

SCIENTIFIC PRAYER

by

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This transcript is based on the Christian Science textbook
Science and Health with Key to the Scriptures
by Mary Baker Eddy
Discoverer and Founder of Christian Science.

Unless otherwise noted, the quotations in this transcript are from
the writings of Mary Baker Eddy.

All quotations from the Bible are from the authorized King James version.

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Is there an answer to the growing evil that today threatens to engulf mankind? Is there something that can check the crime, corruption, war, famine, sickness, and despair spreading throughout the world? These challenges are no longer off in some distant time or place. They are affecting the lives of each of us here and now. It is our own health and safety, supply and freedom that are being threatened. It is our own family and employment, church and country that are being shaken to the core. And the human intellect has been unable to supply lasting solutions to the breakdown that seems to be taking place in our society.

While there appears to be no human answer to these urgent needs, there is a spiritual answer to them. Christian Science offers a form of prayer that meets every human need. Since the discovery of Christian Science in 1866, by Mary Baker Eddy, millions have experienced the healing power of scientific prayer. Thousands of testimonies found in Christian Science literature record healings of blindness, deafness, cancer, heart trouble, broken bones, mental illness, nervous breakdown, alcoholism, smoking, drug addiction, grief, loneliness, lack, and much more. No other thing on earth has accomplished so much good in this age as Christian Science. Not since the days of early Christianity has there been such an outpouring of spiritual blessings into the lives of those seeking healing and spiritual enlightenment.

These healing works show that something incredibly new and different has been introduced into world consciousness — something that offers a workable solution to individual and world problems.

Few people at this time understand Christian Science — what it is or how it works. Many who know about it, wish they knew more. One thing appears certain. As the world problems grow more demanding and human answers fail us, people everywhere will be willing, even forced, to resolve their difficulties through divine means. To do this, they will need the scientific approach to prayer taught in Christian Science.

What kind of prayer accomplishes such far-reaching results? Scientific prayer is based on a very advanced form of intelligence.

It is a method of prayer that must be understood if healing is to be realized. We cannot explore in this discussion the whole of Christian Science, but we can focus on one all-important aspect of it — the approach to prayer that brings healing. How do we pray in order to demonstrate this healing power in our lives?

Simply stated, healing in Christian Science involves first: a study of the teachings of this Science; and second, a scientific form of prayer based on these teachings.

The teachings of Christian Science are derived from the Bible. They are thoroughly explained in the Christian Science textbook, *Science and Health with Key to the Scriptures*, and other writings by Mary Baker Eddy. These teachings enable us to pray scientifically, and to heal through spiritual means alone. When these writings are care-

fully studied, they introduce into consciousness a spiritual view of God, man, and the universe — one that is the opposite of today's material viewpoint.

The material viewpoint of man and the universe has become so strongly entrenched in world consciousness that evil and matter seem to be a power greater than God. Man appears to be the helpless pawn in a universe of material cause and effect. Good and evil are no longer clearly defined opposites. The fear and confusion produced by this moral breakdown passes away as Christian Science is understood and demonstrated.

Christian Science Explained

Christian Science makes a very clear separation between good and evil, Spirit and matter, reality and unreality. It establishes God, good, as the *only* power, the *only* cause. God is omnipresent, omnipotent, omniscient Being, the one Mind, the divine Principle, Love. Man and the universe, spiritually discerned, are a creation of divine intelligence and substance. God is the one all-harmonious cause, and man and the universe are the one all-harmonious effect of this cause. Together they comprise the whole reality.

In Christian Science, evil, or animal magnetism, is shown to be unreal and temporal. All that is evil, discordant, sick, sinful or limiting, is not of God, good. Evil is an illusion of the material senses that originates in the belief in a power apart from God. It has no life or principle, no truth or intelligence, except that which the unenlightened human mind gives it. All that is evil in consciousness is temporary and erroneous. All that is good is Godlike and eternal.

These few facts give only a brief outline of the spiritual ideas found in Christian Science. Thorough study unfolds the full scope of its teachings. As these ideas are understood, the allness of good and the nothingness of evil become scientific facts. As you learn to pray scientifically, you understand how prayer can be the means for resolving the challenges of today.

The Prayer of Affirmation and Denial

There are many ways of praying, and healing can come through any one of them. But the form of prayer unique to Christian Science is the *prayer of affirmation and denial*. This is more than a passive, pleading prayer to God for help. It is a conscious effort to destroy mortal, discordant, material beliefs in consciousness, and to realize more of the immortal, harmonious, Godlike qualities within. You are involved in an earnest struggle to exchange the material viewpoint for the spiritual through mental argument. You confidently *affirm* the power and reality of God, good, and vigorously *deny* the power and reality of evil. You consciously argue *for* the Truth and *against* the error in your own thinking.

This method of prayer brings about radical changes in consciousness. It counteracts and destroys harmful, discordant, suffering thoughts and emotions, as it unfolds the immortal truth of being. This change of thought results in spiritual healing, as improved thinking manifests itself in better health, greater happiness, increased good.

This is a very simplified version of scientific prayer, but even a limited use of this form of prayer can bring about impressive healings. However, if scientific prayer were

this simple, it would be more widely accepted and more successfully used than it is. Actually, there is far more to praying scientifically than what is given in this brief outline.

The Footsteps to Successful Prayer

Although study and prayer in Christian Science spiritualize thought, this spiritualization of consciousness does not come easily. Science is so profound that it requires systematic, intelligent thinking to be understood. A firm faith in the teachings of Christian Science is a preliminary step towards demonstrating it. But ultimately you must take up the work of exchanging faith for spiritual understanding if your healing work is to be reliable.

This task can be very rewarding when you know how to go about it. Christian Science is so infinite a subject and each person's needs are so varied that the approach to this work must be individual. Each has his own path to follow and his own spiritual lessons to learn. Yet certain requirements in this work seem to be basically the same for most of us. To pray most effectively, the following points need to be considered:

- 1. Make enough time each day for study and prayer.*
- 2. Use this time to pray for yourself.*
- 3. Examine your thoughts to uncover ungodlike elements in consciousness that obstruct spiritual progress.*
- 4. Make a thorough study of Christian Science so that you can pray intelligently.*
- 5. Use scientific prayer to destroy the error within and to spiritualize consciousness.*
- 6. Expect healing results from your work.*

As we explore each of these points, you should adapt them to your own individual approach to prayer. These six points are offered as a guide, not a formula, in learning how to demonstrate Christian Science.

1. MAKE ENOUGH TIME EACH DAY FOR STUDY AND PRAYER

The study of Christian Science is the search for an understanding of God. This prayerful work is an educational process that continuously unfolds the deeper things of God. Through study and prayer, you can discipline yourself to think with divine intelligence. God's thoughts become your thoughts, as He communicates with you subjectively through the unfoldment of spiritual ideas.

One of the first requirements for gaining spiritual understanding is *time* — large amounts of uncluttered, unpressured thinking time in which to be alone with God. It is possible to learn the letter of Christian Science through a general reading of Christian Science literature. But too often the mere reading of Science does not convert theory into spiritual understanding, and so Christian Science remains for the most part a theory, rather than a practical form of divine intelligence that heals and transforms

consciousness. An understanding that converts the letter to Spirit comes only as you make *time* and *space* in consciousness for the unfoldment of divine ideas. Spiritualization of thought comes when your mind is quiet, thoughtful, listening, receptive to the inner promptings of the “still, small voice.” If you make divine metaphysics the focal point of thought several hours each day, you should experience a flow of inspiring ideas that counteract mortal beliefs and spiritualize consciousness. These ideas gradually grow into a body of divine intelligence that is the foundation of spiritual healing.

To gain this understanding, you must make time for God and approach this spiritual work in the proper frame of mind. The ability to concentrate long and hard on divine metaphysics is a talent that must be cultivated. Such prayerful work is not compatible with an extremely active, materialistic life-style. It is futile to try to cultivate spirituality through snatches of time given to Christian Science throughout the demands of a hectic day.

