibly yours, the hate that I need to blow away in a watch prayer has, at its base, the hatred of the Spindrift work. For you that part might or might not be different. I don't know. Think about it and try to figure out if there is any hate from any source or on any subject blocking your prayer and if so deal with it in the watch prayer, right up front.

Sometimes when I am praying over a case where justice is a major issue I will pray in the name of the Hebrew prophets, because they had such a handle on justice.

I'm a biblical person so I am drawing on what I know, but you can identify your prayer in any way calling on what you know.

Step #2; Identify the authority behind the prayer

This step relates to the first one. Be clear by what authority you are going to heal the sick or get a measurable effect in the lab. Be sure that authority is wholly good. Don't attempt to do it on your own authority because you'll get hurt. You need a really big engine here, not a little battery pack.

You might not be able to get your ego or human will totally out of the way, but you don't have to claim it as the authority. Jesus said, "Not my will but thine be done" and Eddy interpreted this as saying, "Let not the flesh but the Spirit be represented in me." (S&H p.33) That is a good line to use in a watch prayer.

Know and say that this prayer is operating under universal divine good and that you are aligning yourself with the forces of good, the forces of Love, the forces of Truth, of Spirit and so on. Remember also that you are preparing, in the treatment itself, to question the authority of evil. In whose name is disease spread? By what justice is a child born disabled? What false authority would claim to control an enzyme or a seed outside of infinite intelligent benevolent Cause?

You want to be on the right side of power at the very first because in your treatment you are going to have to question and arrest false power, false authority, things you know, by every holy instinct God ever gave you, simply have no right to be.

St. Paul points out that no man fights a war at his own expense, he is given everything he needs and all he supplies is the willingness to train and fight. Be aware that you will be well equipped by the Lord of Hosts, which literally means the Commander of Battalions, or as the Message Bible puts it, the

God of the Angel Armies. You will be equipped with the ideas you need, the focus, the stamina, even the words you need in your treatment. Thank your heavenly Father Mother God for this. Saying "thank you" is always a good way to pray if you mean it.

Moses was afraid to speak to Pharaoh because he said he was "slow of speech." God said to Moses, "Who made your mouth?" and basically told him that the Holy Spirit not only made his mouth but would fill it.

This is true in prayer too. Who gave you the ability to pray? The Holy Spirit will fill your mouth, your mind, with the words you need to say in prayer. The Holy Spirit will equip you with healing power, but you have to honor the chain of command.

You want to understand that you can't move an inch without the Holy Spirit moving with you, you can't say one word in prayer without this radiant energy being with you. If you don't feel it, and don't understand this, start by saying it. Saying it is the first step. It puts your mind in the direction it needs to go in. The understanding will come.

Remember God was in the burning bush. The Holy Spirit is a fire that burns but is not consumed. This is a new form of energy, continually renewed, never an ash or a cinder but just constant energy and no waste, completely benevolent. That is the energy of an IFT treatment. You don't have to conserve it. It never runs out, it is never consumed. Spend a minute thinking about that.

If you are dealing with a scary disease don't try to be a hero and rush in and save the patient all by yourself. You have the angel armies behind you and in front of you. You have all the prayers for good that have ever been said in your battalion. You are a part of the forces of good; you aren't the only guy running up the hill.

In the laboratory it is very comforting to say clearly in the watch prayer that the power is not yours personally but from a higher source. It takes away the nervousness that you will fail, or be embarrassed, or that anything bad can happen to you by doing these tests. "I can of mine own self do nothing." (Christ Jesus, John 5:30)

Remember the story of the chariots of fire? (II Kings, chapter 6) The king was ticked off at Elisha and sent an army to kill him. They surrounded the town he lived in during the night. The servant of Elisha goes outside to take out the garbage or something and sees the moon glinting off the shields of all these troops in the hills surrounding town. He isn't stupid. He knows why they are there. He goes in and tells Elisha they are done for.

