

03b Watch Prayers Part B

This email will have three parts. First, how to give a general watch prayer. Second, how to give the forward watch prayer w begin a treatment. Third, some general background.

Watch prayers are short and specific and generally deal only with underlying malice 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; in fact we (CS) don't believe that hate is a person place or thing even though it uses people, places, and things.

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.

Dms love conflict. It generates the energy they need to keep going. Don't get down on the ground with them and wrestle. Stay above it as much as you can. Don't be duped.

Do you remember in the movie The Wizard of Oz that when they finally got up to the OZ after all those balls of flame etc. and it turned out the Wizard was just a little fat guy behind a screen with some smoke and mirrors? Well guess what? The worst dm in the world isn't any more than that, its our buying into it that makes it

worse, our belief and consent, conscious or unconscious, that gives it its form and power.

Here are the steps for a general watch prayer which I will follow with an example..

1. Sit down and think about love. Think about how much you love your new grandchild, your family, and even the world - you wouldn't be doing this work if you didn't want to make things better. Try to feel a sense of joy. If it doesn't come naturally don't force it, but think about what a privilege it is to do this work, and relax,

2. Ask the Holy Spirit for help and then turn that asking into an affirmation. Use your own language - Star Wars is great, whatever brings the Holy One close to you. Ask for help in knowing what to say, in seeing where the dm's are and bringing them up front and center, in dispelling them. And affirm that the Holy Spirit is helping you to do this in all ways, that the ordering forces of the universe are right in the room with you.

3. Stop and listen for a while, just be quiet. If you were doing watch duty as a guard you might be walking up and down - that is like praying. But sometimes you would stand for a minute and listen. Try to feel the presence of God with you. Know that it is not your power but a power bigger than you, that you are connected with, that you are in the very center of, that is going to make this watch effective. Ask the Holy Spirit to give you mental alertness and know that It does! Think about how you are perfectly safe, that you are inside the great beating pulsating heart of divine Love where nothing can reach you but Love.

4. Make a list of the things you think the dm's are doing.

Subtle is exactly the right word. Dm's try to stay out of sight; when you do see them its in your mental peripheral vision so you need to try to articulate them clearly to bring them front and center..

There is a place where Mrs. Eddy warns us not to mistake fact for fiction. Its an odd way to put it, usually we say the reverse, don't mistake fiction for fact, don't believe a lie. What Eddy is saying is don't mistake truth for fiction.

Most people would not believe that anything can enter their thought without their knowing. They would think that is fiction. This leaves them wide open to any influence that comes along.

Think about this Jack. There are probably less than a dozen people out of all the billions of people in the world who are consciously doing IFT prayer. There are another hundred waiting to learn but no one is teaching it. Suddenly I have a computer, I have a real job in prayer research and also fieldwork, I have a new computer, and I am going to start publishing again. Meanwhile you have been active as all get out in the last month or so - working on the computer, actively trying to learn this etc. and I think somehow being a catalyst for all this new activity.

This is enough to put the dm's from low gear to high gear. Be aware that that is exactly what is going on - there is in reality nothing vague or subtle about it - it only seems that way because the dms are trying to hide from you how they are ramping up to affect you, stop you,

delay, or reverse anything that brings you into contact with IFT.

But also think of the power of the ordering forces. What are the odds that you would run across IFT or try to learn it? No one knows about watch prayers any more. What are the odds that you would be sitting down to give one? Yet you are and not all the dms that have tried to stop this have stopped this from occurring. There is more here than meets the eye. And maybe too you will develop the watch prayer and take it to new places, and the dms are trying to hide from you your special ability to do this.

Remember that dealing with the dms is good, it is part of a process that you are learning and it is not a negative thing. I always remind myself that I love to handle the dms. I love to turn and face hate and malice, by which I mean the world's hatred of truth. Why? Because its part of CS and I love CS, its part of IFT, and its part of the healing work.

