

CHAPTER TWO

WATCHES

GIVEN BY MARY BAKER EDDY TO STUDENTS

WATCH—Learn what watching means.

I have watched all these years for you and the world.

Now you watch; be always on duty—on guard.

WATCH—Don't see *things*.

WATCH—Stick to the truth of being.

WATCH—Take it in your watch:

No pain.

No nerves.

No neuralgia.

No fear.

WATCH—Better for Mrs. Eddy's teaching.

Truth heals.

It cannot hurt.

It cannot be reversed in its effect.

Love governs all.

WATCH—Every effort of the leader of this gang blesses us, makes our way easier, gives us better health and a shorter way to heaven.

WATCH—Can't hurt anyone by telling the truth and no one can hurt me by lying.

WATCH—More mental work for the field must be done.

WATCH—Nothing can reverse the Truth, for Truth is All.

WATCH—No surplus electricity.

All is governed by divine Mind, etc.

WATCH—Impersonal evil cannot use me as an avenue through which to express any discord; there is no evil. This hourly declaration will keep me invulnerable from error.

WATCH—God loves all of us in this house.

God governs us.

All things are working together for our good.

WATCH—Electro-magnetism conveys nothing to nerve centers, and there is no telegraphy over the nerves of the body.

WATCH—M.A.M., you cannot make me believe that I cannot heal, nor can you prevent me from healing.

(Three times a day if not more.)

WATCH—A lying argument has just the opposite effect.

The wrath of man shall praise Him, and we rise because of it, i.e. by overcoming it.

WATCH—Let your minds go out every two hours:

All is peace, good will, Love, etc.

Say nothing of error.

Confine your thoughts to the right side.

WATCH—No fear of mortal mind. It has no power over us.

We have full confidence in divine Mind, for it is All; there is none other.

WATCH—M.A.M. rages and Christian Scientists should be *strong* and meet this secret influence with counteracting mental work.

WATCH—Truth reverses every argument of error and brings out just the opposite results.

WATCH—Hold steadfastly to God.

Do as *you would be done by*, and God will bless you in it.

WATCH—No fear.

No sleeplessness.

No suffering from mortal mind turned on us, for there is *no mortal mind*.

No suffering from the *World* article.

One Mind, etc.

WATCH—Know and realize:

Good is omnipotent.

Evil is impotent.

There is but one Mind.

There is no mortal mind.

WATCH—No unconscious mind. It is all conscious and I govern my thoughts.

No poison can get in here.

One God, one power only, and it is good and not evil.

WATCH—I am the image and likeness of God. No mortal or mortal opposer of Truth can confine this image in any mortal body to mar or molest it, for divine Mind holds it intact, forever free from mortal touch.

WATCH—When we are better, we are not made worse.
 When we help others, it does not hurt us.
 The good we do does us good.
 God is Life. God is never death.
 We can no more lose life than we can lose God.

WATCH—There are no *lies*, nothing is *real* but the *Truth*.
 There is no loss of sight.
 It cannot be lost.
 Hold this point and demonstrate it.

WATCH—Love controls the weather.
 No electricity of mortal mind.
 No thunder; no high winds to blow.
 Divine Mind governs all.

WATCH—No error can harm our Cause or a true Christian Scientist.
 Good is supreme, it is all, and evil is powerless.
 Our arguments cannot be reversed.
 Truth is not hindered. It brings forth.

WATCH—Watch and pray against becoming worldly; also for
 spiritual sense to govern all your motives and acts.

WATCH—Never argue all on one side.
 But handle the serpent.
 Then claim the real, the Love.

WATCH—A lying argument has no power.
 What we reject cannot be forced into our thought.
 No involuntary contraction of the muscles of the pupil of the eye,
 nor of the eyelids.
 No lessening of the eye.

WATCH—Cannot make you worse when you are better.
 When you are better, you are better.
 You are not a hypnotist.
 You do not send disease from place to place.
 You heal it.
 One Mind—no other.

WATCH—Watch that M.A.M. does not dull your thought to the clear
 Word of God. I gave so much to your class—my last class—and
so little has been done with it! Why? Because sleep overcomes the
 thought. Students must be watchers against the ‘thief that cometh
 in the night’.

WATCH—Declare daily:

No mesmeric influence can prevent the law of spiritual growth,
 understanding, development, expression, discernment, humility,

freedom, health, wealth, and healing from having boundless freedom in your consciousness.

No mesmeric influence can separate you from the infinite Mind and its faculty.

WATCH—Take this thought earnestly twice each day:

There is no evil thinking and no evil argument; the lie and liar are a lie, an illusion; there is no such person nor thought. *God is all there is.*

WATCH—You have no faith in evil.

You have no power to do evil, or cause others to sin.

You cannot take away from anyone mind, or any of its faculties.

There is no power in evil.

Good is the only power.

You cannot poison anyone.

There is no poison.

These are God's laws and you cannot escape them.

WATCH—Christian Scientists must work daily to annul the prayers of the unrighteous, those who unrighteously pray that the Christian Science prayers cannot heal the sick.

WATCH—*Better for her teaching and help, etc.*

No relapse, etc.

No reversal of Truth, etc.

No pain, no night (fear or doubt). All is joy and peace.

No arsenical or mercurial rheumatism or neuralgia.

No Catholic prayers to harm us. for the wrath of man shall praise Him.

WATCH—The claim of hypnotism, mesmerism, electro-magnetism, and animal magnetism, is that they work through nerves.

Now let us cut their wires and know that there are no nerves.

Mind does the talking and Mind is God.

WATCH—There is no animal, vegetable or mineral kingdom; there is no poisonous thought or mind.

There can be no inflammation from fear, hate, lust or poison, through mental malpractice or mental malpractitioners.

There is no mind to transfer or be transferred, telegraphed or transmitted, and no man or woman to operate those claims.

