

03a Watch Prayers Part A

"What I say unto you I say unto all, Watch." (Christ Jesus)

The watch prayer that we pray before we start giving a CS treatment is sort of like 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. I'll talk about that in the next email.

The practice of putting such a prayer before a treatment (lots of CSers today leave it 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 CSers today do not have an operator trying to kill them while they pray so the watch prayers have kind of fallen out of favor and Mrs. Eddy's strong teaching of them is not stressed very much by the church. A lot of church members figure it 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, they still use them.

Of course at Spindrift we have had operators trying to kill us. My interest in watch prayers is strong.

Before I begin I need to give you quite a bit of background. I am going to start with the CS vocabulary of evil and then give you the history of watch prayers in the CS movement before I go on to treatment.

In CS the main term we use for evil is animal magnetism We use this in its original 19th century meaning . The modern usage is more that the term means

a physical attractiveness and that is not how we use it.

Its a good term for evil because evil is animal in propensity - primal, instinctive, programmed responses. Magnetism is a good word too, evil definitely has pull. A CS or IFT treatment is designed to demagnetize your thought.

I think I gave you that quote from Eddy over the phone that the human mind does not increase in wisdom but that wisdom decreases the human mind.

Here is a long quote from Mrs. Eddy about animal magnetism. Words in the brackets are mine.

"Phenomenally all error is Animal Magnetism. Webster defines Animal Magnetism to be, "a supposed agency of a peculiar and mysterious nature, said to have a powerful influence on the patient when acted upon by, or brought into contact with, the will of the operator.: This definition applies also to Mesmerism. In common terms the term mesmerism or hypnotism falls short of its entire meaning, which should include those phenomena of Animal Magnetism by which the victim is affected involuntarily and without contact and consent.

This incomplete definition also fails to include self-magnetism. [Today we would say self-hypnosis. Hypnosis, learning it or being voluntarily subjected to it, is forbidden in CS.)

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

The methods of Animal Magnetism, especially its secret work, must be exposed. This alone can protect the people from a future Reign of Terror, far surpassing the error and terrorism of the Dark Ages. One has nothing to fear from this evil, if he is conscious of its claims and its presence, and, on the basis

of Christian Science, understands its impotence. Animal Magnetism is the opposite of Christian Science; and its effect on the senses is readily removed by the latter, if the cause of this effect is understood...

...I have been too charitable towards this evil through sheer ignorance...The loyal Christian Scientist is incapable alike of abusing the practice of Mind-healing, or of healing on a material basis. Animal Magnetism has no basis. It is illusion. It is mortal mind, while Mind is immortal. It stands for whatever is destructive to health and morals. Our Master was led to Calvary's cross by evil influences, and it is the function of Christian Science to uncover and cast out kindred evils...

...Unscientific theory and wrong mental practice are more fatal to sanitary reform [health reform] sound morals, health and longevity, than is the old fashioned empirical treatment, by blood letting, poisonous drugs, and other multifarious modes of frightening people to death. The name Mind Cure is sometimes conferred upon Hypnotism and Animal Magnetism; but these methods are the antipodes of Science....

...One of the greatest crimes practiced in or known to the ages is mental assassination...When first denounced by me "from the housetops" in Science and Health thirteen years ago [she is not talking about the first edition here] the revelation [remember this word, I will refer to it later] was received with incredulity, with derision, with pity. Today Scientists are learning, and the general public is experiencing more and more, the terrible realities of mental malpractice and mental assassination.

It is no longer possible to keep still concerning these things - nay, it is criminal to hold silence and to cover crime that grows bolder and picks off its victims as sharp shooters pick off the officers of an attacking force.

These secret, heaven defying enormities must be proclaimed, or we become guilty before God as accessory after the fact. If a friend were fallen upon and maltreated or murdered before our eyes should we hold ourselves guiltless - shall we count ourselves men and women - if we buried the secret of the violence and our knowledge of the assassins?

, Are we such cowards, knowing the facts that we do know, as to turn and run? Shall we see the evil, the deadly danger that threatens our brother and hide ourselves, flee away not warning him?

The Science of Mind uncovers to Scientists secret sin, even more distinctly than so-called physical crimes are visible to the personal senses; crime is

always veiled in obscurity [that would be the dm's] but Science fastens guilt upon its author through mind, with the certainty and directness of the eye of God Himself.

Human laws will eventually be framed for these criminals that now go unwhipped of human justice [I see this as a prediction of the Spindrift methodology, because if you cant' measure thought and its quality how can you bring a mental crime to justice in a human court of law?]....This is not an invitation to promiscuous denunciation...