A good surgeon doesn't say he isn't going to operate because it's too icky. He does what he does. This dm stuff is part of what healers do. You will get to where you like the challenge. It doesn't hurt to say out loud something along the lines of "I love doing this. Doing this watch prayer is blessing me right now and I am awake to that fact." That takes the wind out of the sails of the dms because it reverses what they are arguing to you - that you don't want to do this prayer work and that this is negative and hard to do.

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 its true, its driving

you deeper and deeper into learning to heal through prayer and it will knock the wind out of a dm if you stick to your guns that its a blessing. Say it over and over if you have to - shout back at that aggressive fear telling you that it's going to hurt you.

OK, I said to make a list of what you think the dms are doing. I am going to take the list of what you think the dms are doing from your email. I have added a few comments to your words, which I have put in brackets.

I have been offered [I like this, because you recognize that you have a choice. Your mind is not a garbage dump where any little bits of hate can be tossed.] increased disinterest, fatigue both mental and physical, a kind of mind blanking out when attempting give proper thought to the latest curriculum email, C3A, [sounds like the robot C3PO] and the happenings of last week while on the road.

Difficulty in sleeping is part of it, as witnessed by this email in the wee hours and that on a trip day for work. I'm recognizing this and still having problems fighting off the effects.

.These 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 in on Science and Health etc. my eyes cross and I can't focus. Or else I start to read and feel a sharp pain, which comes and goes suddenly and not gradually. 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 its difficult.

You have already taken the first step of a watch prayer by naming what you think the dms are doing and recognizing them as not your thought. Affirm specifically that they have no power (example follows). 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.

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 dms will try to confuse, darken, deaden and depress you and most of all they will try to make you unaware. Its good to remember that whether you are aware or not the eye of God sees all and is aware.

When my patients would be fearful of going to sleep I would always tell them, "God is awake, so you can sleep" and its a good reminder when praying too. Even if we pray wrong or can't quite stay focused our motive is good and the Holy Spirit only needs that good motive as a channel through which to pour.. Let the Holy Spirit pray - let It affirm and declare the truth - and you can go along for the ride. Keep up as much as you can with It's infinite outpouring, the main thing is to put the process in motion and trust the goodness that launched the earth in its orbit to do the rest. Expectation of good is a habit to be cultivated.

In your email you went on to say:

You mentioned that MBE set up the original watch prayer system as a counter to such dm intrusion and that the prayer had to be original and specific for the moment. One was to listen to something that indicated the thrust of the attack and form verbal itemizing of those things perceived and, probably, some mental thought form to go with it. My assumption is that one reads the mental state and fines things that should not be there and forms the prayer to counter from that. Is this so?

Yes. You've got it exactly. In fact you have articulated it better than I did. I may plagiarize some of this.

. I need to break out of this mode and need a few of those watch prayers you mentioned with some basic analysis of the prayer made as to some specificity as to the rogue thoughts that inspired the particular watch prayer. This would have to come from your own experience, unless there are write-ups by others that go into this detail.

.There is a woman named Ann Beals who has a little bit written up that is good. I will try to find that and quote it at the same time I send you examples of watch prayers from Eddy etc., later this weekend I hope.. Beals is a former teacher of CS. She is kind of anti Catholic and a little anti other things, and she uses heavy duty CS language which you sometimes have to translate in your head into regular language, but she writes well on this subject and some of what she says I have found very useful. I don't know of any other write ups, beyond what Eddy said herself. Not a popular subject.

What I think I need is not a watch prayer figured up by you for me at this particular time since, unless you can completely read my mind,

No. I cannot read your mind at all.

...

I don't see how you could do this for me. Or, it may be with the above description something in general terms could be made up. I'm looking for a 'form' here I think, a generalized road map to not so much slavishly follow as to use as a training prompt to do my own watch prayers. I would look at how you determine your watch prayers related to your thoughts that indicated to you that such a prayer was warranted. From this I should be able to formula my own. Or, my thinking here may be off base. Let me know. As always, anything I write about anything is subject to expert criticism by you.