A mind filled with the activities and demands, pressures and problems, of a complex life cannot concentrate exclusively on spiritual things long enough to experience any lasting unfoldment. The excitement churned up by an extremely active life is not turned off and on at will. You may open your books to study, but if your frame of mind is chaotic, it will rush on making plans, outlining new projects, thinking about present problems, rehearsing old ones, mentally conversing or arguing with others, thinking of things that must be said or bought or done.

The daily stimulation of television, newspapers, books, and movies, intrudes upon the mind and prevents steady concentration. Involvement in family obligations, church duties, as well as endless other diversions, pull thought away from your spiritual work. You may go through the motions of study and prayer, but if you cannot let go of your preoccupation with the world, your mind will continue to cover the same mental terrain in the same pattern day after day. The same thought patterns remain, because there is no spiritual unfoldment to change them. And so the same problems continue in one form or another.

Before healing can come about, thought must be spiritualized. Before thought can be spiritualized, *you must provide the time and space in consciousness for the unfoldment of spiritual ideas.*

Excuses for Not Praying

This seems like such a simple point to make, and yet the excuses and reasons for not finding time to study and pray are endless. For example, the home situation is not favorable to study. Family and work demand all our time. We need companionship. Instead of withdrawing from the world for inspiration, we should get out and let our light shine. We need diversion and relaxation in hobbies, sports, and entertainment. Creative pastimes such as painting, writing, music, etc., are enriching and fulfilling. Work in civic, social, and religious organizations is necessary to forward these organizations and help those in need. And there are times when problems seem so demanding or so overwhelming that we can't turn away from them long enough to learn the truth that will heal them.

These excuses all seem legitimate. However, until you make time for God, the discord and limitation of mortal existence will remain, because you do not know how to heal them through prayer. The thinking that causes the problems cannot heal them; and if

the thinking goes unchanged, the problem remains. Only through scientific prayer can you destroy the thoughts producing them. I stress this point — making time for God — because *all spiritual progress begins here*. Even under the best circumstances, the spiritualization of thought is neither quick nor easy. And yet it is the only way out of mortal discord and suffering. We think our way into heaven. There's no other way into it.

Examples from the Past

Great spiritual leaders of the past spent long periods alone with God in preparation for their work. Moses was alone with his thoughts for forty years before leading the Children of Israel out of Egypt. Christ Jesus withdrew into the wilderness and mountains to find the solitude he needed to hear God's voice. Mary Baker Eddy found this same quiet thinking time in the hills of New England.

What were they doing in these times of solitude? Isn't it possible that they were thinking, praying, struggling with the boundaries of their own minds until they pressed through the material veil within and saw the universe of God's creating? Each of them told of the need to let go of the world in order to gain spirituality. Moses said, "Thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might." Jesus said, "Ye cannot serve God and mammon. . . But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." Mrs. Eddy writes in *Science and Health*, "A great sacrifice of material things must precede this advanced spiritual understanding."

If you want spiritual understanding, you must work to achieve it, and this means sacrificing the material things that deprive you of enough time for prayer and study. By screening out unnecessary commitments, by giving up things you want to do, and by going without things you want to have, you can simplify your life to the point where you have an adequate amount of thinking time. Your mental state is quiet. You can concentrate on divine metaphysics and listen from within for God's voice.

When you sacrifice worldly things in order to have time to do spiritual work, you will soon notice a change in your thinking and in your life. In this quiet time, spiritual ideas unfold that heal and protect you from sickness, disease, and accidents. Chaotic, disturbing, limiting experiences that fill day-to-day life with struggle and frustration fade away. Your prayerful work unfolds answers to problems that appear to have no solutions. It prevents the antichrist influences, so aggressive in world consciousness, from entering your thoughts. It destroys the ungodlike elements that already seem to be there. And it pours into your life more good than any human plan could hope to accomplish.

The Healing Results of Prayer

The healing power of this prayerful work is seen in the experience of a Christian Scientist who had a very nervous disposition. This condition was often so aggressive that she found it difficult to be still for any period of time. She was constantly driven to be busy. Underlying this incessant activity was a sense of insecurity. Because of her love for Christian Science, she began giving some time each day to reading and prayerful meditation for herself.

One evening, as she was reading, she began to glimpse God's universal love for man. The idea came to her that in the whole of God's universe there was not one critical thought; there was no conflict, no criticism, no disapproval. The law of Love was the divine Principle underlying all true being. This idea brought with it a better understanding of God's love for her. With this, came a sense of peace and tranquility she had not known before. She felt very quiet, secure and loved. As this change in consciousness remained and grew stronger, she realized that she had been healed of the belief of nervousness.

In analyzing this healing, she saw that the nervousness was the result of a fear of criticism. When the mental cause was destroyed through spiritual unfoldment, the outward manifestation of nervousness disappeared. No human reasoning could have uncovered this belief and destroyed it as effectively as did the truth that came in this quiet time she spent thinking about God. This healing led to many other healings of false traits as she continued to give time each day to the study of Christian Science.

Such healings are available to all of us. When you discipline yourself to shut out the endless diversions that would deprive you of time alone with God, when you refuse to make excuses for neglecting your study and prayer, when you overcome a feeling of guilt because you do not appear to be busily engaged in some "productive work," then spiritualization of thought can begin in earnest. Others may not understand this consecration to God, but you cannot be concerned with what they think. What greater love can you have for them than to come out from the world and spiritualize your own thinking enough to heal yourself and others? As you establish enough time for study and prayer, you can give order and direction to this work to ensure that it brings about healing results.

2. USE THIS TIME TO PRAY FOR YOURSELF

It is important to have healing results from your prayerful work in Christian Science. Healings are a measure of spiritual progress. Your practice of Christian Science begins with the healing of your own state of mind. Spiritualization of thought begins when you learn to pray *for yourself*. The importance of relating this prayerful work to your own needs cannot be emphasized too strongly. When you shut out the world each day and give full attention to your own spiritual unfoldment, you work at the point where continuous healing is possible. In working for yourself, your prayerful work is not diffused over a number of problems — family needs, friend's needs, world needs. It is concentrated on one single objective — that of *spiritualizing your own consciousness*. In praying for yourself, your work takes place in a mental area where healing can be most easily achieved.

Once we experience the healing power of prayer in Christian Science, we may feel obligated to pray for others who need healing, but cannot, or will not, pray for themselves. While others do need our prayers, we can become overwhelmed and overburdened with the responsibility of helping them, or of working out the problems they impose upon us. When our prayerful work is spread over too many minds, and too many discordant situations, it can be so diluted that it loses its effectiveness. Thus, it produces little or no healing.

When you let go of a sense of responsibility for others and work more for yourself, you begin to demonstrate Christian Science in your own life. You may soon find that this method not only heals you, but others as well. I remember the unexpected results I had when I first began working primarily for myself. I had many personal problems that would not yield to my general work for them. Then one day, feeling very discouraged and worn down with the burden of trying to resolve these claims, I let go of the individuals involved and the problems they seemed to be posing. I gave up feeling responsible for resolving their problems and left them with God. I turned to the books and worked for myself. I prayed simply to know God better. When I did this, the personal problems began to disappear.

Focusing almost entirely on your own spiritual growth is not selfish, but practical. It brings healing upon healing into your experience, and equips you to help others more effectively because you have first proven the truth in your own experience.

The Three Laws Underlying Healing Work

This prayerful work for yourself makes use of the spiritual process of healing found in Christian Science. Scientific healing is based on three fundamental, but simple laws:

1. *Your thinking determines your experience.*
2. *Your thinking can be spiritualized through an understanding of Christian Science.*
3. *This improved thinking must then manifest itself in an improved experience.*

These three laws are the foundation of your healing work.

