

ANIMAL MAGNETISM

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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What is Animal Magnetism?

In these “latter days,” how can we combat the growing evil influences spreading throughout the world? As human efforts fail to resolve the complex problems of this age, we are often caught in circumstances over which we have little or no control. The Christian of today needs a form of prayer that gives him dominion over the antichrist threatening to engulf his religion, his civilization, his very existence.

To answer this need, Christian Science provides a method of praying that actually destroys evil. Those who grasp the metaphysics of this Science to some degree have a power over animal magnetism unknown to mankind since the days of early Christianity. An understanding of this religion can reduce the most aggressive forms of evil to non-existence through spiritual means alone.

The human mind, uninstructed in Christian Science, cannot do this. Human intellect does not detect the hidden modes of evil, nor does it have the spiritual power to annihilate them. In fact, the more sophisticated man’s structure of material knowledge becomes, the more estranged he is from God, the more susceptible he is to every kind of discord.

Today evil is not as strongly resisted by Christian principles as it has been in the past. Because of humanity’s loss of faith in God, the antichrist is sweeping through the world in swelling waves of individual and universal problems, showing the effects of evil on civilization when man’s moral basis is weakened. Human goodness alone is not enough to counteract the many aggressive forms of discord and adversity we now face. Intellectualism, scientific technology, blind faith in God, human will, shallow optimism, and wishful thinking do not handle these problems effectively.

The aggressiveness of the antichrist demands of us a more consecrated effort to understand Christ Jesus’ teachings. The devout Christian needs to be better informed concerning the nature of God and the nature of evil. Then he must know how to pray scientifically in order to overcome evil with good. The destruction of evil through prayer is possible when the Bible is studied in conjunction with the Christian Science textbook, *Science and Health with Key to the Scriptures*, by Mary Baker Eddy, the Discoverer and Founder of Christian Science.

Why is Christian Science so effective in overcoming evil? What is the secret of its healing power? Mrs. Eddy, in her discovery of this Science, found a new and different approach to the age-old conflict between good and evil. This Science gives a thorough

analysis of evil and then provides the divine meta-physics that teach how to detect and destroy it. As the mental nature of evil is understood, we find that scientific prayer is not merely a better way or a different way of overcoming animal magnetism. It is the *only* way.

Over the centuries, man has been fighting evil as a reality or power opposed to God. Mrs. Eddy discovered that evil is not a reality, but an illusion of the human mind. She states in her textbook, *Science and Health*, “To grasp the reality and order of being in its Science, you must begin by reckoning God as the divine Principle of all that really is. . . . All substance, intelligence, wisdom, being, immortality, cause, and effect belong to God.” She also tells us, “The notion that both evil and good are real is a delusion of material sense, which Science annihilates. Evil is nothing, no thing, mind, nor power.”

The allness of God and the nothingness of evil can be proven as the student of this Science understands to some degree these divine metaphysics and then uses this knowledge to pray in a scientific way.

Although Christian Science defines evil as an unreality, a superficial rejection of evil or animal magnetism as “nothing” gives a false sense of security that fails to heal in times of need. We gain dominion over evil as we discipline ourselves to pray scientifically until spiritual healing takes place. Healing occurs when some ungodlike mental element is destroyed through spiritual unfoldment, inspiration, and regeneration, and mental change or purification of thought takes place.

Scientific prayer breaks evil’s hold on the human consciousness because this prayer is more than a passive plea to God for help. This metaphysical work requires that we reason intelligently on the allness of God and the nothingness of evil. It is the prayer of affirmation and denial through which we argue *for* the good and *against* the evil in our own thinking.

The affirmative statements of Truth used in this prayer are based on the Scriptures and the metaphysics found in *Science and Health* and other writings by Mrs. Eddy. This Science illumines consciousness with an understanding of God. It accurately defines the one infinite Mind or divine Principle, Love, that creates and governs the universe and man. It reveals the spiritual nature of man in God’s like-ness, awakening human consciousness to the Godlike selfhood hidden within. It adds a spiritual dimension to the universe that transcends material illusions and unfolds a higher viewpoint of creation. Positive statements of good, drawn from these metaphysics, comprise the affirmation of Truth used in scientific prayer. Such declarations are so powerful that often they are enough to heal even the most stubborn problems. The greater part of prayer in Christian Science is usually given to the affirmation of Truth, for it is the realization of Truth that heals.

But what if healing doesn’t take place? Then a denial of evil becomes essential. Although it is possible to heal through the affirmation of Truth without the denial of evil, there are many times when a healing prayer requires that we do both. The denial of evil is usually a minor part of the prayer, but if it is needed, it must be made with understanding and convention. A bland denial of evil leaves untouched its more destructive energies, and healing does not take place.

If we are ignorant of evil’s nature, we are not protected from its harmful influence. In *Science and Health* we read, “A knowledge of error and of its operations must precede that understanding of Truth which destroys error, until the entire mortal,

material error finally disappears, and the eternal verity, man created by and of Spirit, is understood and recognized as the true likeness of his Maker.”

We need a clear insight into evil or error and its manifestations in order to argue successfully against them. Animal magnetism must be denied *fearlessly* and *in depth*. A thorough prayer that includes both affirmation of good and denial of evil, is such an intelligent form of divine metaphysics that it can heal the most stubborn problems.

I discovered the power of such prayer a number of years ago when working on some very difficult problems that defied healing. I had had many healings through Christian Science in the past. But when I applied the same prayerful work to these challenges, they remained unresolved.

I could only conclude that these problems were not being solved because a deeper understanding of Christian Science was needed. I turned to the Bible and Mrs. Eddy’s writings and pored over them for months. From this study, I realized, among other things, that I was not denying evil with enough understanding. I could see that my problems were unhandled animal magnetism, and that it was essential to deny evil in order to heal them. By vigorously affirming the allness of God and denying the power and reality of evil, I began to gain dominion over the fear, resentment, hurt feelings, and animosity within my own mind. God’s love, power, and presence became more real to me than the problems. As I persisted in this work, the problems gradually disappeared.

