

02 Introduction and preparing to give a treatment.

Before we get into treatment I need to return to what I spoke to you about on the phone - the gold standard of CS healing. The best way to heal in CS is to enter an alternative state of consciousness where you see (see isn't the right word, I don't' know how to express it) the spiritual dimension. Usually this does not last, but when you come out of it you never forget it and it makes everything you learn later make sense.

I had this several times as a child probably due to my dad's prayers for me - this is why I know it can be induced in children.

I experienced this twice in my twenties. It happened spontaneously, once lasted longer than the other.

Have not had it since but I've come close. I don't' worry about this - its kind of like getting to go into outer space if you work at NASA, you might only get to do it once or not at all, but you don't have to be the astronaut in the space suit to learn about space. That is what CS is to me, a system where you can learn even if you aren't always the guy in the space suit.

Throughout history there have been people who "took space flights" , who experienced directly the spiritual dimension, but now, especially with the Spindrift methodology, we have a system where we can learn about the spiritual dimension even when we aren't experiencing it directly. It is interesting that Mrs. Eddy never called herself the Founder of a church, at least not in her published writings. She frequently however referred to herself as the founder of a system.

Learning to enter that spiritual state regularly is what I am attempting to do in my prayers where I told you I had the long prep time.

It is obvious that Mrs. Eddy could induce this state in her students. She would

take ordinary people - sea captains, housewives, little old ladies, shoe factory workers, sewing machine salesmen - and after a few lessons they were out doing incredible healing. Many of them left written records of their experiences. Often they spoke of seeing themselves and others bathed in light. What makes this different than other out of body sort of experiences I've read about is that after they had these experiences they went out, often the same day, and healed the sick.

Just one example is a man named Edward Norwood of Tennessee who was in a class of Eddy's and while she was talking he experienced what he later described this way,

"Suddenly it did seem a veil was lifted or a window opened and I could see in one of those supreme moments the reality of things, the majestic oneness of the spiritual universe, its vast quietness, the infinite Mind, the eternal stillness. As I looked the symbols around me, the personalities, the class, all externals, seemed to fade and a sense of reality appeared .I had such a sense of the Way and I yearned to go on but the veil dropped and I was back again."

After such experiences Eddy would tell her students, "I have shown you the view from the mountain top but now you will have to walk every step of the way."

When Eddy had her healing that brought her into CS she says that "that experience included a glimpse of what I have since tried to make plain to others, namely life in and of Spirit."

Jesus must have taught that way - how else can you account for his disciples being able to heal?

I am a long way from being able to do this. It seems to me that the gene pool of IFT healers is now so small that the only way to increase it is to pray that our Father give people such experiences, and pray to be shown how to help them

have such experiences, and then give them a programmed learning tool like the Spindrift tests by which they can teach themselves from there. We can't do research if we don't have any IFT healers.

Life in and of Spirit is the essence of CS. Our physical bodies and personalities literally seem like shadows at such a time when you "see" spiritual beings, so that is why CSers are not interested too much in having associational links to shadows. What they want is unity with other spiritual beings. The healing of the physical body is a byproduct, a sign that thought is moving, but what we long for is a glimpse of heaven right here - a glimpse of our life as a spiritual being that exists right here, not at some future time after we die.

I forgot to say that when you come out of such a state, a state in which you are not aware of any need for a treatment, or of any problem to be healed, and in which you are tangibly aware of spiritual identity, when you come out the physical body is healed.

The treatment does not heal. It gets your thought moving, that is all. We speak of it as healing, and we speak as practitioners as being healers but this is technically inaccurate. In the same way we speak of a sunrise or a sunset even though we know perfectly well that the sun does not really rise or set - it is the earth that is moving.

In everyday life, even though we know this, we do not experience the motion of the earth; we experience it in reverse as seeing the sun come up and down. In treatment as in sunrises we are going to speak as we experience it, but it is well to remember the way it really is in the back of your mind. Mrs. Eddy says that prayer does not change the science of being, but it brings us into harmony with it. We experience healing as God's love coming to us, but it is really us going to Her. It is not God that is moving, it's us.

The hardest thing you will ever learn in a CS treatment (hard only because the world continually programs you the opposite way) is that power is not in person. It is in Principle. To someone who had never seen an electric light the

person who turned on the switch would seem quite a magician, but he isn't.

. The nature of power is the theme of the Bible.

The kind of power we use in IFT healing does not come from a personality, a human mind, a human body or a physical touch. It comes from yielding all of those. CSers talk about impersonalizing things and people do not get what this means. It sounds unfriendly to them. It isn't something you will get right way but you will gradually begin to absorb this as you work with the treatment, the idea will begin to seem more natural and likeable to you.