...The human mind must be instructed by facts, taught how to recognize the signs of these secret crimes as they are worked on individuals, and also the method of self protection, the antidotes found only in Divine Science. God has bidden me to uncover this wickedness and I follow His voice...

...I have put enough on paper to reveal criminal magnetism, its methods and its development for time to come, when my voice will no longer be heard. But God does not let us wait. He tells us to denounce now some of the crimes of malicious mind, and to teach as fully as the age can bear and as the developments of this crime demand, its methods and their unfailing antidote."

End of quote

When evil is mentally acted upon, - when mental evil is put in motion - we call that mental malpractice. Eddy defined three modes of mental malpractice, malicious, ignorant, and fraudulent. Malicious is what it says - a malicious mental attempt to kill maim or torture. Fraudulent is a mental attempt to mentally manipulate someone for gain. Ignorant mental malpractice is the most common. We malpractice ourselves all the time. Eddy says that to think one bad thought about yourself hurts you more than someone else thinking ten bad thoughts about you.

Our personal relationships are filled with malpractice. Whenever there is negative or fearful or strong emotional exchanges there is a mental effect even though not intended.

The way mental malpractice is put in motion is through mental suggestion or thought transference. Thought is transferred into your thought and you then believe it is your own thought..

Right now the newspapers in Wisconsin for example are filled with unintended mental suggestions (ignorant malpractice). We have a measles outbreak here and the articles in the paper - trying to do good and educate people - plant fear directly in thought, especially when they print photos of the rash. Visual images implanted in your mind by the way are harder to eradicate than verbal suggestions hypnotically projected into your mind. The mental suggestion that you should be afraid of measles is very strong and will probably cause some cases if it is received by people with sensitive and unprotected minds..

If that mental suggestion - that you should fear measles and that you might develop it - was being produced on purpose with the intent to harm, if it was targeting you specifically, or if it was repeated relentlessly over a long period of time, we would call it an aggressive mental suggestion.

DM's are cloaking devices. They cloak mental suggestions and aggressive mental suggestions so that we are not aware that we have received these suggestions into our thought any more than we are aware of a parasite until we feel the effect.

In depth psychology a defense mechanism is the way the brain hides something from you and this is how Spindrift uses the term too. Usually in psychology, they think of a dm as hiding something bad from yourself. The classic case is the alcoholic who doesn't know he is an alcoholic even though he starts drinking at six in the morning and everyone else knows he is an alcoholic. The damage to his self-esteem in admitting that he is one is so painful that the brain creates a dm to hide it from him, like when the body produces a blister to protect a painful area. That is why the 12 step programs have him start by standing up and saying, "I am an alcoholic". Until you get past that dm you can't make much progress. This is also why those groups give you so much support - they need to deflect the damage to the self-esteem of breaking through a dm.

In CS we learn that dm's don't just hide from us the bad things about ourselves but they also hide the good things. Studies in the placebo, in the suggestible nature of the human mind, have found that our brains cannot deal with reality head on, we need to create something outside of ourselves to believe in. That is why the ancients built idols and why we are always mentally building physical things - like drugs, and then giving them power. We already have power, we don't need drugs, but the dm's hide that from us.

Its like a ventriloquist who makes his dummy talk. The ventriloquist throws his voice into the dummy and it looks like the dummy is talking. We throw our thought into physical things, including into our bodies, and make them walk and talk and then believe that is our life. The dm's hide our true power and our mental nature from us.

Every person has spirituality, every person also has the ability to see the mental world around them, but the dm's hide this from us. My dad took steps forward in demonstrating, based on Eddy's theory, that dm's band together into collective thought forms that hide the mental nature of the world from all of us.

When Mrs. Eddy first wrote S&H she did not know that much about evil or dm's. One of the first students she taught reversed her method and used it to harm. This surprised and devastated her. Eventually she took some time off and researched the methods of hostile operators. I do not know how she did this. I know she did a few experiments with students, having them try to harm her mentally. She writes about it. I do not know what else she did - mentally scanning and praying, reading, I do not know. I assume that much of the "research" she did must have been mental because in the long quote I gave you above she uses the word "revelation" to describe her method.

Here is her own description of that research.

"I shall not forget the cost of investigating, for this age, the methods and power

of error. While the ways, means, and potency of Truth had flowed into my consciousness as easily as dawns the morning light and shadows flee, the metaphysical mystery of error - its hidden paths, purpose and fruits, - at first defied me. I was saying all the time, "Come thou not into the secret" but at length took up the research according to God's command...