Let us examine the very simple but profound fact: *Your thinking determines your experience.* To someone uninstructed in Christian Science, this fact seems totally contrary to what the five material senses claim. It would seem that *external* causes such as fate, chance, circumstances, heredity, material laws, mortal traits, economic conditions, etc., control human existence. But if you observe the power of thought to shape your experience, you find that the conditions in your life are your inner thoughts objectified. Your thoughts move forth and create your life. Everything that exists as part of your life must first exist as part of your mind. This fact applies to all human experience, whether or not the individual is aware of it.

If a person's thoughts are predominantly mortal, he images forth a mortal life. He is born with a certain disposition, and in his early years, he develops a life-style shaped by education and environment. Upon maturity, this structure of thought is usually well established and changes very little over the years. Mortal mind images forth its own mental sphere which it calls life. Although one's life may seem shaped by external causes, the fact still remains that it is actually the conscious and unconscious thoughts of the individual manifested as his experience. Always his thoughts precede his experience.

When a person exercises little or no control over his thinking, he has little or no control over his life. He appears to live at the mercy of external forces because thought, uninstructed in spiritual ideas, manifests a mortal life.

Consider the significance of this law in the light of Christian Science. If we were actually at the mercy of causes external to our minds, then we would be helpless to overcome many discordant conditions that seem to be part of our very existence. If material laws could pronounce some diseases incurable, if social and economic conditions could limit good, if the mortal disposition of others could control and harm us, then the power of these external conditions would be too much to overcome, and we would be justified in accepting and adjusting to such claims. But Christian Science shows that the individual who is ignorant of divine metaphysics, embodies as *concrete conviction* forms of mortal mind, or animal magnetism, that produce the discord and limitation he experiences. He assumes that these problems have their origin in causes external to his mind, when they actually have their origin in his own mental views so strongly fixed in consciousness that they are manifested as his experience.

Inner Change through Prayer

Human endeavor can alter one's convictions only to a small degree. But in Christian Science, they can be completely changed as divine ideas unfold through scientific prayer. Thus, we have the second basic law of spiritual healing: *The mortal state of mind can be transformed through study and prayer in Christian Science.* Time spent each day in study and prayer can renovate the inner self, for thought is never so hardened that it cannot be made to yield to spiritual enlightenment. Even the most deeply entrenched material beliefs can be destroyed through prayer.

Christian Science brings about a transcending change in consciousness, because it introduces a viewpoint of God and man which is the opposite of the material view, and then it educates us to think in this new and different view. If the inner self is humble, flexible, receptive to new ideas, then the truth, active in consciousness, has a very potent healing effect on the mind. Prayerful study brings about a gentle chemicalization within, and leads to a gradual spiritualization of the inmost thoughts.

Through your prayerful work, you can feel this mental change take place. Fear lessens, intelligence expands, self-will yields, humility unfolds, hatred dissolves, love grows. There is a steady shifting of goals, standards, values, views, and ideals from the material to the spiritual. Ungodlike mental habits and traits diminish and disappear as the inner self is molded and remolded into a higher nature. Often you are conscious of this inner change as it takes place. Through scientific prayer, you can even take the initiative and bring about this spiritual regeneration in yourself.

It is of prime importance to recognize that this mental change is possible. In fact, it is essential to spiritual healing and growth. For a permanent healing of limited, discordant, suffering experiences, there must come a change in consciousness that destroys the erroneous thinking causing them.

We read of this mental change in Mrs. Eddy's book, *Unity of Good*: "Sooner or later the whole human race will learn that, in proportion as the spotless selfhood of God is understood, human nature will be renovated, and man will receive a higher selfhood, derived from God, and the redemption of mortals from sin, sickness, and death be established on everlasting foundations."

Through study and prayer, this renovation of the mind takes place. When this inner change occurs, then healing must be evident through the third spiritual law:

Improved thinking manifests itself in an improved state of existence. Because it is a law that your thinking determines your experience, this law works to your advantage as you progress spiritually. An improved state of consciousness *must* move forth and improve your life in better health, happier relationships, greater supply, a more harmonious existence in every way.

Mental Transformation Defined

As we study Mrs. Eddy's writings carefully, we find that she repeatedly describes the change in consciousness that must take place if we are to find lasting health and happiness. From *Science and Health*, the following passage, found on page 115, is specific in defining this mental transformation.

First, we have the "Scientific Translation of Immortal Mind":

GOD: Divine Principle, Life, Truth, Love, Spirit, Soul, Mind.

MAN: God's spiritual idea, individual, perfect, eternal.

IDEA: An image in Mind; the immediate object of understanding. — Webster.

Next, we have the "Scientific Translation of Mortal Mind", given in three states of consciousness — "Unreality," "Transitional qualities," and "Reality":

First Degree: *Depravity.*

PHYSICAL. Evil beliefs, passions and appetites, fear, depraved will, self-justification, pride, envy, deceit, hatred, revenge, sin, sickness, disease, death.

Second Degree: *Evil beliefs disappearing.*

MORAL. Humanity, honesty, affection, compassion, hope, faith, meekness, temperance.

Third Degree: *Understanding.*

SPIRITUAL. Wisdom, purity, spiritual understanding, spiritual power, love, health, holiness.

The three stages of consciousness outline the reformation we go through as we demonstrate Christian Science to its fullest. This reformation begins when we use the three spiritual laws as a guideline to this work.

Objective and Subjective Prayer

In analyzing the three basic laws, we see that healing depends on mental change taking place through spiritualization of thought. If the mental viewpoint can be renovated even a little, then some healing has been realized in the inner self. This change must then be manifested in an improved human experience. In demonstrating this purifying process, we should understand the difference between objective and subjective prayer.

Recall that the human mind is inclined to blame external causes for its problems. This being a universal tendency, it is not unusual for a student of Christian Science to begin his healing efforts by treating his problems as though they were the result of material or mental causes outside of consciousness. For example, he could blame colds or flu on the weather or germs, cancer on a virus, poor eyesight on disease, heredity, or age. He may believe that limited success is due to a lack of opportunity or recognition by others. He may view world conditions, economics, politics, social standards, racial prejudices, educational methods, etc., as external powers determining the amount of good he has. He habitually finds some *objective* cause for the discord and limitation in his life. He then prays scientifically to prevent or overcome what he assumes to be the harmful effects of external causes on his life. He uses prayerful means to overcome the discord, but he sees these conditions as originating outside his own consciousness. When he realizes healing from this work, he appears to be healing problems imposed on him by external conditions. Actually, he is healing the effects of his own thinking. His life is the objectified image of his own consciousness; therefore he is correcting the error, or animal magnetism, in his own mind, and in so doing, brings about healing. When the difficulty he is trying to overcome is not too serious, he will usually find healing through this approach. Colds, headaches, contagious diseases, sudden unemployment or relocation, an argument or misunderstanding with a friend — all can usually be healed even though he handles them as objective forms of error, for such challenges are not deeply entrenched in consciousness.

But gradually the student may realize that this approach to his metaphysical work does not affect problems or limitations that seem to be a permanent part of his experience. His efforts to overcome constant lack, a stubborn physical problem, or chronic discordant relationships, may not be too successful. Such problems may refuse to yield to his work, or they may ease for a while, or leave, only to return. Praying in an objective way is not enough to overcome these problems, because such work leaves untouched the underlying mortal traits and beliefs causing the problems. Therefore, the Scientist must examine his inner thoughts for the cause of chronic problems.

This more advanced work becomes *subjective* in nature. It involves shifting the focus of attention from the outer world to the inner self. As you become aware of the subjective nature of scientific prayer, you learn to work less with causes that seem to belong to the outer world and more with the elements of your own mind. The focal point of your healing turns away from people, things, and events to God and His ideas, and to animal magnetism and its aggressive hypnotic suggestions. You begin to uncover the error within that produces discordant conditions. This further simplifies your work because you are striving to change only your own subjective thinking, nothing more. Prayer for the subjective self, or inmost thoughts, can heal the most stubborn forms of animal magnetism. Once you succeed in this approach to healing, even to a small degree,

you begin to see that there is no problem that can forever escape the healing power of prayer, because there is no mortal belief in consciousness that is impervious to change once your prayerful work is brought to bear upon it.