My friend Legesse from Ethiopia came to live with us back when I was married. He had been in the refugee camps in the Sudan where water was life. People would pray for water. If it came - if a truck with water bottles arrived or if they found a puddle beneath a rock or a few drops of rain fell, this was to them literally the appearance of God in their lives.

He got on a plane at an airstrip in the Sudan and got off at La Guardia. You can imagine the culture shock. Someone was supposed to meet him but they got stuck in traffic. The first thing he noticed were the water fountains. They were made of shiny metal; something he thought must be costly. People bowed to them - to him they bowed in prayer. What a wonderful country. God answered their prayers immediately. Water appeared.

Very humbly he went and bowed with reverence to one of these American shrines. Nothing happened. He then got on the floor and prostrated himself. Nothing happened. He began to think what he might have done that might not be pleasing to God; he began to pray to be more grateful, more holy, more worthy. He began to feel something must be wrong with him because everyone else's prayer was answered and obviously he wasn't very good at praying.

Do you see what I mean about personalizing prayer and how silly it is? You need

to put a scientific process in place, that's all. The holy has already answered your prayer so you don't need to ask.

This is not a perfect analogy because it is true that instead of pressing a bar, like with a water fountain, you access the holy by goodness in yourself, but every person on earth bar none, has enough goodness in them somewhere to do this on some scale. Even murderers, though it's tough to dig down to that goodness. It is in there though. You don't have to be a saint.

It helps to have enough faith to try it - and disbelief will make it so much a harder to access the goodness that makes the connection which allows the healing to flow. Basically though its a scientific process and has nothing to do with your personality and certainly nothing to do with God answering or not answering, Love has already answered.

Goal referenced prayer is like trying to will the electric light to go on. That can be done, but it's a lot easier to flip the switch and make the connection to the power source. Human will is the battery. It always needs to be recharged. If you plug in you don't need batteries.

Because we are so used to thinking in personal terms - we think of some people as being very powerful spiritually etc. and this is quite mistaken, the power is in God and the person truly has no power at all, - we get confused. The best you can do is go forward and start praying regularly and at some time this wonderful point, that the power is not in the person, will begin to seep home to you.

One of the first things you can do to prepare for giving treatments is to find a place to pray. With being on the road so much this will be different for you, you will need to pray in a lot of places, but its good at home to have a corner, someplace where maybe you can keep a notebook, someplace where you can schedule regular times to pray (again that will be hard for you but as much as possible its good to have a regular schedule). Write down the dates and how long you prayed and how it went - short notes for yourself only. You will see your progress as you go and that helps.

I always write down healings or even small changes for the better because you will be amazed how quickly you will forget that there was a change for the better. Reversal is one of the most common dm's. Physical healings are sometimes reversed by this dm or if the physical healing is not reversed the dm will reverse it in your mind, make you feel like that really didn't happen or wasn't so significant after all.

Always write down your first impressions. At times when you feel discouraged and think you are no good at praying and can't heal even yourself so how can you possibly help others - another dumb little script the dm's like to play in your head - your notebook will help you see through it. Remember that dm's come disguised as your own thought, but those feelings of inferiority, discouragement etc. are NEVER your thought, they come from outside, like fleas.

Your conception of the holy is the engine that makes the treatment go. My father said once that few people today knew who or what they prayed to and he also said that the life of Jesus had not yet permeated our lives enough to be practical.

Most people start out quite affected by their culture. They think of God as up. Think of God as below you holding you up, that sometimes helps break the cultural conception of a heaven up there.

People either think of God as a big person sitting on a cloud or else as some kind of vague being that has human feelings thoughts and emotions like we do.

If we have a small personal limited or partially evil sense of the One that is holy then our healing will be small limited personal and partially harmful. If we have a large infinite and totally good sense of God (the word God and good are the same) then our healing will be large, universal, unlimited, continually developing, and totally good.

Since our concept of God is partly unconscious we can't control this at will at least not in the beginning. The treatment is a process for changing ourselves, not for healing others, although we think of it as healing others (the old sunrise thing again.) As you work with it continually you will find many things in your consciousness changing gradually.

Don't be too worried about results at first. There is an old story about a woman who gave her son a basket and sent him down to the river to get water. He went three times but each time the water seeped out of the basket before he got home so he thought he had "failed". He had not failed. His mother said after the third time that he didn't have to go again. "But mom, "he said, "I didn't get any water "That's OK," she replied, "Look how clean my basket is."

That is what treatment is, a process that keeps cleaning the basket.

Jesus often used the prayer of petition - he spoke to God like a person talks to another person. Jesus however had a much clearer idea of what God was than we do; at least I assume that he did.

I like to talk to God, but the danger is that when you talk to God as if She were another human being, it's easy to slip into thinking that She is.