This experience illustrates the practicality of scientific prayer. It shows the importance of denying the reality of evil in order to destroy it. In her book, *Retrospection and Introspection*, Mrs. Eddy writes, “It is scientific to abide in conscious harmony, in health-giving, deathless Truth and Love. To do this, mortals must first open their eyes to all the illusive forms, methods, and subtlety of error, in order that the illusion, error, may be destroyed; if this is not done, mortals will become the victims of error.”

To prove our God-given dominion over evil, we must probe the whole of animal magnetism — what it is, how it mesmerizes us, how it prevents us from praying, and how it can be destroyed through scientific prayer.

Animal Magnetism Defined

From Genesis to Revelation, evil is called by many names — serpent, adversary, devil, Satan, red dragon, etc. These names indicate, among other things, evil’s mesmerism, adroitness, duplicity, counterfeit wisdom, subtlety, hate and cunning. In human experience, it appears to be the mysterious source of all mankind’s trials and misfortunes.

Christ Jesus spoke of evil as a mental force to be dealt with when he said, “Get thee hence, Satan,” He rebuked it severely in those who hated his teachings and obstructed his healing work, telling them, “Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.” He also admonished his followers to be wise concerning evil’s aggressiveness, “What I say unto you I say unto all, Watch.” He wrestled with evil in the wilderness, in the Garden of Gethsemane, on the cross, and in the tomb. As the Way-shower, he taught the need to struggle with and overcome the belief in the power of evil.

In following Jesus' teachings, the early Christian leaders often warned their followers not to ignore or underestimate the influence that evil seems to exercise over the human mind. Paul wrote the Ephesians, "For we wrestle not against flesh and blood, but against principalities, against powers, against rulers of the darkness of this world, against spiritual wickedness in high places." To the Christians in Rome, he wrote, "For the good that I would, I do not: but the evil which I would not, that I do. . . . I find then a law, that, when I would do good, evil is present with me."

James also instructed the early workers, "Resist the devil, and he will flee from you," while Peter warned, "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour." These men were wise concerning evil's nature and influence.

These men began to teach others of their capacity to be free of evil through the power of prayer. Many spiritual healings took place in the early Christian church. Spiritual healing continued for some three hundred years after Jesus' mission, indicating that the first Christians may have handed down from one generation to the next some clearly defined instruction on how to heal as he did. However, if such knowledge existed, no record was made of it. Eventually, this healing power was lost and these healing works were regarded as miracles based on faith in God.

In 1866, Mrs. Eddy discovered the underlying principle and laws of spiritual healing. Fundamental to this discovery was the illuminating fact that all disease, discord, lack, and adversity are hypnotic illusions. Mrs. Eddy gave the name *animal magnetism* to all evil. She made a very clear distinction between good and evil, Spirit and matter, mortality and immortality, reality and unreality, Truth and error. She records the fact that *God is all and evil is nothing*.

Like the Master Christian, Mrs. Eddy warned her students to be wise and strong in resisting the hypnotic suggestions of animal magnetism. She taught the need to recognize it for what it is and to resist it with the Truth until it is destroyed. Many of the early workers in the Christian Science movement understood how to deal with evil, and they did it with such authority that they were extremely successful in healing. Many of these early healings are recorded in the bound volumes of *The Christian Science Journal* and the *Christian Science Sentinel* found in Christian Science Reading Rooms throughout the world.

Mrs. Eddy's discovery is permanently recorded in her writings so that the scientific explanation of Christ Jesus' healing works cannot again be lost. These books fully instruct others how to heal through prayer. Her books can so educate one in the Science and the art of spiritual healing that he can equal the healing works of early Christianity.

As the second century of Christian Science begins, the challenge to develop the talent of spiritual healing lies before us. Our age has overcome much of the superstition, ignorance, and limitation of the past through the advances of science and technology. But the final struggle with animal magnetism is only beginning.

Animal Magnetism Is Nothing

Christian Science differs from other religions and philosophies in that its logic reduces evil to an unreality. In the absolute sense of things, animal magnetism does not

exist. Animal magnetism claims to be a power apart from God. Actually, it is the suppositional opposite of God, or the seeming absence of God in consciousness. It seems to devise negative illusions about God and His creation, and then it mesmerizes mankind into believing them. Nevertheless, it exists only in the realm of its own unreality. Christian Science exposes it for the lie it is. As the logic of this Science unfolds in consciousness, we learn that God is All and He is wholly good. He does not know evil. Therefore evil is nothing. It does not exist.

One of the most concise statements that Mrs. Eddy makes on this point is in *Unity of Good*: “All that is, God created. If sin has any pretense of existence, God is responsible therefore; but there is no reality in sin, for God can no more behold it, or acknowledge it, than the sun can coexist with darkness.

“To build the individual spiritual sense, conscious of only health, holiness, and heaven, on the foundations of an eternal Mind which is conscious of sickness, sin, and death, is a moral impossibility; for ‘other foundation can no man lay than that is laid’ (I Corinthians iii. 11.) The nearer we approximate to such a Mind, even if it were (or could be) God, the more real these mind-pictures would become to us; until the hope of eluding their dread presence must yield to despair, and the haunting sense of evil forever accompany our being.”

Although evil is unreal, it is not practical or wise, at this point in human experience, to assume that, because God did not make evil, we can ignore it or gloss over it as not being there. To someone lying on a bed of pain, or struggling with grief or loneliness or fear, evil seems very real. We do not convince ourselves or others that it is nothing until we prove it is nothing by reducing it to nonexistence through our prayerful work.

Proving the unreality of animal magnetism is not a simple undertaking. Evil’s hypnotism is sometimes compared to a mistake in mathematics that is easily corrected by finding the right answer. In practice, however, the destruction of evil can be most difficult for it seems so real to the human mind. Mortal existence has been impressed on consciousness through years of education and experience. Human thought-habits, mortal emotions, traits of character, mental limitations, physical problems, as well as the general belief in mortality and a material universe, comprise a false viewpoint of life. To undo this viewpoint, we must “pray without ceasing.”