In this subjective work, the spiritual ideas that unfold from your study of Science begin to penetrate beneath the surface of consciousness and change mortal thought patterns. As you understand the nature of man in God's likeness, you begin to compare how you think to how you should be thinking as a child of God. Through the prayer of affirmation and denial, you then consciously affect a change for the better in your mental atmosphere by denying the mortal beliefs and traits, and affirming the qualities of your true selfhood.

To do thorough healing work, it is important to discern the difference between objective and subjective work. If all your time and effort is spent trying to heal or protect yourself from harmful external causes, if you pray to change problems coming to you from "out there," then it is most likely that your innermost thoughts will change very slowly, if at all. But if you shut out the world for several hours each day and strive to understand God more, to know man in His likeness, and to detect and overcome ungodlike thinking *within* then you can consciously change how you think. With this consecrated effort to spiritualize the inner self, even the most defiant forms of sickness, discord, and limitation will yield to this work and disappear.

In *Science and Health*, Mrs. Eddy tells us, "Anatomy, when conceived of spiritually, is mental self-knowledge, and consists in the dissection of thoughts to discover their quality, quantity, and origin. Are thoughts divine or human? That is the important question. This branch of study is indispensable to the excision of error. The anatomy of Christian Science teaches when and how to probe the self-inflicted wounds of selfishness, malice, envy, and hate. It teaches the control of mad ambition. It unfolds the hallowed influences of unselfishness, philanthropy, spiritual love." You achieve this higher selfhood as you learn to pray subjectively.

So important is the difference between subjective and objective prayer that a simple illustration of the two would be helpful. Suppose you had fifteen apples and three children, and you wanted to divide the apples equally among them. However, you know nothing about mathematics. You might begin by having faith that there is a right answer to the problem, one that would be fair to each child. But since you are unfamiliar with division, you could only trust that a right answer is possible. Then you could reason that by giving each child one apple at a time, the apples would be equally distributed. By doing this, you arrive at a right answer. Each child gets five apples.

On the other hand, suppose you had studied math and understood division. Faced with this problem you would turn away from the outer picture and solve the problem subjectively. Then you could say to the children, "You may each take five apples." You know that the division of apples would be fair and that you could work out any problem similar to this, whether there were three children and fifteen apples or three hundred children and fifteen hundred apples.

Comparing this example to subjective and objective work in Christian Science, let's suppose you had a physical problem that was attributed to a certain physical cause. Being unaware that the cause was actually in your own thinking, you would be prone to treat it objectively, working to free and separate yourself from harmful material causes outside your own thinking. If you had great faith in your declarations of Truth and if the

problem was not too difficult, this work could bring a healing. But if the problem was very challenging and was caused by some error entrenched in the inner thoughts, this work would not be sufficient to heal it permanently. It may not even bring any noticeable results.

If you have been faithful to your daily study, you should have a foundation of spiritual understanding to draw upon at such times. You should also know that the problem is due to some erroneous thinking on your part. Thus you would turn away from the outer picture and begin to work subjectively, examining your thinking, analyzing your emotions, studying Christian Science earnestly, praying for enlightenment, and using scientific prayer to counteract any mental cause for the problem. In doing this, you would be working entirely within the area of your own mental atmosphere. If this work is thorough and persistent, it will bring about the unfoldment of truth needed to free you of the animal magnetism causing the problem. The work should produce a definite mental change within. You may even know that you are healed before there is any sign of it outwardly.

This subjective approach to healing can be applied to every need. Whatever the problem, however much it may appear to be due to external causes, the fact remains that *it is part of your experience because it is first part of your thinking*. When the mortal belief is uncovered and destroyed, and the right spiritual idea replaces it, then it is a law that this inner change must manifest itself in healing.

As you work subjectively, struggling to heal the mortal beliefs and emotions within, little by little the claims of mortal mind will loosen, break up, and slowly disappear. Belief in the reality of matter, material law, material existence, mortal man, and a material universe, will be exchanged for spiritual views of God, man, and the divine creation.

To further define subjective metaphysical work, we need to consider two main aspects of it: First, self-examination, and second, study and prayer. Further on, we will take up study and prayer, but first we need to see the importance of self-examination.

3. EXAMINE YOUR THOUGHTS

If your thinking determines your experience, then it would be good to know what you are thinking. This requires *self-examination* — looking beneath the surface of consciousness and carefully analyzing what you think in order to eliminate ungodlike traits and beliefs.

Christian Science makes a very clear distinction between the real and unreal, the mortal and immortal, Truth and error, Spirit and matter. Science enables you to know the difference between the two. Knowing this, you can pray *for* the truth and *against* the error in your own consciousness.

Self-examination is not a deeply involved psychological undertaking. It is a simple and direct endeavor to use Christian Science to spiritualize the whole of consciousness. You can accomplish real and lasting changes in the way you think if you take the initiative, examine your thinking, and detect and reject the animal magnetism within until it yields and disappears. In *Unity of Good*, Mrs. Eddy states, “Mortals, if at ease in so-called existence, are in their native element of error, and must become

diseased, disquieted, before error is annihilated.” If the desire to spiritualize consciousness is sincere, you will be increasingly thorough, honest, and accurate in comparing your mental atmosphere to the Godlike state of consciousness that you should be expressing.

A casual study of Christian Science is not enough to destroy the many forms of animal magnetism within, or to achieve a spiritual state of thought. Purifying thought requires much introspection, for erring traits and material beliefs are often hard to define, and they can be stubborn in yielding to your work. They are also intermingled with the good within, so that you think in them effortlessly. Many forms of mortal thinking become an established part of the inner self at an early age. They are conditioned thought-patterns that do not lessen or disappear with the passing years. In order to be free of a mortal selfhood, you must come to know yourself, plumb the depths of your mind, analyze hidden thoughts, discern erroneous mental habits, and then correct them through prayer.

Three Levels of Mind

To succeed in this work of self-examination, it helps to visualize the mind as having three levels, similar to the shells of an onion. The outermost level, or surface shell, is composed of specifically defined thoughts and emotions as they relate to the outside world. The middle level contains the traits of character that comprise your personality. The inner level contains your fundamental convictions about God, man, and creation. These three layers are interrelated and contain the thoughts that determine your experience. You should analyze each level in order to renovate the whole of consciousness.

The outer level is the visible expression of your human selfhood. In this level, you express yourself in specific ways — your appearance and mannerisms, the way you talk to others, the type of work you do, how you do it, how you work with others, the kind of friends you have, the way you handle your finances, the kind of home you have, the hobbies and interests you pursue, etc. This level is the concrete expression of your own unique individuality — your opinions, values, morals, goals, ambitions, intellect, talents, tastes, desires, abilities, and skills. Through this level, you relate to others, and they relate to you. Through this level, you gather your impressions of the world, and image forth the expression of yourself to others.

When healing takes place in this upper level of consciousness, you are healing the outermost effects of your thinking. If the problem is not too serious, it will yield to your prayerful work and disappear. If this occasional use of Christian Science is all you want from it, then your understanding of this Science will be limited. When no serious problem is pressing, you may be inclined to ignore the need to study and pray daily. Your reliance on God is more akin to faith healing than scientific healing, for it leaves untouched the more tenacious beliefs of animal magnetism in the second and third levels of consciousness. When a serious problem arises as the result of chronic wrong thinking in these deeper levels, you will find that you do not have the spiritual understanding required to heal it. If you do not make the effort to understand and live the deeper teachings of Science, then you are limited in your use of it, and you may find yourself adjusting to difficulties rather than healing them.

Mental Elements in the Middle Level

If you want to make a better demonstration of Christian Science, you must become more introspective. This means going beneath the surface of the mind and analyzing the contents of the middle and inner levels. The middle level contains the mental elements that comprise your human disposition, your mortal and immortal thoughts and feelings; the Christ and antichrist; varying degrees of love and hate, selfishness and unselfishness, human knowledge, intelligence and wisdom; positive feelings of compassion, forgiveness, gentleness, goodness, and negative emotions of hardness, hate, pride, envy, fear, animosity, and selfishness.