The prophet doesn't pray for his life to be preserved, or for some way to get away from the opposing force, he doesn't pray to win the battle or to receive reinforcements. He doesn't pray for "measurable effect". He prays that the eyes of his servant be opened. When the servant goes out again he sees in the hills, along with the invading army, chariots of fire. He now sees that, "There are more that be with us than be with them."

Don't pray to heal the patient or to change the research organism. Pray that your eyes be opened.

Before you ever start praying, and on and off during the day, you should be thinking about the Holy, asking that it reveal itself to you, and thinking about different God language till you find some that resonates.

What you honestly think the Holy is, consciously or unconsciously, will be the engine that runs your prayer, especially if you call on God as the authority for your prayer.

If your concept of God is that God is wholly good, your prayer will be wholly good and will only bless. If you think that God is mostly good but allows a little evil, your prayer will do a little harm but mostly good. If you think of God as small and personal then the healing effect will be small and you will feel a sense of personal responsibility. If your thought of God is large and infinite then your prayer will have a universal effect and not just an individual one.

Your thoughts of God are mostly unconscious – they are not what you consciously think you think about God, so spend as much time as you can developing your sense of the holy. Ask yourself, what do I worship? Many people think more about work, or food, TV, sex, or entertainment, than they do about God. What do you give power to? What do you think about most?

Pray every day, the first thing when you wake up, that your eyes be opened and that the Holy reveal itself to you. It will.

Step #3 Heighten Your Mental Awareness

When Joshua was about to fight his first major battle without Moses he saw what the Bible calls an angel. Who looked like a soldier and had a sword drawn. (Joshua 5:13) Joshua asked if he was for him or for his adversaries. The angel answered that he was Captain of the hosts (armies) of the Lord.

What really happened there I haven't a clue but the symbolism is strong. As we prepare to do battle we have at our side the Captain of the hosts or troops of the Lord - the ordering force that has control over all the untied forces for good that exist throughout the world. We are not going into this battle all alone.

Like any good soldier though we must learn obedience and good timing. We must listen for the thoughts that come to us because those thoughts are the troops, our fellow soldiers. The angel army is an army of thoughts.

Ask for mental alertness. Pray for it with real desire - Mrs. Eddy says "Desire is prayer" (S&H p.1) - yearn for it, claim it as your right, know that you can be a good soldier of the cross and that as part of the army of spiritual healers, part of the "angel armies" or mental forces of good, you certainly can conquer disease, injustice, pain, and grief. These are the enemies and they have no right to lord it over anyone.

And yes, you have the right to demonstrate Truth in the laboratory, the right to feel kinship with the research organism,

and the right to pray for anything you want, anywhere you want, as much as you want.

One of the most common defense mechanisms manifests itself as an overwhelming desire to sleep every time you start to pray or else an inability to focus or having your mind wander.

The disciples of Jesus fell asleep in the garden of Gethsemane when he asked them to 'watch' with him.

Know that you can be awake, aware, and accurate in your treatment. Say this out loud several times if you need to clear your thoughts. Energy is what you are – your entire being is made of energy.

These sleep and low energy issues are very common effects. Even after all these years I feel them. I will sit down to pray and suddenly my mind will wander, I'll get sleepy, or I won't be able to sleep when I need to, or I will feel a sudden overwhelming urge to read the newspaper or cut the dog's toenails - to do anything but pray or study.

I can read the newspaper and be perfectly alert but when I start praying my eyes cross and I can't focus. Or else my eyes suddenly get very dry and it's hard to keep them open. Or else I start to read or write something sacred and feel a sharp pain which comes and goes. Or ugly mental images start pouring into my mind.

Don't be discouraged. Stuff like this happens to everyone at first. You will eventually get to where you can brush it away like brushing away a fly, but at first it's difficult.

Identify these as foreign influences. Claim strongly your right to think your own thoughts.

The treatment proper I usually do silently but watch prayers I often do out loud because it helps me focus.