WATCH—Know that M.A.M. has no intelligence to make a law that mercurial or arsenical poison can be mentally administered to produce catarrhal condition of the body. God is the only law-maker. There is no belief in a mentality through which poison can be hypnotically administered.

WATCH—They cannot be swayed by malicious hypnotism.

They are governed and guided by the one Mind, and say and do according to the divine government and guidance.

God governs it.

Justice, truth and love govern it, and nothing else can or does affect it in the least.

WATCH—I cannot harm myself.

I cannot be made to harm myself.

I cannot harm another.

I cannot be made to harm another.

Another cannot harm me.

Another cannot be made to harm me.

Because we are all God's children, we all love each other—Divine Love.

WATCH—Know daily, there are no accidents, no disease, no old age and no death.

WATCH—Every lying argument of hypnotism, theosophy, esoteric magic, etc., is reversed in its effects. Guard this statement of truth by knowing that it cannot be reversed. Their arguments bless us and do us good because the reverse of them does us good. And all things shall work together for good to those that love God.

WATCH—Mortal mind cannot send me a belief that I cannot heal through Mind; cannot make me believe there is any law, or so-called law of mental malpractice that I cannot break and annul. Sin cannot hold a patient. There is no man to treat.

WATCH—I am not hypnotized, not self-mesmerized to believe a lie.

I am governed by God.

I am not glamored.

There is no hypnotism, no mortal mind, no presence, no power in evil.

God is all and my only Mind.

He gives me all my thoughts, words and acts.

He teaches me how to pray aright.

WATCH—There is nobody hurting you.

You or your students cannot help yourselves by taking up others, for nobody is hurting you.

God, Love, governs, and Love is not overcome by hate.

You cannot fight against God.

God, good, is supreme and does govern.

There must be an outpouring of love to meet this hour.

WATCH—Truth cannot be reversed; it bears the fruit of health and holiness.

Life cannot be reversed; it bears the fruit of immortal harmony.

Love cannot be reversed; it destroys all fear and heals the sick and the sinner.

Nobody can suffer or produce any suffering for speaking the truth. Nobody can affect others through a lie.

WATCH—There are no thoughts sent here but the divine Mind.

There is no malicious mesmerism nor hypnotism, no evil thoughts in this house, or that can be sent here.

All is God, divine Love.

Divine Love is infinite and there are no other minds.

One Mind and this Mind is Love, divine, immortal Life, health and holiness right here in this house.

No malicious thought coming here.

All is divine Love and its manifestation, health, holiness, immortality.

WATCH—There is no psychology and no R.C. prayers frightening us in this house.

There is no *sin* and no *fear* of *sin*.

Christian Scientists love the psychologists and the Roman Catholics and they love us.

Good is all *power* and the *only* power.

WATCH—Hold on and persist for good, because there never is a hopeless situation. When error meets with resistance, it begins to be scattered. Where a situation seems unbearable, it is because error is letting go.

Being is one and cannot war with itself; and there is nothing outside of it to strike a blow.

No shadow of mortal mind can touch me; there is nothing to fear. God works in me to will and to do, and I shall perform my work. No cloud can touch me or my patients. All that is within me is the spirit of victory.

WATCH—There is no hypnotism, no theosophy, no electro-magnetism, no animal magnetism.

Awake from this dream!

You are awake to the Truth, you see it, you realize it, and no mortal mind can hinder you from realizing it.

There is one Mind; Truth, Life and Love govern all your thoughts and annihilate all that is unlike them.

WATCH—no fear.

No poison, arsenic, etc.

No suffering caused here by the readers of *Science and Health*.

No evil minds.

No feeling the beliefs of patients.

No relapse, no reversal of Truth.

There is but one *Mind*, God, good. Evil is *not mind*, it has *no power*.

We can help ourselves and help others; *we do*.

We are not self-mesmerized. *God, good, alone controls us*.

We feel no mind but His; there is no other mind to feel.

God gives all the thoughts we have, governs all we do and say and think.

WATCH—Everyone in this house is better every hour, every half hour, every moment they are gaining health and holiness.

All things work together for good to them that love God, etc.

(Mrs. Eddy says all things are possible to God and it is He that worketh with us both to will and to do His own good pleasure.

This is the rule for healing.)

WATCH — 1. No fear.

2. No loss of sight.

3. No law of mesmerism that we can't help our Leader or that it hurts us to help her. We do help her. We can help others and do help ourselves, and it benefits us to do good.

4. No sleeplessness and no suffering from sleeplessness.

5. No return of old beliefs of disease or sin.

6. That good that we would do, we do, and are better for doing it.

7. There is but one Mind, the divine Mind is the only Mind. Love is All.

8. We cannot be separated from divine Love and Life, and no mortal affects a person in this house.

WATCH—No form of error can make a C.S. treatment produce an opposite effect, nor can I be made to overlook or forget anything in the treatment that is necessary for its certain accomplishment of good. We must go ahead of error, and keep ahead of error all the way. Error is nothing but erroneous thought, and we must never give in to it, or go down before it. Mental activity must be tranquil—not lazy; it must express force, be exact, and it must know the reality of man's oneness with God, and the utter unreality of evil in all its forms of beliefs.

WATCH—You can heal the sick: you have power to do it, and no one can take it from you, or make you suffer for doing it, or your

patients suffer when you are trying to help them. No mortal mind can make a poison for you or your patients. They cannot reach your patients through you, or in any other way. You do not suffer from your head, from any argument of poison. There is no power but God, and with Him all things are possible. You have no fear of mesmerism, for there is none. There is but one cause and there can be no effect from any other cause.

WATCH—Blood is thought and your blood is pure thought, a health-giving, life-giving thought, and nothing impure can enter into that thought; it is perfectly pure.