The middle level may embody many spiritual qualities. Man in Christian Science is defined as good, loving, generous, gentle, understanding, moral, patient, honest, just, lawful, orderly, intelligent, wise, creative, joyous, strong, beautiful, gracious, pure, healthy, happy. These and other spiritual qualities are present here and now in everyone. This level also contains the erroneous traits and material beliefs of mortal mind. In this level are forms of animal magnetism that are so common that we never question whether they are right or wrong. We believe in the power of evil, fate, chance, and luck. We have a material philosophy that claims man and the universe are governed by material laws. We have certain superstitions, traditions, opinions, notions, and prejudices. We have a structure of material intelligence formed not only through formal education, but also through daily exposure to the universal belief in the reality of evil and matter.

Also in this layer are the animal magnetic emotions that claim to be part of us. In *Science and Health*, evil is often defined in such terms as depraved will, mad ambition, hate, fear, envy, jealousy, lust, false appetites and passions, revenge, dishonesty. These terms suggest that animal magnetism can be easily detected. Sometimes it is painfully apparent — usually more in others than in ourselves. But in the predominately good person, sickness, disease, or discord often come from mortal emotions seemingly so small, so insignificant, so universally accepted as part of human nature, that they are not necessarily recognized as the cause of the problem. The basically good individual may excuse these errors as human weaknesses that he must overcome someday. He may identify with them as his human personality, and cling to them as being desirable. He may even be proud of them.

Some of the mortal emotions most common to human nature are selfishness, self-righteousness, self-will, self-love, self-justification, laziness, fear, sensitiveness, resentment, inferiority, pessimism, hurt feelings, disappointment, loneliness, insecurity, inadequacy, guilt, self-pity, self-condemnation, feeling unloved and rejected, hate, animosity, revenge, impatience, irritation, unforgiveness, distrust, anger, temper, unkindness, domination, disapproval, haughtiness, envy, jealousy, criticism, greed, covetousness, suspicion, hypocrisy, deceitfulness, dishonesty, egotism, coldness, aloofness, exclusiveness, hardheartedness, aggressiveness, sensualism, parsimony, childishness, impetuosity, stubbornness, triviality, pettiness, quarrelsomeness, etc.

Harmful Effects of Negative Emotions

I cannot emphasize enough the importance of uncovering and correcting the many forms of animal magnetism hiding in this second level of consciousness. They seem very insignificant, yet constant indulgence in mortal traits and emotions can have disastrous effects on health and happiness. A chronic mental habit which seems a normal part of human nature often causes a painful physical problem that will not heal. These traits and beliefs are not to be taken lightly. They obstruct spiritual unfoldment while producing every kind of discord.

We do not realize, until we study Christian Science, the importance of examining our inner thoughts. These mortal traits and beliefs are negative and produce negative effects in the outer life. Each time we indulge in such emotions as animosity, impatience, fear, etc., it has an adverse effect on our entire being. Whether or not we express these emotions outwardly, they are keenly felt in the inner self where they produce a destructive effect on the body.

It may seem natural to be afraid or resentful or critical over the daily trials that occur. But constant indulgence in what appears to be the most justified mortal emotions can eventually extract a very high price. Mortal emotions have an adverse effect on our physical body. If such emotional experiences happen frequently, the body does not have time to recover from one stressful experience before a second and then a third is inflicted upon it. Months or years of giving in to destructive emotions erodes health. The body's functions are impaired, and sickness and disease begin to appear.

Sometimes sickness-producing traits have been part of our mortal personality for a very long time, and the physical breakdown has just recently come about. The two do not appear to be related, and we are mystified as to the cause of an illness and its resistance to our prayerful work. In our ignorance, we may blame it on material causes outside of our own thinking. But with a deeper study of Christian Science, we can sift through the inner thoughts, and detect the error lurking there. We can then strive through prayer to reform the wrong thinking and express Godlike qualities in its place. Through this earnest desire to reform, regeneration takes place, and the physical problem must heal. This method of working will heal every form of suffering and limitation.

Great spiritual growth comes through the daily struggle to be loving, patient, forgiving, gentle, kind, and compassionate, to have more intelligence, wisdom, and understanding, to express more humility, joy and expectancy of good, to manifest more honesty, courage, trust, and obedience to God.

In this struggle to put off the old and put on the new, we grow more astute in separating the ungodlike elements from the Godlike qualities in this middle level. We learn how to pray to change and purify our inner self. If our prayerful work is affecting change in this middle level, then we can realize healing of even the most stubborn difficulties. The upper level of consciousness is the effect of the quality of thought embraced in the middle and inner levels. Problems that originate in these inner levels must be healed there.

The Material and Spiritual Viewpoint

As we become more introspective, we discern that the contents of the middle layer are formed by the material or spiritual viewpoint of God and man that we embrace in the inner layer. Some philosophical view of the universe and man always exists at the heart of consciousness. Today, world consciousness embodies a very strong materialistic, humanistic philosophy. The scientific age has brought about a material concept of creation which is now accepted as fact. The natural sciences are based on the seeming reality and power of matter and material law. They depict man as a biological organism who lives at the mercy of material cause and effect, and is wholly dependent upon matter for his life.

To the darkened mind, this view is the real one. The individual feels encased in matter and subject to its laws. He thinks of the universe as wholly material, the product of the mindless forces of matter. He has fixed illusions about the reality of sickness, fate, chance, lack, discord, and death. If the inner self embraces this material concept of man and the universe, it rejects God as a living presence and power, an “ever-present help,” and adopts the “survival of the fittest” attitude of life. When one believes that matter and its laws are the governing forces of all things, and that the power of evil is equal to or greater than the power of good, he embraces a harmful negative viewpoint in the inner self which shapes the other levels of the mind. Such inner darkness inevitably creates fear, hate, selfishness, confusion, insecurity, and many other ungodlike emotions which in turn produce a discordant mortal life.

With the teachings of Christian Science, this inner layer is gradually transformed until it contains a spiritual viewpoint of God, man, and the universe. This Science denies the reality and power of evil. It explains logically the non-existence of matter and its laws. It refutes the claim that man is a mortal, originating in dust and sensualism. It teaches that God, good, is the ultimate power and presence, the only cause and creator. Man is the effect of this one perfect Mind, the beloved child of the one Father-Mother God. This Science also adds to the universe a spiritual dimension that governs reality through spiritual cause and effect. As Science is carefully studied, it illumines the mind with truth, filling the inner level of consciousness with spiritual vision and understanding. This regenerates the middle level, replacing material beliefs with spiritual understanding, and mortal traits with immortal qualities. And this spiritualization of thought then moves forth to heal and bless one’s entire sphere of being.

It is a struggle to go beneath the surface of the mind, and search out the error in these deeper levels. But once you accept the challenge, take the initiative, examine the inmost thoughts in the light of Christian Science, and replace error with truth, then the full healing potential of Christian Science can be realized.

The Discoverer of Christian Science refers often to the importance of self-knowledge. In *Miscellaneous Writings*, she writes, “Self-ignorance, self-will, self-righteousness, lust, covetousness, envy, revenge, are foes to grace, peace, and progress; they must be met and overcome or they will uproot all happiness.” Of the mixture of the mortal and immortal in consciousness, she writes, “Clothed, and in its right Mind, man’s individuality is sinless, deathless, harmonious, eternal. His materiality, clad in a false mentality,

wages feeble fight with his individuality, — his physical senses with his spiritual senses. The latter move in God's grooves of Science: the former revolve in their own orbits, and must stand the friction of false selfhood until self-destroyed." In this same book we read, "Examine yourselves, and see what, and how much, sin claims of you; and how much of this claim you admit as valid, or comply with." Self-examination is an individual task. Each of us has his own combination of mortal beliefs to uncover and overcome. But when we do our part in this work, God works with us to show us the way. We are never alone in this passage from sense to Soul. As we uncover the errors within, our study and prayers provide us with the truth to heal them.