A music teacher once remarked that he would rather teach a new student than one who had learned to play an instrument the wrong way, because the second student had to unlearn the wrong way before he could master the right one. Similarly, in human experience, we accumulate many false concepts that seem very real. We think and live in them daily. We cannot call these false images nothing at this time for they seem to objectify a life based on matter and limitation. They must be “unlearned” and replaced by the spiritual facts of being before they are proven unreal and harmless. Until then, they are seeming realities that are a constant threat to health and happiness. We cannot destroy evil’s claims by turning away from them or pretending they aren’t there. *We must pray our way out of them.*

The Effects of Animal Magnetism

Evil and its harmful effects seem real to the human consciousness because they appear to comprise a solid material universe and a corporeal man, both subject to laws of matter. It would appear that salvation from suffering and limitation depended on escaping from the present universe and body into another universe and body that are spiritual in nature.

Actually, we are in the spiritual universe already. We are here and now perfect in God's image. Only the mesmeric influence of animal magnetism prevents us from seeing this. To break the hold of this mesmerism, we must begin by facing the belief in matter and looking *through* it to its mental origin. We must see matter as the hypnotic effect of animal magnetism, and not a cause and effect unto itself.

The nothingness of evil seems hard to understand if we look only on its visible manifestations — the material universe and mortal man. Our five senses tell us that we live in a universe created by matter and its laws. Matter seems to be atomic structure that is a law unto itself, controlling the whole of mortal existence. Through the seeming reality of matter, man appears to be imprisoned in physicality. His life follows a certain format that begins at birth and ends with death.

Actually, *matter is the most concrete form of mesmerism emerging from animal magnetism*. Christian Science reveals that there is no matter. Mrs. Eddy discerned through revelation, and modern physics have proven to some degree, the nonmaterial nature of the universe. We know now that the elements of an atom are no more solid than a thought or a feeling. But this has not made matter unreal to the human consciousness. Through a lack of spirituality, the world still goes on believing in matter and suffering from material conditions.

To the unenlightened mind, matter seems real and solid. The five senses give to matter an illusive existence it does not really have. This material concept is the prevailing one in the universal thought. However, a study of Christian Science presents a second and transcending view in which all cause and effect are defined as spiritual, emanating from one infinite divine Mind. Mrs. Eddy refers to these two differing views where she writes in *Science and Health* that “the heavens and earth to one human consciousness, that consciousness which God bestows, are spiritual, while to another, the unilluminated human mind, the vision is material.”

The mind mesmerized by the belief in matter visualizes all of creation as governed by cold, non-intelligent, unfeeling physical laws that act regardless of the discord and suffering they impose on living things. The believer of this false view seems at the mercy of chance, circumstances, and the law of “survival of the fittest.” He sees man and the universe as existing apart from a divine cause. The deeper one is plunged into this philosophy, the more he feels the lack of control over his own life. However, not matter, but his belief in a cause apart from God, produces a suffering, limited life.

Christian Science reveals spiritual causation as the origin and governing power of creation. Underlying all things is a spiritual cause, a living God that creates and sustains the universe and man with divine laws of intelligence and love. Actually what appears to us as the physicality of man and the universe, is in reality the manifestation of Mind's spiritual reality negatively viewed through a darkened mortal consciousness. Mrs. Eddy tells us, “Atomic action is Mind, not matter. It is neither the energy of matter, the result

of organization, nor the outcome of life infused into matter: it is infinite Spirit, Truth, Life, defiant of error or matter.” (*Miscellaneous Writings*) As we understand this statement, we break the mesmerism of belief in matter and begin to see spiritual creation right here, right now. The material viewpoint disappears. We find we are already in the spiritual universe governed by the one Mind, God.

We learn from this that we do not have to do a thing to the universe or man in order to escape the laws of matter. We are not struggling to change matter into Spirit. We are working to break the mesmeric belief in the reality of matter and material law.

We must look through the seeming reality of matter and see that the mortal life and material universe that we are apparently submerged in are nothing but hypnotic suggestions. When we see matter as mesmerism, we have dominion over it. To again quote Mrs. Eddy, “Whatever simulates power and Truth in matter, does this as a lie declaring itself, that mortals’ faith in matter may have the effect of power; but when the whole fabrication is found to be a lie, away goes all its supposed power and prestige.” (*Miscellaneous Writings*)

The solidity of matter is a lie that has become concrete conviction within consciousness. It is a hypnotic effect superimposed on individual thought by the aggressive mental suggestions of animal magnetism. Humanity fails in its struggle to be free of adversity because it tries to overcome the *material effects* of evil’s hypnotic influence. Evil uses the belief in matter as a *subterfuge* for prolonging its hold on the human mind. As long as we blame our difficulties on nonintelligent, material causes — organic functions, germs, age, weather, heredity, environment, chemical laws, physical structure, fate, chance, luck, circumstances, etc., we do not go beyond the visible effects of evil and discern the hidden mental energies producing them. Animal magnetism causes mortal mind to blame its state of being on physical causes that seem *beyond the control* of the individual, producing a sense of helplessness and futility in him.

Matter is not external to our thinking. It is subjective, a solid hypnotic conviction within consciousness. All material cause and effect are hypnotic suggestions. In praying scientifically, we can deny the laws of matter that seem to give reality and power to material conditions. This is an important part of our prayerful work. But it is also necessary to go deeper and detect the animal magnetism that causes the belief in matter.

Incorporeal Animal Magnetism

Dominion over evil begins with the recognition of an ungodlike mental cause underlying the belief in matter and mortality. Sin and disease, lack and limitation, discord and adversity, matter and its laws, do not originate in God, the one Mind or divine Principle, Love. Mortality does not originate in man, who is the pure reflection of the one Mind. Therefore all that is ungodlike must originate in the suppositional mental realm that seems to exist outside both God and man.