You are not in body. You are not governed by matter; there is no matter; but you are governed by and govern with divine Mind. You are perfectly well and you know it and are not afraid. You do know the truth and you don't know error, nor see it, nor hear it, nor can you be governed by it. There is no reality to it. You hear divine Mind, the voice of Truth, Life, Love, and there is no other mind to hear. No rheumatism, no sore joints, no inflamed or weak eyes, no old age; but the meridian of being.

You don't need to be told these truths by any person for God has told it to you abundantly, and you hear the divine voice and are strong and perfectly well.

I can know the right thing to do and do it and not have to repeat it. I can know the right place in the roads. I don't forget; there is no sensuality nor effects of it.

WATCH—You, lie, cannot fasten your fault upon me.

You cannot unload your filth at my door.

You cannot argue fear, inability, lack of understanding, paralysis, inaction.

You cannot rob me of my God-given dominion.

You cannot rob me of my property.

You cannot rob me of my good name.

You cannot rob me of my friends.

You cannot take away from me what God has given me, nor deprive me of what God has in store for me.

You cannot cause me to make mistakes, cannot blind me, cannot accuse me.

This *lie* has no origin, is not a creator—there is but one creator, that is God. This *lie* cannot rob me of the fruits of my labors. Cannot rob me of my individuality. It cannot reach me through jealousy, hate or malice. It cannot argue that I am misunderstood. It has no activity, no intelligence, no personality. It is neither person, place nor thing.

WATCH—God's law is justice and Truth, which is strength, and the law of extermination to envy or evil, which is weakness. There is no law of suggestion or evil that can cause me to be unfaithful or disobedient to our Teacher and Leader, or to the Cause of Christian Science. Ignorant or malicious minds cannot make me believe that I can be made an avenue for error to come to me, or go from me, for there are no malicious minds. God is the only Mind; so there can be no other minds affecting me. Lies have no other power, nor has envy, jealousy, hatred or avarice. They cannot be made use of to harm me or mine. Love is omnipotent, all-seeing, all-powerful, All-in-all. Thy kingdom come. Thy will be done on earth as in heaven, and earth is heaven.

WATCH—There is no fear to prevent us from seeing the results of our labor. It is as easy to help ourselves as others, for we have a clearer understanding of God that destroys fear. We have the Mind of God. Because there is no atrophy in the Mind of God, there is none in our Mind; and as God's Mind is All and made all, there is no atrophy.

We are joined by God, divine Science, to Himself, His power and love. And what God hath joined no man can put asunder. Our work does good. We have not the ability or power to do harm. There is no law that can give anyone the power to do harm. God's law is the only law and that does good, not harm, and can give man only the power to do good; not defeat, but victory. We cannot get away from God. If I ascend up into heaven, behold Thou are there. Everybody loves us and everybody reflects love.

WATCH—Nobody that is trying to hurt us can make laws.

The lies they whisper hurt no one but themselves.

Lies, hatred, revenge, have no power but to destroy themselves, every time they try to hurt someone else.

This is God's law and it cannot be broken, and it cannot make anybody suffer because we tell you this.

You cannot help yourself and nobody can help you till you stop trying to hurt others.

You can never prosper while you try to hurt others or make your students believe anybody is harming you, for nobody is doing this.

Then turn to the right side in your own consciousness and know this truth:

God alone reigns and all is Love.

WATCH—Pray that God destroys this effort to harm Christian Scientists; and hypnotism cannot prevent this result. Know that God makes the wrath of man to praise Him and He restrains the remainder thereof. All things work together for good to them that

love God. Pray that there shall be no *law-suit* and realize that it is put down now by the right proceeding. Realize that it is stopped now by the divine Mind who alone governs. There is but *one Mind*. Evil is *not* power. It *cannot do anything*. It is *powerless*.

God governs the court. Truth prevails. God governs the lawyers and they cannot make a mistake. Divine Mind governs them and guides them and they say and do according to this divine government and guidance. See that they do not become demoralized, that M.A.M. cannot prevent their thinking, saying and doing the right on the case—that God governs them. Look after the judge that he simply is governed by Truth and that M.A.M. does not touch him.

WATCH—Cruel lie trying to make itself thought, that the children of Christian Scientists will be the offscouring of the earth. This is *not* a thought! It cannot be held or thought—not a law. Same history as any other law of mortal mind—and *no* history.

WATCH — Beware! Beware! Beware!!

Watch and pray.

Study.

Demonstrate Truth!

See *Christian Science Journal*, Vol. V, page 199.

WATCH—Animal magnetism, you cannot produce in me any new beliefs, neither can you bring back any old beliefs, for in divine Mind there are no beliefs. *You* cannot harm me—neither can you make me harm others, nor can you harm those on whom my thought may rest. See I Cor. 14: 33.

WATCH—Animal magnetism, you are a liar.

You know you are a liar.

You know that I know you are a liar.

WATCH—I do not feel the effects of a lie or of hate.

It is the liar that suffers from the lie and not I.

The effect of the Truth I think and utter is not and cannot be reversed.

All is Love and harmony and health and Life and this cannot be taken from me.

They are forever present and there is no reversal of the Truth and Life and Love.

WATCH—No fear.

Love.

No arsenic nor any other poison.

Telling the truth destroys error; it does not make it seem real nor hurt anybody.

We know the truth and it has made us free—everyone in this house.

We can and do help our Leader, and nothing can hinder us. God is her ever-present help.

We are better every day and hour—healthier, higher, holier—better for the approaching dedication.

Good governs this hour and us. Evil is not power nor presence.

There is no evil, no hatred, envy nor revenge. It is all Love, Love, Love, health, harmony, immortality.

WATCH—No fear: God, Love, is all, and ever-present, and the *ever-present help*.

No *metastasis*.

No *pain*; no disease changing forms, and the last worse than the first.