4. THE STUDY OF CHRISTIAN SCIENCE

Analyzing the inner self does not necessarily heal it. A serious study of Christian Science is essential to heal error in consciousness, once this error is uncovered. Study makes the truth active in thought. It enables you to discern the difference between the aggressive mental suggestions of animal magnetism and the spiritual ideas of divine Mind. Human reason, intellect, and judgment, cannot spiritualize consciousness, nor can the human mind destroy the mortal beliefs that claim to handle it. Only Christian Science can do this.

Every sincere student of Science studies the Bible and Mrs. Eddy's writings. But it seems too often Science remains a theory divorced from much practical use in daily life. Sometimes too, the student becomes so absorbed in analyzing error in himself and others that he does not progress beyond that point to the work of destroying the error. In such cases, he may have a very good theoretical concept of Christian Science and the ability to detect animal magnetism, but he does not use Science in such a way that he destroys the error and realizes healing.

A Practical Approach to the Healing Work

It is all-important that we work for healing. At the same time, we need to have a practical approach to this healing work. Instantaneous healing is always desirable. Healing incurable disease is impressive proof of the healing power of prayer. We should yearn to do such healing work. But in the beginning, it is important that our goals do not exceed our present abilities.

You should strive for healing where demonstration is most possible for you. In examining your thinking, you should be able to find specific errors that you can overcome in your present work.

Are you handled by constant criticism? Anger? Fear? Are you afraid of the weather? Unpleasant experiences? Loneliness? Are you emotionally upset by the actions of others? Do you have a constant fear that things will go wrong? Do you feel a victim of circumstances? Do you believe you must age? Have a limited income? A limited intelligence?

When you detect such beliefs within, you have a specifically defined form of animal magnetism to overcome. As you struggle to replace each false belief with the truth, you bring about changes in your consciousness, because you are working where your understanding is equal to the problem.

Preparation for Praying

Spiritual understanding comes through study and prayer. It begins with *reading*. Constant reading of Christian Science is the first step towards spiritual regeneration. Perhaps reading seems too simple a requirement if you have been reading Christian Science for years. But it is possible that this reading has not been focused on healing specific claims. You need to read and study with the intention of realizing healing. The Bible and Mrs. Eddy's writings are so profound that we never complete our study of them. So powerful are the truths in *Science and Health* that reading alone can bring healing if you are trying to demonstrate the truth it teaches.

It is essential to read *Science and Health* many times, study the separate chapters, ponder the powerful statements given in Mrs. Eddy's other writings. Also you can read the many writings on Christian Science available through The Bookmark. These inspired books and transcripts unfold the practical teachings of Christian Science. This reading material is broad in scope, and can introduce healing ideas into consciousness.

As you study the written Word, you should begin to sort out in your own mind views that agree with these teachings and are spiritual in origin, as well as views that conflict with them and are material beliefs.

Scientific Prayer Defined

Through reading, you become familiar with the teachings of Christian Science. Then you can give some order to your study so that you can pray effectively.

Scientific prayer consists of two parts: the affirmation of truth and the denial of error. When you affirm the truth, you acknowledge what is true about God, man, and the universe, and then you can develop the spiritual viewpoint. You *argue for* the spiritual qualities, laws, and energies of the one Mind. You affirm the harmony and perfection of man in God's likeness. You realize the oneness of God and man as cause and effect. When you deny animal magnetism, you *argue against* mortal beliefs and emotions, sin and discord. You deny the existence of matter and its laws. This work is done to change, purify, and spiritualize the inner self.

To pray intelligently, you should begin with a study of all that is written about God together with and the terms used for God in the Bible and *Science and Health* — terms such as I AM, the one Father-Mother God, the omnipresent, omnipotent, omniscient Being, the one cause and creator. Also the seven synonyms that Mrs. Eddy uses to define God are especially important — Life, Truth, Love, Spirit, Soul, Mind, Principle.

A careful study of each synonym with its attributes unfolds an understanding of God's real nature. As you study Life, many qualities seem to apply to this particular synonym. Life is indestructible, inexhaustible, immutable, immortal, eternal, joyous, blissful, complete. Truth is reality. Only that which is of God is true and real. Truth

manifests honesty, integrity, moral soundness, justice, mercy, righteousness. Love is the tender, caring, all-giving, all governing power of creation. Love expresses the Motherhood and Fatherhood of God. Mind is intelligence, wisdom, and understanding. The universe and man are created and governed by the intelligence of the one Mind. Spirit is substance, the spiritual cause creating and maintaining man and the universe. Soul is ego or identity, bestowing on all things beauty, individuality, goodness, grace, harmony, and perfection. Principle is law, giving to creation stability, order, unity, plan, and direction.

This is a very abbreviated illustration of how the synonyms can be used to define God. Through your work with the synonyms, God comes to mean something to you. When weeks and even months are spent studying the synonyms for God, these words begin to acquire a special depth, luster, and meaning that cannot always be gained through a general reading of Christian Science. Gradually God becomes a tangible Being. This thorough study helps you to know what God is and what He is not. You can then make the separation between good and evil with more understanding, and you will be able to pray with more strength and conviction.

It is also useful to study the definition for man as an idea of God. The study of the synonyms and their attributes reveal the nature of God and also the nature of man in His likeness. What is true about God, is true about man, for God and man are one as divine cause and effect. Man is the effect of God's being, the expression of God's love. He has, as his true identity, only the spiritual qualities of God. Christian Science defines the spiritual nature of man in such terms as love, gentleness, purity, wisdom, intelligence, spiritual understanding, honesty, integrity, humility, beauty, obedience, immortality, health, harmony, perfection — all that is good and Godlike. A thorough study of the subject *man* reveals that man is perfect, existing in a perfect universe, living a perfect life, governed by one perfect cause, God. As this spiritual concept of man begins to penetrate the inner self, you are able to separate good from evil, and to argue convincingly for the truth and against the error within.

It is also necessary to study what Christian Science teaches about the universe. If you visualize man as an idea of Mind submerged in an environment of harsh, cold, non-intelligent laws of matter, you are embracing within two antagonistic views. You must discern spiritual man existing in a spiritual universe. The universe is because God is. The infinite Love that unfolds and sustains creation is All-in-all. Christian Science reveals the spiritual nature of creation. You are not working to change creation from a material to a spiritual state. You are only trying to understand it as God made it — spiritual and perfect.

When you pray scientifically, this study enables you to argue mentally for the power and presence of God through the synonyms, for the spiritual nature of man in His likeness, and for the harmony and perfection of the universe of God's creating.

The negative part of scientific prayer involves a strong denial of evil, or animal magnetism. Having affirmed God and man through the synonyms, you must now argue against all that is harmful, sick, sinful, discordant, limited, and ungodlike in your thinking. To do this most successfully, you should study all that is written on evil, animal magnetism, error, and other terms used in Christian Science that define the antichrist, and also all that is written on matter and its laws, material cause and effect, mortal man and the material view of creation. Mrs. Eddy calls animal magnetism nothing, but she does

not mean that it is to be ignored. Rather, it must be resisted and denied until its hypnotic suggestions are destroyed, and it does, indeed, fade into nothingness. Understanding the hypnotic nature and methods of evil further expands your ability to separate the real from the unreal. Then you can argue against evil with such conviction that you can be free of its claims.

After some months of research into these main subjects of Christian Science treatment, you should find that the truths unfolding are applicable to the specific errors in consciousness that you are trying to heal. In striving to overcome these errors, you may also look up passages and search out articles that apply to these claims. This special research done against the background of general study brings to light ideas that make your prayerful work very effective. Your work is related to your own thinking. When Truth is poured into consciousness in this way, even the most defiant forms of animal magnetism eventually pass into nothingness, and healings of great significance take place.