I am using "She" only to knock you out of conventional God talk and encourage you to experiment with new language for God, whatever language it may be. Doesn't have to be She, but you should try new language because it will shake you out of preconceived notions of God.

The way I correct that tendency, to think of God as human because I talk to God like I do to a human, is to talk to God freely because that is what comes naturally to me, and then turn it into an affirmation. That is partly what the treatment is designed to do, to turn your thought in a new direction in thinking

about God.

Want an example? OK. Someone calls me first thing in the morning with some scary terminal disease and asks me to heal them. I am starting out with a cold engine spiritually speaking, don't have a speck of inspiration, and have no idea what to do.

This is the great thing about the treatment by the way. It's not a fixed thing like saying the rosary - you can mix it up all different ways, sometimes you only do one part of it, sometimes you do the steps in a different order, sometimes you go off into a totally different type of prayer and leave the treatment behind. But it's always a road map. If you get stuck and you don't know what to do next, you can always go back to the steps of the treatment and get going again.

Back to my morning phone call. I have no idea what to do so I might naturally, in such a case, turn to God sincerely and say, "Father help me to understand this case and show me how to pray effectively." That would be a natural starting point for prayer.

After I say that I am going to immediately turn that petition that request for help, into this affirmation.

"God is helping me here and now to understand and pray for this case."

Now I might use some different God language.

"Truth (God) is revealing itself to me right now and I am capable of seeing the exact truth needed to heal this case. God's continual explanation of Himself, Truth's continual explanation of itself, can be heard by me and by my patient. God is Love, and Love is as close to me as my breath. Love is not indifferent to this case and neither am I. I love praying for this case, God is showing me how,

and God is already blessing me and the patient. I am awake to this fact."

Those are all affirmations.

Now I am going to add a denial. For some reason CSERs like the affirmations but often skip the denials. Not a good idea. Denials are important. They don't heal but they lower the volume of the dm's. Here is a denial to match the affirmations I have just made.

"No dm can darken, dim, delay or reverse the truth that is coming to me from God or resist the Love that is pouring out on me and on my patient. No dm can scare me or mesmerize me or hypnotize me into believing that this case cannot be healed or take away my joy in being part of this case."

OK. I am praying for myself here, but do you see how I am putting my thought into a different direction? When you ask for help you feel kind of helpless. When you start affirming that is an action that you can take, it gets you moving. It's something that you can do instead of simply asking for help. Instead of asking God for help (a personal sense) we are now accessing the force (impersonal) that is God, Love, and the Principle underlying all things. We go from asking a "person" called God to accessing the power that is God.

I use more fancy language in my prayers than you need to because I am a word person. You can pray very simply.

Be careful not to fall into the trap of thinking that if you can just find the right words it will heal the case. The words have little to do with it. You want to stop and feel the love you are affirming.

One of the things you can do before you start giving treatments is write out the words for God that mean something to you. In CS we love our seven synonyms

- Life, Truth, Love, Spirit, Soul, Mind, and Principle.

There are lots of God words in the Bible, some don't have too much relevance to modern life though. We call God the Shepherd but how many people take care of sheep anymore and really know what that word Shepherd means? The Bible often calls God the King, but few if any kings today have absolute power, the original meaning of that is lost to a modern person.

I like the word judge. I often can't judge a case, can't figure it out and know what is right or wrong, but God can. I love the concept of justice in healing. I love the word Cause for God. It's important to write out language for God that you can call on when you pray and then keep adding to it as you go. You can make up your own language - God the great Technician if you like

Then you want to write out what CSers call designations. If God is the shepherd what are you? Sheep. If God is the king then we are the prince, royal, having a good inheritance, etc.

I like to think of God as author, in which case I am the Word made flesh, like Jesus, and like us all. We think of using words but the holy is the Word that uses us, and arranges our life on the page.

Work with the word Love. You can't love too much. When you are at the store or walking down the street look at the people in line behind you, look into their carts and see what you can figure out about them by what they are buying. Awareness is central to healing. What is in their cart? Health foods? Baby food? Try to think about what that person's life is like, is she maybe a very busy mom, or maybe worried about her health? Feel love for her. Not being indifferent to the people around us is so important; we need to get in the habit of actively being aware of, thinking about, and caring about people.

Its easy to do with babies. Everyone smiles at a baby. No one cares what a baby

looks like. People say that you have to know someone to love them and that you have to have an ongoing relationship to love them but this isn't true. If you see a baby in the supermarket you don't know that child, and you are probably only going to see him for a few seconds, but you spontaneously feel love.

Why can't we do that with adults? Why don't they draw that involuntary smile, that involuntary gush of affection, from us? Because with adults we split them into groups of deserving or undeserving, worthy or unworthy. Get rid of the groups. Look around at the elderly lady crossing the street, the children getting on the school bus, yes, even the police officer giving you a ticket (hope not) and think about what their life might be like, what pressure they might be under, how their day is going, and really desire that they have a blessing.