....Your thinking is right on track. Follow these steps and make up your own watch prayer. I will give you one for an example but follow your own thoughts on this. Be sure to keep it short, specific, and remember that dms come about from a general hatred of the truth, so you need to feel love to counter that hate. You are going to blow these dms away like a strong wind blows away a fog. That strong wind is a mental flow of love going out to the world from God and, if you answer the call by turning to the Holy Spirit in prayer, then you are the very manifestation of that love, the way God manifests love just the same as a ray of light is the way the sun manifests light.

As to when a watch prayer is warranted that is something you will need to learn as you go. So far you seem to be pretty good at identifying that something is off kilter. Self-awareness comes gradually. Be aware of what you are thinking and feeling as much as

you can. It takes time to learn what is your own thought and what isn't because at first, before you begin working with these prayers, your thought will be a little darkened. So much emotional junk flows over people daily that it's hard for them to tell the difference at first between their own thought and outside influence..

Its only when you begin to pray every day that your thought begins to clear and lifts itself a bit from the daily junk dumped on you by dms and other things in our culture. As this process occurs and your thought clears then its easy to see when a dm comes in, it stands out more against the background of thought instead of blending in so easily.

When a mental suggestion becomes real aggressive - like if you wake up at night in pain or something, don't go back to bed till you do a watch prayer. What the dms try to slip past you as a physical sensation is actually a mental perception - they hide that fact from you.

Step Five is to go back to step one, fill your thought with the things that bring out the love in you, and reach out for that joy which is normal to you, and which you should always have. It is right for us to be happy. That's basic.

And now you are done.

Here is an example of such a watch prayer..

1. I am quietly feeling the joy of this work, the wonderful privilege of praying this prayer. I am thinking of how much I love my family, and knowing that this same love goes out to all the world, flowing, cleansing, and neutralizing evil. Love is universal, it all comes from God, and it reaches every corner of the earth. Wherever this hate is coming from Love reaches there too.

2. Holy Spirit, this watch prayer belongs to you and I know that you are with me teaching me what to do and think and say. Thank you for bringing me to this prayer and including me in it. The ordering forces at your command are right in the room with me, watching over me, helping me, guiding me and making their presence felt.

3. [Stop here and think about this. Be quiet and see if any useful thoughts come to you.]

4. No one can hide my own self-interest from me. There is no power that can make me feel disinterested in what can heal and help me or others. Nothing that I reject can be inserted into my thought. I am not disinterested in love. The Holy Spirit rests in action and so do I. The laws of the Holy Spirit give me energy and the capacity to work and think. 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, and no conscious or unconscious thought, can be foisted onto me. When I am on the road I am still in the presence of the Holy Spirit. 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 primal emotion, mine or anybody else's. I do know this.

5. I am the expression of God's being and no lie, no supposed circumstance, no bodily condition, and no fear can ever change that fact. I rest peacefully in this, and 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..

That's about it. Nothing hard, but you need to stick with it.

Now to the second part of this email.

Treatment is like beginning an exercise routine. You aren't going to run ten miles the first day, but every day you are clearing out your thoughts a little more, learning to focus a little more. Every day you are understanding the mental forces that you are dealing with a little more.

I think it takes about a month of working with giving a treatment before you start to see the changes and feel the difference in your own spiritual stamina. Enjoy the process; don't let it get you down. Remember that discouragement is never your thought, I really do mean never. Its the cheapest trick a dm has, laugh it off, don't be duped.

Now lets move on to how to pray a watch prayer before you give an IFT 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.

Don't worry if this forward watch prayer feels undeveloped and perfunctory at first. You are putting a process in motion and as I said, you are building spiritual muscle.

Also, there may not be a lot of 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.

If you were a security person doing advance work for a special event, or before someone important like a presidential candidate or the president etc. came though, you would take these same steps I mentioned above. You would have to identify yourself. You couldn't close off streets etc. without identifying yourself and showing some sign of your authority. You would be more mentally aware than you would be if you were simply walking down the street. You would be looking around and putting protective structures in place, or removing obstacles. This is exactly what you are going to be doing in the watch

prayer that starts a treatment.

And you know what? We are going to have to leave it there because the wind is getting really bad and I need to stop. But I will get back to this very shortly.

I'll send what I have now and the rest of this email quite soon.

Deb.