Christian Science — An Educational Process

In *Miscellany*, Mrs. Eddy tells us, “Progress is spiritual. Progress is the maturing conception of divine Love; it demonstrates the scientific, sinless life of man and mortal’s painless departure from matter to Spirit, not through death, but through the true idea of Life, — and Life not in matter but in Mind.”

Our work in Christian Science is progressive. There are simple truths that even a child can use to heal, and often our healing work begins with these simple statements. But if we are faithful to study and prayer, we grow to the point where we understand the more profound statements of *Science and Health*, and perform the healing works that such understanding makes possible. As you expand your insight into Christian Science, you *know* that God is All; that man is here and now perfect; that there is no power or reality in evil or matter; that the universe and man are spiritual, not material. You are always progressing into more advanced ideas because the work of demonstrating Christian Science is an educational process. In the beginning, you use the simple statements of truth to overcome the lesser errors, and then you build on this understanding until you are able to demonstrate the advanced ideas that give you dominion over the whole of mortal mind.

It may help to have an illustration of this point. Suppose we asked a physicist to explain Einstein’s theory of relativity to us. He could spend hours explaining it, covering a blackboard with very technical equations. When he finished, he would have understood everything he said, but we wouldn’t have understood any of it.

Suppose we begin to study math and physics. We would begin at a level where we could understand what we were studying. In the beginning, our knowledge of math and physics would be almost nil. But as we study mathematical and scientific principles, they appear in consciousness as clearly defined ideas. At one time we do not know them, and then we do. In this way, we learn specific ideas. These ideas are concrete forms of intelligence because we understand them. We can always use them with correct results.

As this knowledge expands, it begins to change how we think. We begin to reason intelligently about physics. Each day we learn new information, and solve problems that are increasingly difficult. Gradually, we lay a foundation of knowledge regarding the

theory of relativity. Through a progressive education, we at last advance to the point where we can understand a technical lecture on relativity. Then when the physicist explained it to us a second time, we could follow everything he said.

Our education in Christian Science is similar to this learning process. In the beginning, we have great faith in its healing potential, but we understand very little of it. We may ask, How can I heal instantaneously? If evil is unreal, where does it come from? How can it be that there is no matter? When the answers to these questions unfold, they become a concrete form of divine intelligence in our consciousness. But first, we must reach the point where we can understand the answers. Until we lay the foundation of spiritual understanding that enables us to comprehend the answers, we can only theorize about them. We can, however, prepare to understand these more advanced concepts. Through study and prayer, we can generate a flow of ideas in the heart of consciousness. The unfoldment of ideas is the essence of spiritual education. At one time an idea does not exist in consciousness, and then it does. It unfolds within. God gives us these ideas. They come to us in the quiet hours we spend alone with Him. They are “God’s thoughts passing to man.”

When this unfoldment of spiritual ideas occurs, our spiritual education is taking place. God is our Teacher. He supplies these thoughts according to each day’s needs, and these ideas enlighten us concerning spiritual things. In time, some of the most mystifying statements in *Science and Health* become beautifully clear and logical. With an understanding of these advanced ideas, we overcome the most defiant forms of animal magnetism — age, limitation and lack, incurable diseases, all forms of discord. We heal ourselves. We heal others.

There is a difference between the study of relativity and the study of Christian Science, however. One is human knowledge that informs and the other is spiritual understanding that heals. The educational process for spiritual healing, in addition to study, also requires scientific prayer.

5. LEARN TO PRAY SCIENTIFICALLY

Spiritual healing is a subjective experience between the individual and God. It takes place in the inner self when the mind is receptive to God’s thoughts. It often occurs when you are engaged in praying scientifically. At such times, you withdraw from the world to be alone with God and your own thoughts. When the senses are still and the inner self is turned to God, you “deny sin and plead God’s allness.”

When you pray in this way, two things take place in consciousness: First, the unfoldment of spiritual ideas; and second, the destruction of animal magnetism. When self-examination and study are followed by silent prayer for yourself, you can experience an inspired realization of Truth through the flow of spiritual ideas within. This inspiration turns the theory of Christian Science into conviction. Truth becomes real to you and spiritualization of consciousness takes place.

Your work also destroys the animal magnetism that claims to be part of your thinking. Many forms of animal magnetism are deeply entrenched in the inner levels of the mind and do not yield to study alone. In spite of your best efforts to be rid of them,

these material, mortal views still seem more real than the spiritual. When this happens, the power of scientific prayer must be brought to bear upon the forms of evil that are resisting your work.

Through the prayer of affirmation and denial, you take the initiative and use spiritual understanding to destroy evil and realize the truth at all levels of consciousness. This prayer is a concentrated argument in which you declare what is true and deny what is erroneous in your own thinking, and you try to expand your understanding of God. You work to realize your spiritual selfhood in His likeness as you wrestle with the animal magnetism in yourself. Through strong spiritual reasoning and argument, you refute sense testimony and acknowledge the spiritual facts of being.

This metaphysical work is never stereotyped. Sometimes, it will emphasize the spiritual facts of Christian Science, focusing mainly on the nature of God as cause, and man as effect of this perfect cause. At other times, the emphasis will be placed on the handling of animal magnetism, and involve a strong denial of evil and matter in order to rid consciousness of some error. At times, this work will be generally focused on understanding God better. Day-by-day, this work should be allowed to unfold according to God's direction. Praying for an hour each day in this way can bring about such spiritual growth that gradually every kind of discord will yield to it.

Treatment Illustrated

An example of such a treatment could begin with the ideas that have come to you through your study of God. Silently, humbly, you can acknowledge what God is through study of the synonyms. You can give long careful thought to God as Life, Truth, Love, Spirit, Soul, Mind, Principle. It helps to relate these synonyms and their attributes to each other. For example, you could relate the intelligence and wisdom of Mind to the purity and power of Love, the immortality and goodness of Life, the reality and integrity of Truth, the substance and creativity of Spirit, the ego and individuality of Soul, and the law and order of Principle. All that comes to thought about God can be affirmed with the strong conviction that it is the truth. You can insist on this truth as fact. Each time you argue for the truth, you align thought with the one Mind. As you acknowledge God's power and presence as All-in-all, Truth is active in consciousness. This subjective action of bearing witness to the truth brings spiritual unfoldment and healing.

Having affirmed the truth about God, you can next establish the truth about man in His likeness. Drawing upon your study of man, you can affirm that man's true identity embodies all that is Godlike — the compassion, purity, gentleness, goodness, and power of Love; the intelligence, wisdom, and understanding of Mind; the vitality and immortality of Life; the honesty and integrity of Truth; the substance of Spirit; the identity of Soul; the law of Principle. You can recognize the perfection of man and the indestructible unity that exists between God and man as cause and effect. You can declare the health, harmony, perfection and completeness of man's true being.

It is also good to realize that the universe is an expression of God's intelligence and love, that it is sustained by the one Mind as the perfect effect of a perfect cause.

Insist mentally on these facts. Have absolute faith in them as scientific truth. Argue with vigor and confidence until the spiritual view begins to be more real than the material view.

This affirmation of Truth should usually be followed with denial of animal magnetism. You cannot ignore the belief in a power apart from God and hope to overcome the whole of mortal mind. You need to argue vehemently against evil; insist that there is no law, energy, power, or intelligence in evil, no mind supporting it and no God in it. Deny that there is hate, depraved will, selfishness, fear, sin, disease, or death. Reject the belief that evil's hypnotic suggestions can inflict material law or limitation on man. Deny matter and its false laws of cause and effect. Reason on the unreality of the specific forms of animal magnetism that you have uncovered in consciousness. Fight against the antichrist! It is your divine right and responsibility to do so. When you denounce evil and its lies in the name of God, you destroy the mental energies of evil and it collapses into nothingness. When you feel the absence of some mortal belief in consciousness, healing has taken place.

When you pray daily in this way, there will come a flow of inspiring ideas. This is the realization of truth, the spiritualization of consciousness. As these ideas continue unfolding, you are increasingly aware that God is All-in-all.