Talk to people in waiting rooms, give them a word of encouragement whenever possible, be a good listener. If they respond negatively that's ok, it's better to try than not.

This may sound so simple but its important. Learning to care about other people with no expectation of anything in return, learning to really be interested in them and their welfare, even momentarily, is vital to healing. It's not that hard once you get used to doing it all the time. We so often live in our own head thinking about our own stuff that it takes a conscious effort to think about others.

Qualities of God are also vital to healing. It is good to start making a list of qualities - love, kindness, forgiveness, patience, vitality, exuberance, joy, intelligence, honesty - you will find hundreds of them eventually. Take one to think about every day. Look to see if you can find anyone that day who expresses that one quality - it's a great find if you do - and try all day to find ways to express that quality yourself.

When children were praying for plants I used to give them a list of five hundred God qualities and make them circle the ten that their research organism expressed the most. From there I would teach them to pray. A plant can't express patience in our sense of the word but it can express usefulness, beauty,

order, and development. By giving them so many qualities to choose from I made them think about the spiritual nature or quality of what they were praying for. They had to wade through and find what applied.

Look for God qualities in the people around you. There are plenty of negative qualities, the good ones are like gold, it's always good to mentally notice them and feel grateful for them. After a while you will feel nourished every time you see one. The parent that expresses tenderness to a child. The waitress that is patient with a difficult customer. The technician who expresses accuracy and order. Watch people and mentally note the good qualities that they express. This is more than just a nice thing to do. It does help lighten the atmosphere and shoo away the dm's surrounding people.

Godlike qualities are the light switch that makes the connection to a higher energy source in healing. I had to smile when you talked about operators and conserving energy - dms certainly do have to conserve energy but IFT prayer is energy and there is enough for all, there is never a shortage, never a need to build it up, it is impossible to diminish it. That is what infinity means. Can you imagine the infinite God building up His energy? God is energy. There is no other source to draw in for spiritual energy, God is Source. God is Life itself, vitality, energy, vigor, movement, and creative power.

God does not dole out energy or give more to one than to another. God is one, and we experience that energy all around us, like a fish swimming in the ocean and when we pray we become conscious of this. God doesn't give one fish a little drop of Himself and another fish another little drop of Himself. We are all in the ocean; we all have all of it all the time.

Gratitude is one of the most important qualities. It turns your thought in the right direction and when you really relax and feel gratitude you are open to treatment, like a solar panel you are turned toward the light and ready to receive, in fact you are receiving.

I make children write out a gratitude list. Adults think this is too "Sunday School"

but it doesn't hurt to physically write one out, I still do it sometimes. First thing in the morning I think of 10 things I am grateful for, and every day I come up with a new set of ten. It can be physical things, or ideas, relationships, anything.

You asked me:

"With reference to the last and one of your email thoughts that a small prayer of sincere gratitude can do more than a large, heavy duty prayer. Would the sincere gratitude be directed to God, the Holy Spirit? Or would the actual prayer of gratitude be with the subject or case held in mind, or both?"

You don't have to direct gratitude anywhere. Just feel it. Just think about how grateful you are, really, for your son for example. It doesn't have to be directed to God. The gratitude is God you see, it's the presence of God appearing, not simply thinking about God but experiencing God. You just have to sit and feel it.

What you are doing is opening your thought to the holy. Most of us start out so seriously, with some fear, some anxiety that we aren't going to pray right, a lot of serious attention to just how to do a treatment technically speaking, etc. Gratitude gets rid of all that. It relaxes you and makes you happy and turns your thought away from the problem to the good things in your life. It fills up your being like a perfume let out of the bottle and filling the whole room. It becomes a habit and makes you a receptor for good. If you really feel it then you have already received - gratitude is not a channel for good to flow through, it is what is flowing, it is God appearing because goodness is God and gratitude is our realization of the reality and presence of good.

We so often think of God as out there far away. We need to cultivate a sense of the nearness of God, of the closeness of Love, the nearness of Truth, the presence right with us of Life. God isn't far away. Gratitude makes us feel good or God right with us.

Expressing gratitude is a good thing too. It's such a joyful thing to remember to thank people or to tell them how grateful you are to them.

Be grateful for the ear that has the ringing in it. Think about how good that ear has been to you over many years despite the ringing now. Be grateful for your food. Grace is a good idea though out of fashion. Be grateful for having heard Bill on that radio show. Etc. You'll easily find 10 things a day that will really make you feel happy when you think about them.

That is it for this email. In the next one we will get started with the first step in giving a treatment.

Deb.