No animal magnetism; all is *Good*, there is no matter, no mortal mind.

We have dominion over the earth, over *the body*, and over all evil.

Good is supreme; evil is unreal; good is all, there is none beside God, *Life*, Love, Truth, holiness. These are right here, and no *other consciousness is here*, no *other* mind, no other power.

Good is all, and governs all.

There is no *arsenic*, *mercury*, *rhus radicans*, no electric poison, no belief that there is. We know if they take any deadly thing, it shall not hurt them. *God has said it*.

WATCH—No law of incomplete demonstration.

No law that healing disease brings up a worse one of heredity.

No law of limitation, malnutrition, non-assimilation of food.

No law of rebound of hate from attacking sin or disease in treatment.

No law of continuity of error.

No law of astrology or horoscope.

No law of obstruction.

We cannot be fettered by another's thought.

WATCH (Found in one of the attic rooms at Pleasant View after Mrs. Eddy had moved)—LOST OPPORTUNITIES:

No fear, no arsenic, nor any other poison.

No pain.

No relapse into error.

No reversal of Truth.

No return of old beliefs of disease nor new beliefs of disease coming here.

Then establish in your thought the Allness of God and know there is no hate, revenge nor envy.

All is Love.

No diseased gullet.

No catarrh, no inaction, no diarrhea, no stoppage, no disrelish of food.

We are Christian Scientists and can help ourselves and help others; *we do*.

We are not self-mesmerized.

God, good, alone controls us.

We are not hypnotists, and cannot be.

One God.

One Mind.

Love is All.

No pain.

WATCH—It is my right to exercise dominion; next, I can exercise that right and do exercise it; the right to cast out fear.

WATCH—There is no fear and no thoughts of poison can come. There are no such thoughts.

There is no arsenic and no opiates producing any effect on anyone in this house and no one can be made to believe there is.

Love reigns here.

Truth and Life eternal reign here and nothing else can come here.

There are no evil suggestions, no hypnotism, theosophy, no electro-magnetism.

God is All, etc.

WATCH—Every argument to hurt anyone (if reversed) does that one good. All things shall and do work together for good to them that love good, as the Bible teaches.

Sin and sickness are not infectious. We do not catch sickness or sin; good alone is catching.

Divine Love governs. This is the law of Christ and it is fulfilled and it cannot be reversed.

There is one Mind, in all, over all, and governing all.

Remember that malice exultant is no greater than malice defeated; both are false. But to know and understand that malice is nothing is to defeat it.

We can and do trust in our God to deliver us from the persecutions of those who war against Truth and Love.

The holy sense of God as All and Love, and that there is no other Mind, is the best way to meet the malicious arguments of evil.

The law of God says, 'Bear ye one another's burdens, and so fulfil the law of Christ'.

The law of evil whispers, 'You cannot help your Leader, neither can you help yourself'. Now if you let this law of evil govern you and master you, you cannot fulfil the law of Christ; you cannot be a Christian Scientist.

Should the thought come to you that you cannot help yourself, then know that you have your reply in the Scripture, that even as Jesus said, 'I can of mine own self do nothing', but 'the Father that dwelleth in me, he doeth the works'. Since God is omnipotence, there is no power nor person that can hinder His healing work.

WATCH—All is peace and Truth; there is no error, no hatred, no sin, all is *Love*, love for God and man.

There abide, for if you abide in Love and Truth, and Truth and Love abide in you, no evil can come of it, and the result must be, *is* health, harmony, heaven. The freedom of the children of God comes from this true consciousness.

WATCH—Evil is not power, not mind, and nobody has any power to accomplish evil of any sort (here stop and dwell on this argument till you realize this truth).

Then declare that Love is All and *in all*, in every thought, and all power is in Love. There is no other power. Evil is powerless; there is no evil.

Hypnotism, theosophy, and esoteric magic have no power to do evil, and cannot reverse Truth—but Life, Truth, Love *have reversed*, and they have destroyed all evil.

There are no false suggestions, lying arguments or hatred—these are illusions. They do not exist. I have no fear of them. *I am not controlled by them*. Divine Love is supreme and controls all I think, say, or do.

Pray daily twice at least to divine Love to give you success. Then realize for yourself that Love and Truth and action on your part (for Truth does not work for you unless you work) will give you the victory. Guard reversal. There is no law of hypnotism to reverse God's law. Truth is unchangeable and cannot be reversed.

(All the following Watches are mainly instructional, rather than specific treatments.)

WATCH—Dear one, realize for yourself and *all* each day, clear and strong, that the Christ, Truth, does not merely open 'the windows of heaven' for us, or promise us heaven, but the knowledge of the Christ in Christian Science *is* heaven here and now. This knowledge of Truth as it is taught in Science is heaven's open door for all.

WATCH—Try to realize the omnipotence of Love and Life, the in-breathing of His presence. Arouse yourself to a true sense of God's power, the eternal and ever-conscious Mind that knows only Life. Fear and death are powerless in even a faint perception of the meaning of these declarations of Truth.

WATCH—Make supplication to God daily that you may be delivered from all beliefs of sin or of sickness, and after doing this, then turn to and demand of yourself to realize their unreality, and recognize your power over the temptation to yield to any such illusion.

WATCH—Should you awaken from sleep and find yourself in pain, get up, put on your clothes; take yourself up for alcoholism, poison and —, and don't take them off until you have realized His Allness. Conquer the error.

WATCH—The first thing in the morning, call on God to deliver you from temptation and help you to be *awake*. Then do your chores, not as a dreamy hashish eater, but with a clear sense of what to do and just how to do it.

Then sit down and first get yourself into a consciousness of your power with God, and then take up the outside watch. Sit until this is clear,—if two hours.

WATCH—God is your only Mind. Divine Love is caring for you.