All good must unfold from God to the individual consciousness before it can be expressed humanly as health and happiness. Similarly, all discord must come first as a mental impression from animal magnetism before it can manifest itself as sickness, lack, failure. God is the infinite source of all that is good and desirable. Evil is the source of all that is bad and undesirable. Both the positive and negative thoughts in human consciousness originate outside individual consciousness. When we think of God, we feel

His presence in love, intelligence, wisdom, spiritual ideas, life, joy, goodness, harmony, perfection, purity, beauty and other qualities of a positive, spiritual nature. God is the infinite Mind giving life, substance and intelligence to the universe and man. As the opposite of God, evil is the false thought-force that afflicts the human mind with hypnotic suggestions of discord, disease and death. Angels are God's thoughts imparting good to humanity. Aggressive mental suggestions are evil's mental impressions inflicting sin and suffering on the human mind. Out of God's love comes all the good in being. Out of evil's hatred comes all the discord. Since we go directly to God in affirming the Truth, we must deal directly with evil in denying the discord.

To overcome evil, we first need to recognize, at this stage in human experience, that there is a harmful mental force present to be resisted and destroyed. We are not immune to the aggressive suggestions of animal magnetism until we learn how to discern the difference between God's thoughts and animal magnetism's suggestions. Then we are equipped to resist the hypnotic work of evil with our spiritual understanding of God. In this way, we prevent evil from entering consciousness and controlling us.

To give an example of this, one may feel a sense of depression building up in consciousness. The depression is a specific instance of animal magnetism claiming to interfere with the normal state of mind. It is a concrete manifestation of mesmerism seeming to be personified in an individual mind as its own thinking. It is a suffering condition of hopelessness, futility, mental anguish that is totally ungodlike. Evil is the cause producing this suffering. With Christian Science, the victim of this mesmerism can deny and resist this hypnotic condition until he demonstrates dominion over it. He can detect the cause of it and see it, not as his own thinking, but as the impersonal suggestions of the antichrist claiming to act as harmful mental energies in his own mind. His education in Christian Science enables him to annul and reverse this error until he is free of it.

This metaphysical work can be applied to all forms of discord, lack, sickness, disease, fear, hate, resentment, sensualism, grief, loneliness, irritation, or any ungodlike thought that originates outside of consciousness and is projected as hypnotic suggestion through which evil temporarily dominates consciousness. Through scientific prayer alone, the human mind can be freed or *de-mesmerized* of these false suggestions.

Because the suggestions of evil are so prolific and seem so real to mortal thought, it is important to recognize the source of these thoughts. Therefore, we could define evil *as a universal incorporeal mental force in human existence claiming to be a hypnotic power opposed to God.*

When we reduce evil to nothing but an erring thought-force, we impersonalize its claims, for we separate it from anything real or tangible. To darkened mortal sense, it seems a powerful reality because it is manifested through people, places, circumstances, material laws and conditions. But evil is only an illusion. It has no real universe or man to control, for the *only* creation is the manifestation of the one Mind. As we impersonalize evil by separating it from all persons or things and see it as hypnotic suggestion, then our struggle with it is reduced to a false belief in our own consciousness.

To illustrate this separation, we could say that two apples and two apples are five apples. Here we have tangible apples mixed up with an intangible mathematical mistake. We can set the apples aside — in fact, there is nothing wrong with the apples. Then we can correct the intangible error with the right answer. Similarly, in human experience, no

matter how personal some form of discord may seem to be, we begin overcoming it by first separating it from all persons, including ourselves. In reality there is nothing wrong with man and the universe. They are perfect for they reflect God. All discord is hypnotic illusion or mistake, which has behind it the mental forces of evil *using* and *abusing* the human mind whenever and wherever it can. All erring human thought is nothing but hypnotic illusion projected by the mental energies of animal magnetism.

When we have separated all discord from person, place and thing, and reduced evil to an aggressive mental influence apart from God and man, we can then work to correct only its hypnotic suggestions. To heal, we argue *for* the reality of good. But we also see evil as an ungodlike force that we must argue *against* in order to be free of it. When, as a result of this argument, the Truth becomes more real than the illusion, when the Christ in consciousness rules out the antichrist, healing takes place.

The Aggressiveness of Animal Magnetism

The long, hard struggle to rise above animal magnetism tempts us to make our peace with it. Spiritualization of thought is not an easy task. But the only alternative to overcoming animal magnetism is to drift deeper into its control until a suffering experience forces us to pray. Mrs. Eddy warns us, “Watch, and pray daily that evil suggestions, in whatever rise, take no root in your thought nor bear fruit.” (*Miscellany*)

We must argue against evil because *the antichrist is not passive or inert. It is active. Indeed, it is aggressive!* It works relentlessly to mesmerize human consciousness with sin and suffering. The belief that evil won’t bother us if we leave it alone is self-delusion. Evil will dominate consciousness whenever it can. Unless we know the difference between God’s thoughts and evil’s suggestions, we are not sufficiently protected from evil.

Animal magnetism is very devious in its effort to influence us. It does not announce itself, or ask permission to enter our minds. It secretly mesmerizes through silent arguments that come in the guise of our own thoughts. This depraved action of evil on the unsuspecting mind wears down its mental energies, paralyzes the activity of the Christ-consciousness within, imprisons consciousness in mortal illusions, and causes it to be sick, age, and die.

We see this influence everywhere in our daily experience. When one person says an unkind thing to another, there is evil. When confusion, chaos, fear, and disturbed emotions are in control and everything goes wrong, there is evil. Where there is lack and limitation, evil is at work. Where there is misunderstanding, where conflict, coldness, distrust, and indifference dominate, there is evil’s influence. When grief, despair, frustration, or loneliness claim to be present, evil is acting. When anger, criticism, self-righteousness, jealousy, envy, unforgiveness, bitterness or selfishness rankle within, evil is trying to separate us from God. All sickness and disease come through evil’s suggestions. Problems that appear to be the result of conditions beyond our control — material cause and effect, heredity, environment, uncontrollable traits and emotions, the words and deeds of others — all originate in animal magnetism.

We find animal magnetism in our relationships with others, in the education and entertainment we absorb, in the psychological manipulation used to sell and teach and

persuade and control the unsuspecting mind. In the general belief of matter and mortal existence that fills world consciousness, evil manifests the mesmerism of lack, ignorance, sickness, discord, and limitation.

