

03c Watch Prayers Part C

I'll start where I left off.

Identify your prayer. 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, or even War Memorials where people leave things, because its 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, and 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.

As a Christian Scientist I always identify my prayer with CS, and specifically (I am probably the only one in the world doing this at the moment) I state that this prayer is part of the new, successive universal scientific stage of CS. 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 its 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 dms, the bulldozer instead of the kitchen spoon, is now in the world. Acknowledging this in a prayer has power.

Just saying it has power. 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. No dms can hide this fact so just to say out loud the truth of it 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.

2. This step relates to the first one. Be clear by what authority you are going to heal the sick. 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 aren't going to 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. " That is a good line to use in a watch prayer by the way.

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? 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 that you know by every holy instinct God ever gave you simply have no right to be.

Iraq doesn't seem to bear this next point out, what with the parents of soldiers raising money to buy military equipment, but St. Paul does point 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, 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.

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.

In the days of Moses it was believed that the gods were local, sort of like radio stations they faded out if you moved too far from where they lived. The gods lived in geographical sites, like in mountains and in lakes. When the great "I Am that I Am" sent Moses to Pharaoh Moses said plainly, "I will not go unless you come with me." He believed, as others before him, that if he left Mt. Sinai where the I Am lived, and went all the way to Egypt, the I Am would be too far away to help him.

When the Holy Spirit told Moses that he would go with him it was hard for Moses to believe, it took some trust, because a traveling god was not conceived of in that age, much less one God that was everywhere at once. Moses came more slowly to monotheism than preachers let on and the Israelites were even slower.

The top of Mt. Sinai was filled with fire and smoke. That fire and smoke literally rolled along with Moses like a tumbleweed, down off the mountain and later as the cloud, which the Israelites followed in the desert, the one that turned into a cloud of fire by night. It was a visual way that this fire and smoke off Mt Sinai could stay with Moses and reassure him that God was indeed traveling right with him..

The reason for this little jaunt through biblical history is that we have beliefs about God not being with us today. You want to really think about those Star Wars metaphors. You want to understand that you cant' move a inch without the Holy Spirit moving with you, you cant' say one word in prayer without this radiant energy being with you.

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, and 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 it.

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.

Remember the story of the chariots of fire? The king was ticked off at Elijah and sent an army to kill him. They surrounded the town he lived in during the night. The servant of Elijah 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 Elijah they are done for.

Elijah (or maybe it was Elisha, I forget, no it must have been Elijah, so much more his style) anyway 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 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 or dms, chariots of fire. He now sees that, "There are more that be with us than be with them."

Don't pray to heal yourself. Pray that your eyes be opened.

This is leading into the next part of the watch prayer, heightening our mental awareness. So often we assume that awareness means learning to detect those dms. That is not where the focus is. It's on becoming aware of the chariots of fire, understanding that you have forces of good with you. Then the dms will stand out clearly automatically.

In the Biblical story the battle between the chariots of fire and the king's army never occurs by the way. Its a really weird story. The opposing forces end up having dinner together in a neighboring town and they all get drunk while their poor wives at home worry that they are being killed. Very odd story.

When Joshua was about to fight his first major battle without Moses he saw what the Bible calls an angel. It looked like a soldier and Joshua drew his sword (not a good thing to attack an angel) and asked if he was for or against the God of Israel. The angel answered that he was Captain of the hosts 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, those are the troops, our fellow soldiers, it's an army of thoughts. Be alert and be ready to go into battle. Think of those dms as boot camp. You'll be glad for them later.

Ask for mental alertness. Pray for it with real desire - Mrs. Eddy says "Desire is prayer" - 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 sure can conquer disease, injustice, pain, and grief. These are the enemies and they have no right to lord it over anyone.

Finally remove obstacles and put mental structure in place to move the treatment you are about to give forward, like building a road. Dms love to reverse whatever you do the minute you do it, they use a thing called the "NO prayer" where they say "no" to every sentence you utter in prayer and to every thought you think. 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, and love beyond what this world knows.

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, know that Spirit moves in the world incarnate - that Spirit does comfort, heal, help, develop, bring order to, impose pattern on, and change for the better what we perceive of as the physical world

including our physical bodies. But 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 because the Holy Spirit is not fragile.

Know that you can be awake, aware, and accurate in your treatment..

Those are the steps of the watch prayer. Here is an example, but mine will be different from yours of course. Since you are going to be doing self-treatment I will make this a prayer for myself. Remember too that there are times of silence and listening in this watch prayer that don't show up when writing it out, silence 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 for me. 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, 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 .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.

Hatred of Christian Science cannot approach me as chemistry or physical sensation. Dms cannot 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.

No dm 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 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.

Dm's cannot approach me without my knowledge. I am not in a trance and have no desire to answer their silly call.

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 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.

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."

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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 final part of this email is to give you a bit of background on how to learn when a general watch prayer is needed and when the dms are attacking. I say a general watch prayer because you should always put a watch prayer in front of

a treatment, but in my last email I told you about more general watch prayers too and you asked how we know when they are warranted. When we have the emails about dms we will get into watch prayers a little more.

Learning to know when a general watch prayer is needed - or learning to feel those prickles on the back of your neck that I spoke of, oddly enough has to do with learning never to be goaded, with never feeling resentment. That won't seem to have any connection at first but when the dms 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 - its amazing how often the dms use this technique right before they strike. Often it's something quite petty.

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

Also, usually when you are thinking of a person in this way its 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 dms 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. Somehow we have to get back on the wagon.

I think some of the quotes and write-ups I will send you next will make this more

clear.

This is the end of C3. I will be sending source material related to C3 however, namely that write up I told you about from Ann Beals and then some watch prayers from Mrs. Eddy, to give you a feel for it all.

I am guessing that wont' happen tomorrow as its going to be a busy day but it will be soon.

Hope this helps.

Deb.