No mortal mind can stop the functions of being. God holds them intact and eternally. You *are awake* to the truth; you see it; you *realize it*; and no mortal mind can hinder you from realizing it. There is but *one Mind*. Truth, Life and Love govern all your thoughts and annihilate all that is unlike them.

WATCH—I want you to take up the Watch every two hours as long as you live or until you can make the right side real to your consciousness.

When I work for the weather, everybody wants fair weather, only they believe there will be bad weather, and I only have to overcome that belief; but when malice comes in and declares there shall be storms, then I have a task to overcome that. Now make real to yourselves: There is no envy, malice, hate nor revenge. God is Love and Love is All. All is health and holiness. There is no opposite.

WATCH—Work every day to know that the belief of impossibility has no power over you. Know that it cannot possibly affect you in any way, and can never for an instant hinder your demonstration, whether you are working for health, peace, joy, or any mental quality, thing or experience. Know that you are conscious of the possibility and realization of all that is good and true.

WATCH—The thief is ready to rob and steal all treasures. But our Master saith, 'Had the good man watched, his house would not have been broken open'. I beg you to watch and pray to this end. You are in danger unless you do. The more useful and prominent you become, the harder the mental robbers will work to rob you of good thoughts, a strong purpose and wise efforts to do God's will.

(Mrs. Eddy sent this to some of the workers in a time of dire strait.)

WATCH—Remember that the power to heal is gained through peace, wisdom, love, dominion over ourselves, and good will toward men. You possess these graces of Spirit, or Christ power, only by loving God, good, supremely. After this cometh the recognition of but one Mind, which enables you to know there is no power or presence that can resist good, or can prevent your prayers being effectual. While you remain in this attitude of mind you are obedient to the Principle of your being, and naught can hinder your healing the sick and the sinner.

WATCH—Every C.S. treatment is accumulative; the work goes on to bless all mankind. Error is non-scientific thinking, and scientific or true thinking is all that is needed to destroy it. A treatment must include the realization that it goes forth with power and truth, and cannot be reversed by any law of nature or of *materia medica*.

When you argue on all subjects that should end well, be a law to your own consciousness that what you say cannot be reversed and inverted, and made to produce the very opposite of what you argue for. This is a late phase of theosophy and M.A.M. that needs to be met.

Be careful not to use human will but speak in the power of divine Love that is a law to human hate and destroys it.

WATCH—Declare daily, 'I am healed, and scientifically healed'. Christian Science is the victor, and vanquishment is unknown to omnipotent Truth. I cannot be grieved or disappointed, since God is All and my life is hid with Christ in God. There is nothing lost. Mental malpractice cannot reverse my declarations, cannot touch my conscious or unconscious thought, for there are not minds many. There is only one Mind, divine Mind.

No aggressive mortal suggestion can cause me to forget my duty to God, to our Leader, or to mankind. Mind is unlimited in its source and supply. Man's substance is in Mind, and cannot be impoverished. There is no poverty, no lack. Fear is no part of consciousness. Consciousness is cognizant only of the things of God, good. There is no reality in discord. God's child cannot suffer and be unhappy, because God is the only power and He never made anything but love and peace.

WATCH—The book of Isaiah is called the ‘Gospel of Promise’. We should apply it to our daily needs. Declare daily that no hard, wicked, irreligious or anti-Christian thoughts can touch us from any mortal mind. There is no mortal mind, no evil. There is no decay nor death to the nerves, no destruction to the fluids, nor death to the secretions. Tomorrow you have no business with. We steal if we touch tomorrow. It is God’s. Every day has enough in it to keep us occupied without concerning ourselves with the things beyond.

Delay to perform a duty is not obedience. The Scripture declares that ‘Now is the acceptable time’. The good that can be done today cannot be done tomorrow; and sufficient unto each day are the demands thereof. The model Sermon of our great Master pleads for our daily bread. We need the bread of heaven each and every day. The Scriptures discard delay; they prohibit the poor protest: ‘Tomorrow shall be as this day, and much more abundantly.’ A word to the wise is sufficient.

There is nothing within me that corresponds with, or responds to, any form of evil. There is no illusion of poverty. God made all, owns all there is, and it is good. I am joint-heir with Christ, in God, and have my share of everything. I am exempt from want, loss, lack or limitation of any kind. There is no material resistance that can limit me. ‘The Lord is my Shepherd, I shall not want.’ Abundance cannot lapse into lack, since God is my fountain source of infinite riches and plenty. I can and do demonstrate the wealth which comes from God with no interruption in its flow. I am prosperous and successful, kept so by an inexhaustible supply. There is no mental self-mesmerism. I have fulness of supply and abundance. There are no adverse circumstances, no avarice, no greed, no trust in money, nor love of money. I live in the land of promise.

WATCH—I am glad the mist is melting and hope it will be put under your feet. God demands a more Christian, zealous and persistent effort to resist evil and overcome, or our Cause will again be covered by the rubbish of centuries. . . . God has said, Do My prophets no harm, and inasmuch as you bless them, I will bless you. But the strange infatuation to forget and not watch, causes the worst of results and leaves the student at the beck of sin. . . . Oh, may the divine Love keep you from *sleeping* and bless you ever.

WATCH—Watch, pray, labor and have *faith!* *Know* that you can be what God demands you to be and *are now*—His image and likeness --reflecting God, the one and only Healer, reflecting good, Life, Truth, Love.

WATCH—Mental malpractice must be met daily by all the students; met by your mental protest that breaks the so-called law of a lie, or

you are liable to be affected by this lie all *unconsciously*. Dear one, *remember this*. Our Master said, 'Had the good man of the house watched, his house would not have been broken open'.

WATCH—Let our finite judgment never settle on *who* is troubling us, and never defend ourselves against a person. Rather ask *what* is troubling us, and then meet the *what*.