The darkest elements of evil are manifested in mankind's most depraved forms of behavior: mental and physical cruelty; domination of the strong over the weak; irrational and vicious arguing and fighting; callous indifference to the suffering of others; cold, calculating, malicious scheming, slander and libel that assassinate the character or life of another; pronounced vulgarity; coarse, rude, overbearing behavior; sexual perversion; insane rage; violence; crime; torture; war. While we are inclined to blame those who manifest such forms of animal magnetism for their ungodlike actions (and surely they are responsible for their actions), we are more scientific in our analysis when we look through persons and recognize that such acts are evil manifested as mortal behavior. Like puppets, they are controlled by evil's mental manipulations.

When we look through the human discord that daily parades before our senses and see beneath it the aggressive mental energies of evil, we can deny it with greater authority, for its control depends on its ability to make us believe in its lies. It deceives us into giving these lies power, place, and reality by causing us to attach them to ourselves and others.

With Christian Science, we are able to separate evil's subtle lies from persons or circumstances in order to resist and annul evil's activity through prayer. A mind that will not consent to being hypnotized, cannot be hypnotized. A mind that fights evil's suggestions with the Truth is freed and protected from being mesmerized without its consent or knowledge.

Through the prayer of affirmation and denial, we can wear down evil's aggressive mental energies until we have dominion over them. They will cease arguing to us as we adamantly resist them with the Truth.

Through scientific prayer, spiritual healing is no longer guesswork or faith healing. The accomplished metaphysician possesses a concrete form of intelligence as real and distinct to him as math and engineering principles are to the engineer. This spiritual knowledge can be applied to any hypnotic suggestion. When this prayerful work is done properly and persistently, the individual can prove that evil is nothing. There is no form of discord strong enough or subtle enough to escape destruction through this scientific method of prayer, when this method is understood. When the individual discerns beneath any discord the mental activity of animal magnetism, when he separates it from person, place, or thing and denies the reality of the mesmeric lie, when he affirms the presence and power of God in its place, the discord will dissolve and disappear, healing will take place, and harmony and health prevail.

Animal Magnetic Emotions

So far we have seen that animal magnetism is an incorporeal thought-force in human experience actively striving to mesmerize the individual with aggressive suggestions whenever and wherever it can. This describes evil's presence and activity, but a thorough analysis of evil's nature or disposition can better equip the metaphysician to deny it with more insight and success.

To deny evil in depth, we must face the *animal magnetic emotions* that motivate it. So often in her writings, Mrs. Eddy defines evil in terms of passion, lust, anger, hate, depraved will, self-justification, self-love, self righteousness, pride, envy, deceit, emulation, revenge, malice, jealousy, fear. These negative emotions suppress, paralyze and displace the activity of the Christ in consciousness. These emotions range from mild disappointment to raging hatred. They comprise the surging sea of emotion within that seems to control us involuntarily at times.

The milder mortal emotions are very common to the human race. Although they may seem normal or justified, nevertheless, these emotions can produce every kind of discord. They claim to separate us from God. They include such traits as sensitiveness, self-depreciation, depression, impetuosity, pessimism, skepticism, egotism, loneliness, insecurity, nervousness, disappointment, stubbornness, worry, guilt, fretfulness, self-condemnation, laziness, self-pity, etc.

It is important to recognize these feelings in ourselves for they are usually the source of recurring and chronic difficulties and illnesses. The belief in matter causes us to attribute illness to age, viruses, germs, weather, heredity, and other physical laws. The human mind would blame its troubles on catastrophes and fate, lack of money, bad relationships, outer circumstances and conditions over which it has no control. Thus, animal magnetism cunningly deceives us into blaming the wrong causes — causes external to our thinking. While material and world beliefs must be denied, if the problem doesn't yield then the hidden mental causes have not been uncovered and destroyed.

As we become experienced in solving our problems in Christian Science, we learn that *the cause of any difficulty always lies within our own consciousness*. There is no exception to this rule. Even though there may be times when we cannot pinpoint the ungodlike thinking which is causing a prolonged difficulty, nevertheless, the discord is due to some mental disobedience to God's laws.

These mental faults sometimes defy detection because animal magnetism has so cleverly intermingled mortal emotions with the good in consciousness that these subtle errors seem a natural part of our thinking. This wrong thinking is not always an obvious disobedience to God's laws, but rather a mortal thought or emotion that is seemingly insignificant. The most stubborn problems can stem from mental errors that appear to be so small, common, or justified as to seem completely unrelated to the problem.

Often these harmful traits have been developing since childhood. We have thought in them for so long that we do not consider them a possible source of a problem. They seem harmless because they are usually part of human nature; yet if they go uncorrected, they deprive us of health and happiness.

To name a few such traits: general criticism and disapproval of everyone and everything; persistent irritation with others; being upset over little things that others do; perpetual anxiety that things won't go well; fear of what others are thinking of us; impatience over the daily demands made on us; a burdened sense of false responsibility; a possessive or unrequited love; anger or disappointment when others do not live up to our expectations of them; sensitivity and hurt feelings over being misunderstood; aggressive or stubborn self-will; fear or lack; etc.

These habitual emotions permeate all the little things in daily living, and so they are often hard to detect and change. They are traits and emotions that comprise, to a large degree, our mortal personality. They are the opposite of our immortal selfhood, and yet

we are so accustomed to thinking in them that they have become an accepted part of our being.

As we relate to the teachings of Christian Science, we can discern the difference between the traits of mortal mind and the qualities of immortal mind. False traits diminish and disappear as we see that they have their origin in evil and not person. By impersonalizing them, we can argue against them successfully and claim the spiritual qualities that comprise our real selfhood until material consciousness is replaced with spiritual affections, motives, and ideas.

While these negative emotions are harmful, they mainly affect only the person who embodies them in consciousness. However, the stronger emotions of animal magnetism that make up the depraved mind are dangerous and destructive not only to the individual who seems to express them, but to those who do not know how to defend themselves against such an aggressive mentality. In its more aggressive state, the cold, hateful sadistic nature of evil is seen in mental cruelty that denies an individual self-government, freedom and good, often in the name of good. It dominates, opposes and resists good through fury, anger, hate, irritation, impatience, criticism and animosity — all clothed in self-righteousness. Verbally, mentally and physically, it attacks and tries to destroy those who oppose it. It manifests violent temper, grossness, materialism, insensitiveness, a desire to hurt others. It is hardness of heart and complete lack of remorse over the mental anguish it causes others.