...May divine Love so permeate the affections of all those who have named the name of Christ in its fullest sense, that no counteracting influence can hinder their growth or taint their examples."

Eddy at first felt that malicious operators should be exposed and that the hidden webs of evil lurking in all of our minds as mortals should be exposed.. She soon found that such openness was not possible. People thought she was a nut.

They also thought she was a tyrant. She ran her home like an army. You could be drafted. If she called someone to her home they had to come for three years and leave their own home and family behind. They were paid of course but they lost their church membership if they did not come. No one ever really did lose their membership that I ever heard of, but it was a rule she put on the rule books, it was a military draft, no doubt about it.

She wasn't as harsh as this sounds - when she discovered that a practitioner that she had called to her home had a two year old at home she promptly sent her home. When one of her students wanted to get married and didn't propose because he had been "drafted" she found out, called him in, and gave him her blessing.

Eddy had plenty of malpractice pray-ers working against her and she needed to have their effects deflected in order to keep working and in order to stay alive. When she knew of specific operators or groups of operators working against her, or when she was working on something especially important, or when she was sick or depressed and she felt these conditions were being imposed on her from outside her own thought, she would have the workers in her home pray in shifts around the clock to deflect the dm's so that she could continue working.

That is how the watch prayers got started.

Naturally this made juicy sensational reading when it leaked out. People called her paranoid, insane, a witch, a tyrant, a devil, a heretic, an egotist, a nut etc. Without these hard-nosed tactics though I doubt CS would have survived and I'm sure she would not have. There was at least one revision of S&H that she did because she did not expect to survive. I think that was the revision where she lost about 50 pounds during the time she worked on it. (and she was not a large woman to begin with.) She said to a student once, "The greatest miracle is that I am still alive." She also wrote, "Millions may know that I am the founder of Christian Science. I alone know what that means."

The malpractice pray-ers were always trying to get hair from her hairbrush, snips of her clothing etc. to work with. A group of theosophists would try to sneak things into the house, like a pen, which they would attach some kind of sickness to. Once they sent a bouquet of flowers, signing it from someone else. Eddy told one of her students to toss them and to be sure to take them out of the house. Instead the student put the flowers in her own room, thinking Eddy was silly to toss such pretty flowers. The student got sick. Eddy asked her if she had thrown the flowers away, then explained how the theosophists were working. As soon as the flowers were buried the woman got better.

One of the malpray-ers that gave her a lot of trouble was a former student of hers called Josephine Woodbury. Eddy's secretary recorded in his diary that after a long night of physical agony Eddy received a telegraph in the morning that said, "Greetings, Woodbury."

When CS was invited to be part of the world's fair in Chicago her students got excited. Eddy was less than thrilled and dubbed it Vanity Fair. Eventually she did see that good could come of it but she worried about stirring up the dm's. She gave very specific instructions as to how everything should be handled, to get around the dm's. Naturally her students didn't get that at all - they were all gung ho for the publicity - so her instructions were ignored. That is when the malprayer started in earnest and it almost killed her.

The success of CS at the Congress at that World Fair stirred up a real perception of CS as a threat. Catholics and Protestants began organizing to pray in shifts round the clock to "wipe the heresy off the face of the earth." We have proof of this. Oriental religions had been introduced at the same time as CS at the world fair, and on the same stage. After the Fair Eddy got her first taste of Oriental witchcraft aimed against her.

There is kind of a reverse biography of Eddy because some of this has been recorded. Obviously malpray-ers do not share their secrets so much of it is lost, but the fact of this malicious mental activity has sometimes been recorded in different ways - people who broke away, bits of letters from one malpray-er to another (no phones then), using coded language but matched later to the diary Eddy kept of what was occurring, and so on. Some day I will share that with you. It will make your blood tingle to hear the malice.

Even today, without anything to feed it, you will find hate and dislike if you mention Mrs. Eddy to people outside our church, and a sticky sickly adulation within (which is just as harmful). That's abnormal this far from the time she personally lived. No wonder she wrote in the Church Manual, "Neither animosity nor mere personal attachment shall impel the motives or acts of members of the Mother Church."

Eddy had a student in China that worked for the royal family. During the boxer rebellion operators in China really tried to do a number on CS and on Mrs. Eddy. That's a whole story in itself. Her New England housewife type students never really understood this sort of thing, it was too outlandish for these good church folk to believe. Members today don't believe it either.