Sometimes I have to get up, wash my face with cold water, and pace up and down as I say these prayers out loud. Mental alertness is what you are striving for; the defense mechanisms identified in *The Spindrift Papers* will try to confuse, darken, deaden delay and depress your mental energy and most of all they will try to make you unaware. Remember; it's not an attack against you. It's an attack against the Christ. It's attack against science, and against progress. Understanding this helps you to rouse yourself and resist it.

It's good to remember that whether you are aware or not the eye of God sees all and is aware. When a mental suggestion becomes really aggressive - like if you wake up at night in pain or fear, - don't go back to bed till you do a watch prayer. What the defense mechanisms try to slip past you as a physical sensation is actually a mental perception. They try to hide that fact from you. Don't be duped.

Pray out loud in your own words that there is no power than can make you feel disinterested in what can heal and help yourself or others. Nothing that you reject can be inserted into your

thought. You are not disinterested in love. The Holy Spirit rests in action and so do you. You are aware of the mental dimension of the universe including that of the research organism (or patient.)

The laws of the Holy Spirit give you energy and the capacity to work and think. Pray to yourself something like this (except in your own words),

“I am not fooled by the belief that energy can be evil. I am free to study whatever I want to and to read anything I want to without interference. My mind is not a blank; my mind is a holy thing and always teeming with life. I reject the suggestion that I cannot focus. I know that I am free to learn anything I want to and no foreign influence can use my thoughts without my consent.

I am so grateful for this fact, that I am free to think and read and pray and do what I choose to and no other person, influence, circumstance, compulsion, bodily condition, conscious or unconscious thought, can be foisted unto me. No harmful thought put in action by any person or force can find me, hurt me, or enter my being. There is nothing about me that attracts, corresponds with or responds to, any form of evil no matter how cleverly disguised. I am resting and floating in the currents of divine Love and am completely separate from the currents of human will and of primal emotion, mine or anybody else's. I do know this.

I do feel joy when I pray. Thank you Holy Spirit for sending this prayer out to the world and for including me in the knowledge of infinite Love.”

This is an example of how to pray to heighten your mental awareness except of course you should put it in your own words. And don't forget to stop and be aware several times a day— look around you, think about the qualities that the things and living beings around you express. Develop the habit daily of being aware of the qualities of God that are all around you. Notice that the bus driver is expressing patience and the check- out lady is expressing accuracy. Good qualities are at the heart of healing and you want to become habitually aware of them.

Step #4; clear the way for the prayer and remove any obstacles.

Before an army lands – in our analogy before you give a treatment – Special Forces go in and build roads, set up an airport, put in infrastructure and gather intelligence. This is what the watch prayer does too.

Before you give the treatment gather intelligence – think about what kind of resistance you might meet and how you are going to handle it. Surprises here are not good. If you see in advance what terrain you have to cover you won't be afraid; you'll just prepare for it. Remove obstacles and put mental structure in place to move the treatment you are about to give forward, like building a road.

For example if you have relatives who disapproves of doing prayer research be sure to remove this obstacle by not telling them what you are doing until it's done and by praying to know that no personal sense can affect the prayer; it is between you God and the spiritual identity of the research organism.

And if you are praying for a sick child and there are fearful relatives give reassurance. Don't discuss symptoms or do anything to raise their fear to pitch fever. In prayer know that your child or patient cannot have anything transferred into his thought that is not good for him.

The defense mechanisms work by reversing whatever you do the minute you do it. They whisper in your thought a half conscious but powerful "no" to every sentence you utter in prayer and to every thought you think. To counter this say right at the beginning that the treatment cannot be reversed, that it is protected, that it can do no harm, that it expresses accuracy, fairness, goodness, force, and love beyond what this world knows.

Jesus did this by the way. He guarded his prayers against reversal. When he healed a boy of seizures (see Mark 9) he not only prayed that the disease leave the boy but also commanded that it not come into him in the future.

And build your road - say that this prayer is cumulative and joins in power with other prayers, know that the Holy Spirit creates the channels needed for good to flow into the world and into your life and into the laboratory, know that Spirit moves in the world incarnate - that Spirit does comfort, heal,

help, develop, bring order to, imposes patterns on, and change for the better what we perceive of as the physical world including our physical bodies and our research organisms.