This type of mentality is completely convinced of the rightness of its selfish, materialistic viewpoint. When it is thwarted, it is filled with hatred and vindictiveness. It does not care what it says or does to hurt another who gets in its way or thwarts its will. It suppresses through hate that crushes out individual initiative. It denies all good and opposes every effort contrary to its will by claiming that it knows what is better for others than they know themselves. It is distrustful. It argues with and rejects the Christ-consciousness, and refuses to recognize any evidence of its healing power. It tears down all that is good and beautiful in the name of being practical and realistic. It is uncooperative, proud, haughty, and self-satisfied.

A sadistic mind uses the good in another individual for its own selfish ends. A good person is just, fair, kind, and forgiving. To the depraved mind, these are weak qualities through which the good man can be dominated. It will use this goodness and not return it. It will rely on another's forgiveness and love to overlook its aggressive, selfish acts. The more this evil is pacified and accommodated, the more it oppresses, uses and dominates another.

In *Miscellaneous Writings*, Mrs. Eddy writes of this mentality, "The belief in evil and in the process of evil, holds the issues of death to the evil-doer. It takes away a man's proper sense of good, and gives him a false sense of both good and evil. It inflames envy, passion, evil-speaking, and strife. It reverses Christian Science in all things. It causes the victim to believe that he is advancing while injuring himself and others. This state of false consciousness in many cases causes the victim great physical suffering; and conviction of his wrong state of feeling reforms him, and so heals him: or, failing of conviction and reform, he becomes morally paralyzed — in other words, a moral idiot."

This definition of mortal idiocy includes the mentality that is secretly antagonistic towards the Christ-consciousness. This hidden evil is covered by an appearance of friendliness, innocency, and a proper benign exterior. It represents the duplicity of mortal

mind that lies, cheats, and manipulates the unsuspecting mind with scheming self-interest and cunning ulterior motives. It may say or do nothing to betray its hidden thoughts, but it is active in what it thinks and plans secretly against the good of others.

Still another form of depraved emotions is cold pride, indifference, hardness towards another or rejection of him. This shuts out the individual, causing him to feel inferior, unloved, unwanted, depressed, melancholy. It can destroy in another the will to live by withholding the love and understanding he needs.

When such elements manifest themselves in our own or another's consciousness, we are witnessing animal magnetism in its most aggressive and destructive state. These emotions are the basis of moral idiocy and are eventually destroyed only through a very suffering experience.

Basic to all animal magnetic control is fear. Fear itself is a universal emotion that evil uses unmercifully to influence and control humanity. Evil originates and images forth the harsh, cruel impressions of mortality that cause fear in the average mind. It has no sense of guilt in impressing these images on thought. It originates mortal life and imprisons one in the illusion of material law and physicality, and then causes him to fear the consequences. Entertaining these disturbing images, the individual is afraid — afraid for himself his loved ones; afraid of disaster, disease, death, lack, discord; afraid of disapproval, criticism, failure; afraid of animosity, unpleasantness; afraid of not getting what he needs or wants; afraid of being unloved or unwanted. His fears seem endless. Fear is one of the strongest emotions through which the antichrist dominates the human mind.

It is important to be aware of these emotions, for while we may not express these more depraved feelings ourselves, we can be victims of them. When animal magnetism cannot control us through our own thinking, it will try to make us react to error in others. Whatever mental avenue evil uses, we can maintain our dominion if we detect the erroneous emotions trying to control us. We can impersonalize the error, and deny its reality until we see it as nothing. But to demonstrate the greatest dominion over the whole of evil, it is necessary to go one step farther in analyzing its nature and face the three basic elements hidden in its mental core.

The Ultimate Nature of Animal Magnetism

At the core of evil's nature are three basic elements: *a black and bitter hatred of the Christ-consciousness; sadism or a desire to make mankind suffer; mental and physical cruelty.* All mortality is the result of the hatred that motivates evil's activity. Hatred underlies the hypnotic suggestions of sin, sorrow, lack, suffering and limitation that humanity experiences. Love is the highest expression of God's presence, and hate is the strongest manifestation of evil's presence. God's love and intelligence radiate ideas that inspire and heal humanity. Evil's hate mesmerizes with beliefs that afflict and imprison the mind and body. These three basic elements are the ultimate cause of all humanity's suffering. Out of animal magnetism's mental darkness comes the entire structure and format of mortal existence. Evil victimizes mankind with a mortal, material concept of being that is hypnotic illusion. It inflicts on the undefended mind the godless structure of thought that this mind then projects outwardly and lives in as its life.

Animal Magnetism's Unreality

It may be difficult for the loving and good individual to visualize an ungodlike force that would intentionally cause the innocent to suffer. Yet if mental causation is the final explanation for all phenomena, then what else can account for humanity's age-old struggle with adversity but the satanic intentions of animal magnetism to destroy the Christ-consciousness? From a lost button on the most malignant disease, every discordant experience originates as hypnotic suggestion.

Yet, because God is all and evil is nothing, these hypnotic suggestions have no real power. Evil never leaves the realm of its own unreality. Mrs. Eddy makes the separation between the real and the unreal very emphatic. Animal magnetism must stay in the imaginary sphere of its own creation. There is no God in it, and because it is wholly ungodlike, it is temporary. It never enters man's true selfhood nor interferes with his oneness with God.

The relationship between animal magnetism and the mesmeric beliefs in human consciousness might be compared to a radio transmitter and receiver. The radio programs originate at the station, not in the radio. They are heard only if the radio is tuned in. Moreover, whether the radio has been receiving the programs for five seconds or fifty years, it can be turned off instantly, putting an end to the program it is receiving from the station.