WATCH—Never fear a lie. Declare against it with the conviction of its nothingness. Throw your whole weight into the right scale—this is the way to destroy evil. Never weigh against yourselves by admitting a lie.

WATCH—First we must see the error, then repent and then forsake it. You will have to continue with sin until you have overcome it.

Then you will have another form of evil to meet—the envy and jealousy of mortal mind. That is where your Leader stands.

WATCH—Take time each day to say: 'What is the most powerful thing in the world? It is God saying "I am" in His own creation.'

WATCH—Any event is every event and 'I am' the law to it.

WATCH—Just go alone and close your eyes, and in the depths of your own consciousness say over and over again, I am, I am, I am, I am. Your whole being will be filled with the sense of the power to overcome, the power to accomplish, the power to do all things.

I am because Thou art (Mind is)—I am.

I am what Thou art (Mind is)—I am.

I am where Thou art (Mind is)—I am.

I am one with Thee (Mind), oh! Thou infinite I AM.

I am good.

I am well.

I am abundantly satisfied.

I am holy.

I am free.

I am because Thou art (Mind is)—I am.

I am, spoken upward towards the good, the true, is sure to out-picture in visible good, in success, in happiness, in abundance.

SAMPLES OF SPECIFIC WATCHES

(Recorded by two Students)

First Series

(2/6/91) Handle the serpent of age. No belief of cyanide or mercurial poisoning. Free use of all faculties. Love is All. No hate, no darkness of malicious mesmerism. One Mind.

(7/16/92) Mother says take up each day, no fear; all is Love. Mind controls all. No malicious mesmerism to hinder his thoughts. Do not name the person or persons by name.

(9/16/92) Christ wore a crown of thorns as easily as a seamless robe. How? By demonstration of his oneness with divine Love.

Handle the serpent that hisses at the heel and the animal magnetism will be silent. No fear. All is harmony.

(4/5/00) Hold the line every day; no fear; God governs all. No M.A.M. to feel or be felt. Mind controls all.

(7/6/00) You are to take up for the Directors daily Mind is All. God is here. There is no darkness, no mental depression, no failure in God's Cause. *Do not name them by name.*

(9/27/00) Are you a Christian Scientist or not? Then take up the work and put an end to these scandalous attacks on your Leader and *Best Earthly Friend*. God is judging us this hour, and we shall be accountable to Him for all. Now take up the work *as you can do* and let us have a peace at Pleasant View.

Your Leader has work important to do, and these attacks must *stop*; see to it.

(3/25/02) Mother asks you: Drop all patients and take for your one unworthy patient The Mother Church of Christian Science which needs healing from its sins this day.

(4/10/02—Work for lecturers) A city that is set upon a hill cannot be hid, and the life of their Leader must be shown *as it is*. Never did I neglect Jesus in my sermons in the first days of Christian Science; now they must not forget me. The scandalous attacks on the Discoverer and Founder of Christian Science will stop if the *truth* about her be shown to the world.

(10/17/03) Take up at once: Students shall know their duty to their Leader. Grace divine yet lays many burdens on human hearts *unworthy* to bear them. When will blind eyes see their Leader as she *is*?

(3/18/04) The Mother Church is founded on *Truth* and cannot be removed nor taken down. Mother knows days and nights of anguished prayer that none know aught of, lest the sheepfold be taken down wherein the lambs are sheltered. Weary in days of trial but freshened in His service, she waits till all unworthy ones come neath the shadow of His wing.

(2/2/06) Take up, clear voice, strong, clear, for Christian Science Lecturers. Error tries to hinder Truth being *heard* in public. His

Word must be *shouted* from housetops, not buried in soft voices to tickle ears. The *lambs* of His pasture must be fed and the sheep also.

(11/5/06) Have six of your best students loyal and truthful take up every day with you, work mental to sustain the Cause and do their *duty* to their Leader and Mother.

(Enclosed: Argument for Transgressors—One Mind; Truth controls all. You are set free in the Love of God and you cannot make nor believe a lie. Truth declared is not reversed. It does appear and is manifest. No return of old beliefs. No M.A.M. to work through R.C., hypnotism, mesmerism or theosophy, demonology or old theology to hinder the work of the Cause of Christian Science. Divine Mind governs every hour and evil is powerless.)

Second Series

(2/15/01) Mother sends you this message: Rise up and defeat the evil one in the gates. The hour of deliverance is at hand and all must do their *duty* as Christian Scientists to defeat the evil that tries to find entrance here. Love, Mind, Truth rule this and every hour. *Error* is not met by prayer alone, but by *fasting*.

(4/4/01) Watchfulness is the word of this hour of trial for our Cause. Keep apart from the Sunday students in our midst who trample His divine Word under foot all week and expect forgiveness on the Sabbath. Their reward awaits them.

(6/9/01) Truth declared heals the sick. Prove this and help the Cause at once. Students asleep M.A.M. has already handled. Know that your Leader cannot be deprived of the helpers she needs by the glister of the world. Mind is All. Divine Love rules this hour. *Know this.*

(9/4/01) Healing alone built this Cause and will not be lost if hearts open to His Truth and Love sustain the hands of those appointed to voice God in this age. Form in service means nothing; only healing can build His temple in the wilderness. How Mother longs, prays to hear of more healing in the service of divine Love!

(9/5/02) One Mind controls this and every hour. When the Discoverer of Christian Science in this age must deal with *sinning*, so-called Christian Scientists, those who *know* their Leader as she *is* must be *awake* to the delusions of M.A.M. that would make Jerusalem a waste and desert place. Take up those transgressors in our midst who would undo the work of their Leader. Love is All. One Mind. Dear one, Mother knows your heart is active in His service. Waken

to the need of this hour that those who would set aside the Manual of The Mother Church with its *just* By-Laws see the sinfulness of their ways.