And then of course there were the media wars against Eddy. Have you read any of that? One of her students, a young woman who was mentioned in the media during one of the lawsuits, lost her sanity apparently, went to the hotel where the lawyers were discussing the suit and jumped out of a window in the room above, killing herself. Her coachman, who was targeted in the papers, was found dead

in his bed the next morning even though he had not been sick. A student named Mary who worked in Eddy's home and who was targeted by an malprayer also died suddenly and unexpectedly. Another student named Minnie broke the news to Eddy. Minnie wrote in her diary (what is it with all these Victorians who kept diaries?) that when she broke the news Eddy cried silently unable to speak and reached out to sort of claw the air in front of her, finally saying, "Oh Minnie. Oh Minnie." It was hard.

Often when the malpractice was at its worst Eddy would be incapacitated. Students wrote in their diaries of finding her up at night coughing up blood, of how her hands and feet would curl so she could not use them, of finding her on the floor of the cold house thrashing around, then suddenly that would end as quickly as it began. They told of reporters calling the house to find out "what time Mrs. Eddy had died" and of people literally surrounding her house and hiding in the bushes, setting up a deathwatch.

This is what watch prayers were all about, dealing with this kind of stuff.

I didn't quite realize the truth of all this until Spindriff because we went through much the same thing, but what we went through was a little different, it was updated with new forms of the dm's for the 21st century. There are very few people I could talk this way to.

Let me tell you about general watch prayers (not the kind we use in treatment but the kind those evolved from). It is partly secrecy and mystery that gives evil its bang. If I were to come to your house and tell you to your face that I was going to make you have a painful rash on your left foot at 3 PM that would not have much effect unless you were very vulnerable and feared me. If I were to silently whisper into your thought without your knowing it those same words, especially if I had been trained or was naturally gifted at projecting thought, and especially if I hated you and could barb my mental thought transference with emotion, it would be much more effective,.

Watch prayers are very advanced because you have to be a prophet, you have

to hear what the malpray-er is saying and then say it out loud yourself, bring it out into the open, to defuse it and take away its mystery. A watch prayer in this case would be "There is no evil mind and there is no hate that can cause my left foot to have a rash. There is no hour that evil can strike, not three or any other hour. Love owns this and every hour."

What gives that prayer its force is its specificity, its detailed stating of what is being projected on to you. If you get it wrong though, if you state something like that and no one is aiming that at you, you can make things worse. You have to be really good to do good watch prayers.

When students prayed a treatment Eddy never interfered, they were to do it on their own. When she set up people to do watch prayers in shifts she wrote out the prayers for them, because they were not advanced enough to hear what the malpray-ers were saying.

Eddy did not consider this kind of "hearing" the malpray-ers to be the same as GR mind reading. She states very clearly in S&H "There is mortal mind reading and immortal mind reading. " Just as there are two ways to heal mentally, GR and IFT - so there are two ways to be aware of the mental world - GR and IFT. It often says in the Bible that when Jesus was with a group that he "knew their thoughts" but he was no psychic.

Eddy further writes, "When sufficiently advanced in Science to be in harmony with the truth of being, men become seers and prophets involuntarily, controlled not by demons, spirits or demigods, but by the one Spirit It is the prerogative of the ever present divine Mind, and of thought which is in rapport with this Mind, to know the past, the present, and the future."

Mrs. Eddy would write the watches out to give to her students and they would pray and be alert during the night. Malpractice comes in waves, with space in-between, and it often comes at night when the defenses of the target are down because they are sleeping. I know that much from being a night nurse.

DM's try to cloak what is happening. I wondered after I read that NYT article on "change blindness" which I mentioned in a previous email if the dm's affect certain parts of our brain to filter information coming in or to slip things by us. Its possible they purposely increase the information or stimulus coming in to the unconscious mind so that the thought transference is lost in the rush since the brain can only process so much info at a time. Maybe this info overload comes in while we dream and we process it that way and then do not remember when we wake up. Like slipping a virus into a computer. Some of what I've modeled would support such a theory but it's too soon to tell. 100 years from now they will know these things and be able to quantify them.

I do know that transcending the brain is the best way to get around a dm and a side matter concerning this is that the fact that brains can be transcended holds out hope for traumatic brain injury.

However they work dm's are like stealth technology that allow these influences to come in undetected. That is why you need to be alert.

Many of the watches Mrs. Eddy wrote down for her students still exist. They are of no use now; every watch prayer is mission specific and means nothing when the situation has past. I will, in the next day or so, email lots of them to you anyway so that you can read them and get a feel for how it all started and what they were.

Then in part B. of this email which I will try to do tomorrow but if not then quite soon, I will get to the treatment watch prayer and what it is all about.