In like manner, aggressive mental suggestions of discord, disease, mortality, and death originate in animal magnetism. They are hypnotically suggested to the undefended mind the way a radio station transmits programs to a radio. These suggestions do not originate in the individual's thinking. They are no part of his real being. Therefore, they are not a permanent part of his consciousness. Whether they have been influencing him for five seconds or a lifetime, they are still nothing but suggestions without power or reality. Through the application of scientific prayer, they can be turned off, shut out of mind as completely as if they had never been there. Once they are eliminated from thought, they are eliminated from experience. And so we see that there is no hopeless situation, no incurable problem. Truth, silencing error in consciousness, heals all sin and suffering.

Animal Magnetism and Mortal Mind

How relevant is this knowledge about animal magnetism to the personal life of the individual? Evil is the sole cause of the darkened thought that comprises the belief in mortality. Through hypnotic suggestions, evil shapes the mortal mind within us that objectifies itself as our mortal existence. To the person uninstructed in the operation of animal magnetism, his problems and limitations seem to be the result of material, mortal causes and circumstances outside of his consciousness, and so he believes that he can do little to remedy or prevent them.

Actually, animal magnetism has created a structure of mental impressions that comprise the mortal personality. At the core of this false identity is the belief in the reality and power of matter and evil. This universal belief personalized in consciousness, results in a mortal disposition made up of many forms of human traits and material

beliefs that define the present nature of you and me. This mortal disposition then projects a mortal life that seems to be reality.

Over the centuries mankind has struggled to be free of mortal beliefs. But even very good people are subject to claims of animal magnetism because they do not know where these claims come from. They try to solve their problems with human knowledge, hard work, and other material means, but nothing can save them from the hypnotic suggestions of animal magnetism except scientific prayer, for nothing can free the mind of the antichrist except spiritual understanding.

Each problem, need, or limitation is a specifically defined form of animal magnetism that is held in consciousness as *solid conviction*, and then imaged forth as concrete experience. We can be free of these beliefs only when we handle them as hypnotic suggestions and overcome them through prayer. As we gain practical experience in detecting and handling animal magnetism, we can begin to exercise great control over our thinking and experience. It takes practice to see *through* the persons and circumstances representing a problem, and discern some form of animal magnetism claiming to cause and perpetuate the discord. But once we do detect error in this way, the healing often comes easily.

When the metaphysician denies material cause and effect, animal magnetic emotions, and the inner core of the antichrist with its hatred, sadism and mental and physical cruelty, he is denying the whole of animal magnetism. He is exercising his dominion over it by reducing all discord to hypnotic suggestions, and then resisting not only the suggestions but the emotions motivating evil's attempt to hypnotize, and the very existence of evil itself. When he successfully denies both cause and effect with the Truth, he can permanently silence its arguments.

Sometimes certain thought-habits or images of past experiences do not yield easily to this work. It may take long, hard, vigorous arguments for the Truth and against the error to achieve a change in consciousness. But if you persist, this mental work will bring about self-induced chemicalization that results in thorough and lasting renovation of the inner self. Animal magnetism of every kind can be driven out by this form of prayer. You can begin this work by handling specific forms of animal magnetism that you detect within. Truth will progressively uncover the more subtle forms of error as you are equipped to handle them until all mistaken, erring thought is erased from consciousness.

Christian Science Destroys Animal Magnetism

An analysis of animal magnetism alone will not destroy it. The hypnotic hold that it seems to have on our consciousness is often deeply entrenched. Mortal thought-habits do not, as a rule, change much through the use of human intellect and reason, common sense, human advice and opinion, will-power, etc. These, in themselves, are often but other forms of animal magnetism. The erring illusions of mortal mind are put out of consciousness only as we have a transcending concept to put in their place. And Christian Science supplies this new viewpoint.

We free ourselves of animal magnetism through an understanding of Christian Science. The erroneous mesmerism in consciousness can be detected and replaced with this spiritual view of God and man in His likeness. The discovery of Christian Science

has given man a divine Principle and system of ideas to replace these false images of mortal mind.

The events leading up to this discovery and the full scope of its teachings are too much to cover in this discussion. These are found in Mrs. Eddy's writings and in other books on Christian Science. But of special significance to the subject of animal magnetism is the fact that Mrs. Eddy discerned the hypnotic nature of evil and how this hypnotic influence could be destroyed through prayer.

The material, mortal viewpoint originating in animal magnetism comprises one viewpoint of man and the universe: the false view according to Christian Science. This Science gives us the spiritual view of man and creation that counteracts and replaces the illusions of animal magnetism. Christian Science defines God, man, and the universe in spiritual terms. It presents a different image of creation — one complete with the underlying dimension of Mind. In this Science, we learn that the cause creating and governing man and the universe is not the godless force of material cause and effect, but the Godlike force of spiritual cause and effect.

In *Science and Health*, Mrs. Eddy defines God as: "The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence."

In the same textbook, we find man defined in spiritual terms. "Man is spiritual and perfect; and because he is spiritual and perfect, he must be so understood in Christian Science. . . He is the compound idea of God, including all right ideas; the generic term for all that reflects God's image and likeness; the conscious identity of being as found in Science, in which man is the reflection of God, or Mind, and therefore is eternal; that which has no separate mind from God; that which has not a single quality underived from Deity; that which possesses no life, intelligence, nor creative power of his own, but reflects spiritually all that belongs to his Maker."

These fundamental ideas are expanded upon with "precept upon precept; line upon line" in Mrs. Eddy's writings. As we study Christian Science, we learn that the true cause of the universe and man is infinite Mind. Creation is not the effect of a mindless thought-force. It is the emanation of the one Mind. As this Truth dawns upon the receptive mind, it gives the thinker a *new* viewpoint to ponder and accept.

The human mind is not a hardened state of thought, but a pliable, changeable mental atmosphere capable of adapting to new and transcending ideas. As we study Christian Science, the spiritual view replaces the material view, and we begin to emerge out of the mesmerism of mortal mind into the spiritual consciousness that is our true being. Because the mesmerism of animal magnetism and the understanding of God are opposites, both viewpoints cannot occupy the same mind at the same time. In order to escape the mesmerism of animal magnetism, we must cultivate spiritual understanding. As we do this, we begin to exercise our God-given dominion over all discord, disease, lack, and limitation.