(11/17/03) To my Household at Pleasant View: The rules of this house do not permit of evil being spoken, thought or heard. Love rules this and every hour. M.A.M. is without power, powerless. Darkness is nothing. Mind is All, God is All and His voice is heard in all places. God judges and His judgment is sound and righteous. Know this now and every hour. No theosophy, no malicious animal magnetism to lie or hear a lie. God reigns and loveth whom He chasteneth. No work is done until I say it is and no student will forsake his post in any moment. God is Love, Love is All. Truth reigns.

(2/16/05) No fear, no theosophy, no mortal mind, no M.A.M. Love reigns this and every hour. God is All. Life, Truth, Love destroy M.A.M. R.C. cannot lie or produce a lie. Mind controls all. One God, one Life, Truth, Love.

(4/7/05) Mother sensed a little grief in her student's bearing today. Surely he knows that she *loves* him and all those *loyal and true* workers in the Cause of Truth. All poise, power and strength come from Him who runs and is not weary, walks and is not faint in One Mind. Christian history shows that those who have waited never doubting have had their *sure reward* in righteousness. Mother has proved this many times. Now take up again for yourself every day, Love is All. Truth reigns. There is no lie and nothing to make a lie. No M.A.M. to darken thought. Love reigns and rules this and every hour. Truth declared *heals*. No reversal. God is All. 'Commit thy ways unto Him and He shall bring it to pass.'

(5/27/05) One Mind demonstrated *handles* serpents, casts out demons of sense with power of Truth. When will Christian Scientists learn that *blab* never made a single demonstration in building up this Cause? How Mother longs, prays, hopes, for *healing* in Truth and Love!

(7/16/05) Beloved Students at Pleasant View: Handle electricity of mortal mind; no arsenical poison, no belief of nerves. Love governs all. One Mind, one Truth. God is All-in-all. Jesus knew the hour of temptation and *wept*, but he also knew the power of Love supreme over all the errors of sense. No lie *stands* in the presence of Truth. No theosophy, black magic. No destructive electricity. 'He commanded and it stood fast.' God, good, is All.

(Take this up every morning and evening until I tell you to change your prayers.)

(9/22/05) The Cause of Christian Science is founded on Principle, not person. Loyal students of the Scriptures and *Science and Health* know that when the Discoverer and Founder of Christian Science appointed these Books as the *only preachers* in our churches, God was leading this Cause as surely as He led the Children of Israel in the desert.

(2/20/06) The Directors of The First Church of Christ, Scientist, must work in this hour that the dedication of the earthly tabernacle in the wilderness be accomplished sure this year. For this reason Mother places upon all loyal students this word of warning—healing the sick and sinful is the greater part and all must join in this work, who wish not to see this Cause go down.

(8/19/06) Your Mother in Israel calls upon you this day—rejoice with her in sense spiritual—*know* there is One Mind, Truth, Love and all will be met. Behold I make all things new is the promise Christ-like. Do you, dear Lewis, understand this? Then *rise up*—defeat the enemy without our gates that defileth and maketh a lie. No night, no darkness, all is Mind. All is God, good. *Hold to this* until I say change.

(8/06) This Cause depends upon healing, healing and *wisdom*. If these are not added, the salt will lose his savor and this Cause drop down into darkness of oblivion of centuries again.

[STATEMENT enclosed, with instructions that it be handed to Mr. Armstrong: To the Christian Science Board of Directors: No student of Christian Science shall occupy a position of trust or confidence in this Cause who does not *daily* declare the truth at least three times in his prayers for the well-being of his Leader, the Discoverer and Founder of Christian Science, the Rev. Mary Baker G. Eddy. (Can the above be made a By-law in our Manual ?)]

(1/12/07) If your Mother and your best earthly friend directs work to be done in sense and Science spiritual in the Cause of Christ, why can't, won't you and other students before this faithful always in His sight, do it? The calling of Soul is man's highest example, this I know forty years. Dear one, Mother rejoices at your growth in His cause and that is why she seeks always the chastening rod of His Spirit for you. Do you understand this? Kinter and Mann will take the watch this night. Be you at work; if Mother calls you, you will be ready. One Mind; Love over all; Truth *reigns*.

(1/22/07) Hold the ground: Life, Truth, Love reign this and every hour. No fear, no night dream, no day dream. M.A.M. is not power.

Only reality; God, and His will *is done* on this earth *and at Pleasant View*. Keep the line; hold your aim, thought externalized is the guide.

Please receive from Mr. Carpenter the texts for thinking and I will name the hour in the morning beginning 5 A.M. The above named watch is uniform.

I do not ask you to treat anyone. I only show you what is in belief and man's daily duty to God.

WATCH PRAYERS AND OTHER ITEMS OF INTEREST

WATCH PRAYER—Pray all the time. Pray this way: Love, just take me in. Give me one Mind, one consciousness, and make me love my neighbor as myself. All is Love, peace, harmony. Heaven is right here. Love reigns. There is no strife. Peace, be still. Truth has destroyed the error. Love has destroyed all hate. All is Love, peace and joy. After praying, be willing to be fitted to receive the blessing you ask for.

(Mrs. Eddy said: These 'watch prayers' are righteous prayers which are for the purpose of antidoting unrighteous prayers, and are in accord with the statements of Jesus, Mark 13: 37 and Luke 12: 39. The Lord's Prayer is a 'watch prayer'.)

WATCH PRAYER FOR THE WHOLE HOUSEHOLD—All is Love, peace and harmony. Heaven is right here. Truth reigns. There is no strife. Peace, be still. Truth has destroyed the error. Love has destroyed all hate. All is peace. Love and joy. Run and not be weary. The need of the hour is simplicity, meekness and obedience.

THE PRAYER OF THE WATCHERS—The effect of this prayer *is not reversed*.

God, good, reigns; there is *no other mind*.