Health is not in the physical body, any more than the pattern of the sweater is in the yarn. Don't forget that. Health is not fragile; research organisms are not fragile, because the Holy Spirit is not fragile. Know that the Love pouring through you removes all obstacles.

Those are the steps of the watch prayer that I give before starting to pray for the research organism or the patient.

An example

Here is an example of a watch prayer given before a treatment, but mine will be different from yours of course.

At this point you are praying more for yourself than for the research organism or for the patient, because you are getting yourself ready to treat them.

Remember too that there are times of silence and listening in this watch prayer that don't show up when writing it out, there should be silence (no words mental or audible) every sentence or so.

Watch Prayer Before a Treatment (example only)

This prayer is being prayed in the name of Jesus the Christ, with the same Mind, the same power, the same Love. My treatment has the full power of God behind it and results in the complete manifestation of God's will. Because this prayer is operating under the successive stage of Christian Science its power is massive and this treatment can and does break through both individual and collective defense mechanisms. Thank you heavenly Father/Mother God, eternal Truth that you are here with me. I do know and feel that I swim in divine Love like a fish swims in the sea.

Lies cannot approach me ever. Resistance cannot come to me as a person place or thing. It cannot come through a relationship, through an association, a circumstance or condition. It can't come to me as a thought, feeling, desire, depression, longing, regret, appetite, memory, impulse, force, emotion, fear or a dream. It cannot come at night. It cannot embody itself as pain. Hatred has no body and no power to form itself into anything anyone or any circumstance.

Hatred of Spindrift and of IFT cannot come to me as, or disguise itself as, sleep, apathy, forgetfulness or motive. It cannot slip into my thought unnoticed. Love does have all power. These tests are all love and have only a loving effect and people do love them. I understand my own goodness. I understand what I am. Through Love, God, I can raise the dead. I can raise this research from the dead because it has always been alive in Truth.

Hatred of Christian Science cannot approach me as brain chemistry or physical sensation. There is no evil mind to judge me, see me, find me, embarrass me, or make me feel guilty. Animal magnetism cannot format me, define me, or attach to me any traits. God dispels these notions instantly.

My mission including everything I do today and the treatment I am going to give in the next few minutes comes from the Almighty directly and has an instant effect. There is no effort in prayer without effect and that effect cannot be delayed. The only face I see is Soul's face, the only voice I hear is Truth's voice, the only thoughts I think are Mind's (God's) thoughts, the only will I have is God's Will, the only thing I know or am or want is Love. Every moment of my life has purpose and here, in this lab, that purpose will be manifested. This is a holy hour.

No defense mechanism can diminish, darken or confuse my perception of this treatment or of creation's happy response to it. Animal magnetism cannot use my voice, my body, my pen, my bank account, my prayer, my emails, my mind, my little laboratory, or my relationships to betray the Christ.

There is no frustration ever, which is to say there are no banked fires of love, no pent up unreleased energy of Truth. This treatment is God's gift to me enabling me to effectively express infinite Love to my heart's content. This treatment is part of Truth's infinite explanation of itself. It rests me and does me good.

Aggressive evil mental suggestions cannot approach me without my knowledge. I am not in a trance and have no desire to answer their silly call.

I am not afraid of failing and I cannot be made afraid because the source of the power is not in me but in Mind.

There is nothing in me that can resist giving this treatment, nothing that feels like putting it off till later, nothing that seems more important than doing it, nothing that can make me gloss over the ideas that flow through this treatment, nothing in me that can reject, miss, be indifferent to, or misunderstand the new meanings of prayer that Soul is revealing to me this hour. There is nothing so painful that it can keep me from praying.

Divine Love is feeding me and sustaining me. This treatment is my Medicine, and I love to take my Medicine.

David said, "By thy power I can run through a troop, by thy power I can leap over a wall." God of the Angel Armies, by Your power I can run through a troop of negative thoughts and jump over the walls that the defense mechanisms erect. I can feel my thoughts jumping and leaping for joy.