The Goal of Treatment

The purpose of this work is to change how you think. Over a period of time, you should feel a shifting of thought in your mental atmosphere. This self-induced chemicalization can bring about a distinct and beneficial change within. You will feel mortal views, human emotions, material beliefs, harmful traits, mental limitations, yield to this work and disappear. Many ingrained beliefs will yield to this prayerful work. You find that God works with you to uncover error and supply the truth that heals it. He is always at hand to inspire and heal when you do your part in praying intelligently, humbly, persistently. No belief, however stubborn it may seem to be, can forever defy this metaphysical work.

Through this work, you develop a foundation of spiritual understanding that makes the handling of specific problems easier. Just as an understanding of math can be applied to any math problem, even so, this understanding of God and man in His likeness can be applied to meet every claim. Many forms of animal magnetism that are universally accepted as normal, can be uncovered and treated until your consciousness is free of them.

Healing these deeply ingrained beliefs is not always quick or easy. They seem so much an accepted part of the mind that they need to be treated again and again before you are completely free of them. But if this work is done daily, you will find that even the most entrenched error softens, lessens, yields, and finally disappears.

In *Miscellaneous Writings*, we read of this mental overturning, "This destruction is a moral chemicalization, wherein old things pass away and all things become new. The worldly or material tendencies of human affections and pursuits are thus annihilated; and this is the advent of spiritualization."

Scientific prayer can slowly bring about a renovation of the inner self that is awesome. It is this mental change that you are seeking. You will feel it take place. The material view will yield to a transcending view of God and man, mortal traits will be replaced by spiritual qualities, and discordant experiences will fade away, if you are

praying properly. Always, the purpose of this prayer is to achieve mental transformation. When this change takes place, then healing is inevitable.

6. THE HEALING RESULTS OF SCIENTIFIC PRAYER

As you think about the ideas we have covered, this process of healing becomes very simple, direct, and practical. Through self-examination, study and prayer, you begin to use the spiritual potential within. This consecrated work brings about a gentle chemicalization in thought. Error is uncovered and destroyed. Spiritual understanding unfolds. Such mental mutations transform the mind into a more Godlike state, and then this mental change moves forth to improve your life.

This work is progressive as the inner self goes through a series of purifying phases. You will find that you do not have to keep repeating the same healing work. Once an error is destroyed, it cannot return. The healing is permanent. There is no question that such results require work, but the healings that come from this work are far beyond anything that human effort alone can accomplish. It is the way of salvation from all evil and suffering, for the unfoldment of spiritual ideas delivers us from the aggressive mental suggestions of animal magnetism. Salvation is not an instantaneous happening. The complete understanding of God does not suddenly appear full-blown in consciousness at some point in time. We think our way into heaven, and we measure our progress by our healing work.

If you pray daily, you will have healings of real significance. Some will be very quick, even instantaneous. But the results of this consistent work can also be so gradual and gentle that you cannot always pinpoint the time when some discord disappeared and some good began to unfold. You become conscious that things are improving. You can sense the change. You think differently. You feel better.

You will notice that this work affects the quality of your life. By applying the truth where demonstration is most possible, you begin to gain dominion over sickness, mental stress, discord, accidents, and mishaps. You find that false appetites such as smoking and drinking disappear. You discard the use of medication, which is incompatible with the practice of Christian Science.

You also notice a change in your relationships. In today's stressful world, daily contacts with others often provoke spoken or unspoken criticism, hate, anger, resentment, fear, frustration, and other emotions that claim to be a part of human disposition. As the true nature of God and man unfolds, it seems more natural to express love, gentleness, patience, forgiveness, understanding, unselfishness, and compassion towards others. These spiritual qualities are reflected in your relationships, and your contact with others is more rewarding and harmonious.

You will find that your life goes more smoothly. We are all familiar with the endless struggle to get things done. If your mental attitude is one of materialism, fear, confusion, irritation, pessimism, discouragement, antagonism, and impatience, then this mental atmosphere will produce a life that is stressful and chaotic. But as a better understanding of the oneness of God and man permeates consciousness, the whole mental atmosphere is healthier and happier. A buoyant feeling of well-being unfolds, and with it

the expectancy of good, rather than the dread of discord. This change in your outlook is reflected in all that you do each day. There is a distinct absence of stressful, discordant experiences, and there unfolds increased good that is tailored to the needs of that day — proof of God’s love for you.

Once your work eliminates some of these more aggressive forms of discord and your life is going well, it is tempting to rest at this point. But you should not neglect your work until the whole of consciousness is spiritualized. It is possible to heal many problems in your experience and still leave untouched most of the mortal selfhood in the middle and inner levels of consciousness. In these inner levels, the more subtle and harmful forms of animal magnetism will stubbornly persist. The need to heal the dispositional traits in the middle layer and the material viewpoint in the inner level, should be always before you.

In this more advanced work, hidden, harmful traits and beliefs begin to disappear, while the more Godlike qualities quicken within. Various forms of fear dissolve and disappear. Restless tension and emotionalism fade away. Selfishness and self-will gradually give out. Hatred leaves. These false traits do not fall away leaving emptiness within. Spiritual qualities unfold in their place. Tranquility is as much a state of mind as is stress and excitement. Poise and assurance is as mentally tangible as aggressiveness and insecurity. Divine intelligence is as concrete to the mind as is human intellect and reason. Humility is more comfortable to live with than pride and selfishness. Love is far more real than hate. As you exchange false traits for the true characteristics of your immortal selfhood, you begin to *be* spiritual man.

This transformation of the inner levels involves, at times, a hard struggle with animal magnetism. Spiritual ideas active in thought disturb the dream-like state of mortal mind. The passing away of old thought-patterns and the unfoldment of new ones is challenging. But as you pass through this experience a few times and learn to trust God to lead you safely into new states of consciousness, you are no longer afraid of these difficult times, but rather rejoice in them, for they signify the new birth.

As your mental atmosphere sheds some of these more opaque mental elements, it becomes a better transparency for God’s thoughts. Continued metaphysical work begins to destroy the material beliefs entrenched in the inner level. When we reach this stage of spiritual growth, we understand some of the most profound statements given in *Science and Health*. The entire basic structure of Christian Science gradually falls into place. With this comes the gift of healing.

CONCLUSION

Letting go of the world in order to pray for yourself does not mean a rejection of others. It is actually an unselfish labor of love, for only as you cast animal magnetism out of your own mind, can you understand Christian Science enough to heal others. When we look around at the chemicalization taking place in world consciousness, we come to realize that only this prayerful work can unfold the Spiritual Age as a universal reality. Human knowledge is not enough to turn back the error of these “latter days.” We must

press through the material limitations within and see the spiritual answers to these challenges. To “hold crime in check,” those who can pray, must pray.

This prayerful work will not only heal ourselves — it will heal others. It will prove to mankind that there is an answer to today’s search for dominion over evil. It will leaven world thought and provide an inexhaustible supply of practical ideas for meeting our needs.

This healing work is the real frontier of the future. In a world searching for answers, the power of prayer has barely been touched upon as an avenue for supplying this need. With the discovery of Christian Science, humanity at last has a spiritual and scientific means for accomplishing what neither science nor religion could provide in the past — unlimited health and abundance for all.

Today, you stand at the portals of a new age — a Spiritual Age. The world has experienced an outpouring of scientific knowledge, but it knows little about the spiritual facts of being. Christian Science brings a new dimension to man’s intelligence, and it makes spiritual healing possible for everyone. But this possibility can only become a reality as Science is utilized in the lives of individuals like yourself. Through scientific prayer, you demonstrate Christian Science. Every healing, every new insight into Truth, every struggle to live your highest concept of good, every victory over evil, signifies the first universal appearance of spiritual man. It hastens the dawn of this new age.

This work is holy. It blesses you, and through you, it blesses the world, because you offer proof of the healing power of scientific prayer. Therefore, as Paul wrote, “Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”