Love reigns; there is no envy, no revenge.

All things are working together for good to those that love good.

We do love good, God, and He gives us all our thoughts, and governs all our acts.

The divine Love preserves our life and health, and they cannot be taken from Christian Scientists, and Christian Scientists cannot be made sinful.

We love God and God loves us and is guiding us every moment.

This prayer cannot be reversed.

This prayer bears fruit after its own kind, it does good, and blesses us and all others.

(Charge them not to change, add to, or diminish this prayer. Something is out of tune. This will be a chord.)¹

TO THE WATCHERS—‘Hear, O Israel, for the Lord, our God, is *one* God.’

You are not to come in your own name to pray.

You are not to control any mind.

You are to come only in the divine strength, and know that God will rule and does, and that hypnotism and evil minds cannot and do not control men or governments.

All power is God, good.

This is my only formula to Christian Scientists for prayer, and God will give you faith that will remove mountains.

IN YOUR WATCH INCLUDE THIS ALWAYS: When a good point in health or progress is reached, it cannot be lost and the case made worse, but it *does remain* and no *relapse can occur*.

INSTRUCTIONS REGARDING WATCHERS — (5/19/06) C.S. Board of Directors

My beloved Students: Consider this, my proposition: that you require some of the best Christian Scientists in Boston and vicinity to pray once each day that no thought of earthquake, tornado or destructive lightning enter thought to harm it, but that He who reigns in the heavens and watches over the earth saves from all harm. Again let me say, pray not on *hire* but the demand of love to God and man.

Mary Baker Eddy.

¹ Historical Note: Membership in The Mother Church was largely recruited from the ranks of the sick who had been healed in Christian Science—some of them of so-called incurable diseases. This life-saving quality of Christian Science with its membership in the Church of Christ, Scientist, was met with the suggestion or argument of reversal and death. So Mrs. Eddy, detecting the effort of malicious mind, formulated the *Prayer of the Watchers* as given above, and had it passed to a number of Christian Scientists who might profitably be alerted on the subject. Then the claim came up of reversal of the prayer itself, and she stopped its use. Later she saw that it might be used again to good advantage and so ordered it, writing as follows to William B. Johnson, Clerk to The Mother Church at that time: ‘Have the “Watchers” use that prayer so long as it works well. I find that the law of mesmerism that relies on *reversing* the effect of Truth, is sometimes forgotten and in this case the prayer does not work well. Perhaps it was this that caused my order to discontinue it. Another cause existed at that time: Mr. ——— managed to some extent the “Watchers”. This must not be so. Let no one but yourself consult with them on this work and be sure that you give it sufficient attention to know as to its results, and, if good, continue the Watch on the same terms it had in the beginning. Please have the dear “Watchers” resume the prayer you sent to me at once and charge them to let no one know it but yourself.’

(6/26/08) *Confidential* Beloved (C.S. Board of Directors): Have several Christian Scientists who are best adapted to it, take up the weather and know that 'God sendeth the rain upon the just and the unjust.' Hence the latter, *it is raining*. Continue this prayer till the result follows it. Let none know, that will tell it, what is being done.

(Adelaide Still, Mrs. Eddy's personal maid, reported that at this time a student whose duty it was to work on the weather opened the Bible at random to Gen. 2: 5 in her work and then showed it to Mrs. Eddy. At once the latter took the work out of her hands and wrote the above letter.)

ALERTNESS TO DUTY—It shall be the duty of every member of this Church to daily purge himself of all aggressive mental suggestion, and not be made to forget, nor to neglect his duty to God, to his Leader, and to mankind.

(Changes made in Mrs. Eddy's handwriting in the 34th edition of the Church Manual, 1903)

TO THE WATCHERS WHO ARE MISTAKEN — (12/21/01) Beloved students: Disband your meeting *today* and never meet again to do what is not carried out *scientifically*. Each one do the work of daily duty. Each one realize the allness of God, good, and that there is no opposite evil. Do not meet together to discuss or to direct the prayers of Scientists unless *I* call you together. Each one pray daily and not ask amiss. I have known of the discord before of prayer that is amiss. You all can know that newspaper men will not publish aught against Christian Science. Please *know this*—and also know that you can do this separately as well as together.

With love,
Mother,
M. B. Eddy.

WATCH—We must strive—I had to do it—so must you. This human is the very element of error and must be overcome in all points.

Someone said to her. 'It isn't difficult to destroy mesmerism when we see it hasn't any power.' She answered, 'If God is All, there is nothing to destroy. There is nothing but God and what God creates. I have to go back to the book and so must you.'

(A student's conclusion: So we must struggle with mesmerism. To keep watch—is to watch, our thought perfectly poised. Words without desire is not prayer. Prayer must have no *selfishness* in it. You must not let the mesmerism of mortal mind make you think you can't keep your watch.)

One day Mrs. Eddy said to a student, 'Are you working?' He began to tell of his hours of study and work. She said, 'When you see old age, do you declare that Life is eternal activity, beauty and joy? When you see the leaves falling and hear the wind blow, do you declare that there is no change, decay or cold? When you see deformity and disease, do you declare that man is made in the image and likeness of God?'

The student answered, 'Mrs. Eddy, I am not working'.

When the plenipotentiaries of the Russian and Japanese governments were in America (1905) on invitation of the President, negotiating peace between their countries, Baron Komura was taken ill. A student reports that Mrs. Eddy assigned him to handle the lie of disease and to know that medical thought could not hurt the Baron. She further told him to get another student to handle mesmeric influence so that it would be seen that only one Mind operates. In addition he reports that he was assigned to tell the Christian Science Board of Directors that they would be held personally and individually responsible for the Japanese delegate's restoration to health.

This was accomplished; and after peace had been signed, the students concerned were congratulated on the ability they had shown to see the matter brought to a peaceful solution.