This treatment can do only good in the world. It cannot be reversed. It is a holy thing and I am privileged to be part of it. The good that comes from it will be complete and not partial. Everything that I need to learn from this treatment will be obvious.

Divine Love is in complete control and there is no other power. I do "see God's hand in all things, and all things in Truth's hands."

This watch prayer is a little longer than what I often use. Also, as a writer I would go back and rearrange the ideas and group them together more but you don't want to do that in prayer. Prayer is more stream-of-consciousness and it should be. The words don't have to be fancy. The focus is not on the words but on getting your mind to start moving in the right direction.

(The quote from David is from II Samuel Chapter 22, and is also quoted in Psalms 18.)

Final comments

There are many kinds of watch prayers, not just the kind that go in front of a treatment. Learning to know when a watch prayer is needed - learning to feel those prickles on the back of your neck when evil thought is being projected onto you or trying to inject itself into your mind, oddly enough, has to do with learning never to be goaded, never feeling resentment.

That won't seem to have any connection at first but when the defense mechanisms want to cloak what they are doing the easiest way is to embroil you in some conflict where you feel that you have been wronged and where you have a sense of self righteousness or resentment. Right there, right at the spot where

you feel you have been wronged, is where you have to pour love in. It's hard to do.

I used to keep a small notebook in my purse and keep track of when I felt wronged - it's amazing how often the defense mechanism use this technique as a distraction right before they strike. Often it's something quite petty. Practice never feeling resentment – if you do feel it look around and see the bigger picture, what is this feeling trying to distract you from? Keep your eye on the ball.

If you find yourself arguing with someone in your mind, thinking of what you would say to them, wanting to be right, beware. The defense mechanisms are using you.

Also, usually when you are thinking of a person in this way it's because they are also thinking of you and pouring emotion back at you. Not always, but if you find you can't stop thinking about the person that you think was wrong, even when you sincerely try, then they are probably holding you in the conflict, without meaning to, by the emotion they feel as they think of you.

Cut those wires. Turn away from it quickly and say "I don't have to think this trash." Then look around and try to figure out what the dm's (defense mechanisms) are up to. The other person in the conflict might have no notion of dms, so it's your job to protect them too and forget about what they think of you.

The desire to be right is pernicious. God is always right. The rest doesn't matter. That sensation of wanting so much to be right - heavens I have felt it! - is a form of being drunk but its mental.

Resentment is no better than a bottle of booze and if you want to be a healer don't touch it. Get back on the wagon.

Don't worry if your watch prayer feels undeveloped and perfunctory at first. You are putting a process in motion; you are building spiritual muscle. It will become more natural and it will feel more forceful with practice.

Sometimes the watch prayer before a treatment will feel perfunctory because there may not be much hate pushing back at you with every treatment. Sometimes there is, sometimes there isn't. The watch prayer will feel different if there is or isn't. You will get to where you will feel the little prickles along the back of your neck as you pray the watch prayer and that means there is a specific source of hate pushing back at you. If that happens make your watch prayer longer.

Mrs. Eddy counsels that whenever anything bad happens, if you fall and break your leg, if you have chest pains, immediately say, very first thing, "This is blessing me and I know it." Because it's true, it's driving you deeper and deeper into learning to heal through prayer. It will knock the wind out of an evil mental suggestion (which is all disease is) if you stick to your guns that it's a blessing. Say it over and over if you have to - shout back at that aggressive fear that is telling you that it's going to hurt you and say, "No you aren't. You are going to bless me whether you want to or not. This experience is a huge blessing and I know it."

Whenever you start to pray for a research organism remind yourself what a blessing and privilege it is to do this work, how

much fun it is, and what power it has to bless you and the whole world.

Prayer is always an adventure. When you give a treatment regularly and make time for it daily you will be amazed at how much good comes out of it and how much you will come to enjoy it.

Watching – the happy confident scanning of God’s activity and the automatic rejection of evil and injustice – will become second nature.

The End