Through the study of Christian Science, we are equipped to pray scientifically. We can argue *for* the truth about God and man in His likeness and *against* the mesmeric beliefs in consciousness. The importance of this prayerful work cannot be stressed enough. It is the consistent affirmation of Truth and denial of error that eventually frees us from all forms of animal magnetism.

Gradually, through this work, we find our true selfhood in God's likeness. We learn that man is not the victim of conditions over which he has no control. He is the expression of the divine Father-Mother God. Man is tenderly loved and cared for by God. As thought is purified and de-mesmerized, we learn that the thoughts in true consciousness are all harmless. We begin to "put off the old man" and put on "newness of life."

How Animal Magnetism Prevents Prayer

Scientific prayer destroys the hypnotic power of animal magnetism. Because evil is active, it resists its own destruction in our consciousness. When it detects a spiritual awakening taking place, it tries to perpetuate its hold on us by preventing us from praying.

The antichrist can do this in numerous ways. For example, it can fill our lives with so much human activity that there is no time left for praying. This endless involvement with the world is like a well. Every minute is filled with tasks that must be done. We keep thinking that as soon as present demands are met, we will take time to pray. But as soon as these are met, new ones appear. The well never runs dry. The urge to get ahead and to keep up with others brings endless duties which in turn generate incessant pressures, crises, conflicts, and diversions. The devouring demand of many minds separates us from the one Mind.

This is worldliness in that the things of the world occupy us more than the things of God. Although there is no stigma attached to this busyness, it does not satisfy the hungering for spiritual things. Jesus described this form of materialism in the parable about the seeds sown by the wayside, "And these are they which are sown among thorns; such as hear the word, and the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful. "

Mrs. Eddy writes in *Science and Health*, "A great sacrifice of material things must precede this advanced spiritual understanding."

One sacrifice to be seriously considered is the mesmerism that comes in the guise of escapism — television, radio, books, movies, magazines, shopping, travel, and other pastimes. While busyness can be the chaff that fills our time, much of the escapism of today resembles more the poisonous tares which choke out spirituality. Nothing so dulls our spiritual senses as constant absorption into consciousness of dramatized and minutely described manifestations of evil in all its sensual, coarse, cruel, sadistic, violent forms. Sometimes these magnified images of the antichrist are impressed on consciousness so vividly that we are haunted by them for years to come. They intensify negative emotions and the belief in matter. They suggest ungodlike experiences and conditions that we would never have thought of otherwise. They create a seedbed of potential problems that would never exist within had they not been suggested to thought so graphically in the guise of entertainment. Spirituality is not too common in the world today, and this very special quality needs to be carefully protected, tenderly nourished. Anyone who has this holiness of thought should take care to see that it is not lost through evil's beguiling argument that he needs to absorb its lies in order to be entertained.

If the serious student of Christian Science sees through these schemes designed to prevent him from praying, and he succeeds in making time for God, then evil will try to reach him in the guise of good. This sometimes deceives the very elect.

Often when an individual is striving to do better work in Science, some irresistible material thing he has always yearned for will suddenly come into his experience — a trip, a better position, an opportunity for more education, the means for building a new house — some worldly thing he has not enjoyed before.

On the surface such incidents appear to be unrelated to our desire to study, but often they are cleverly designed to obstruct spiritual progress and leave us more deeply mired in materialism. Evil coming in the guise of good is not only very subtle, but it is very tempting. While we expect the unfoldment of good as a result of our metaphysical work, we need to judge whether the change at hand is bringing spiritual progress or more materialism.

If we are sincere in our desire to demonstrate more of our true selfhood, we will carefully weigh these opportunities to determine if they cause us to postpone the spiritualization of thought by depriving us of time for study and prayer, or do they bless us by giving us more time to do this holy work.

Sometimes animal magnetism makes us so comfortable in materialism that we think we have no need to study and pray. When our daily life goes well, evil seems off in some other place or time, and far removed from our experience. Without challenges, our first enthusiasm for Science grows dull. Efforts to spiritualize thought dwindle. Progress is nil. Unless we are alert, we reach a point where our prayers are no; as effective as they used to be. Healing does not always take place. Problems accumulate. Then we learn that evil has claimed more of us than we realized. Once we are aware of the many ways in which animal magnetism works to prevent us from praying, we can then outwit it and press on to gain our dominion over it.

Making Time to Pray

We can develop the spiritual potential within only if we set aside a certain amount of time to pray each day regardless of the demands and temptations pulling at us. We have to make time to pray. Evil will never give it to us without a struggle. Our determination to conquer error must be greater than its determination to hold on to us. Our dominion over evil begins as we manage to have at least one hour everyday for study and prayer.

When we do set aside this time, we must take great care that animal magnetism does not intrude upon it. It will try to make us drowsy and put us to sleep. This hypnotic stupor prevents any deep thinking, and yet it will lift as soon as we stop trying to pray. If evil doesn't make us sleepy, it will remind us of several urgent things that should be done before we get down to the work at hand. It will suggest, after we have worked a short time, that we have done enough for that day. It will bring interruptions — the phone will ring, the family will need us, someone will come to the door. It will divert our thoughts, causing them to wander. We will begin reading and praying and then suddenly realize that we are planning tomorrow's menus or recalling a scene we saw on television. Instead of praying, our mind will rush on, planning, dreaming, worrying. We will spend hours,

days, even weeks, rehearsing discordant events, mentally arguing with someone, regretting the past, or speculating over the future.

Evil will try to intimidate us by suggesting that we do not have sufficient ability to understand this Science. Or it will cause us to procrastinate under the belief that the work is too demanding. Procrastination is a human weakness that error uses to great advantage. We are lulled to sleep by good intentions. We intend to study, but day after day our efforts toward spiritual growth are small, spasmodic, or nonexistent. We should make time to pray and then insist on having it everyday so that our work can bring healing results.

How important is this work? Mrs. Eddy once wrote, “Christian Scientists cannot watch too sedulously, or bar their doors too closely, or pray to God too fervently, for deliverance from the claims of evil. Thus doing, Scientists will silence evil suggestions, uncover their methods, and stop their hidden influence upon the lives of mortals.” (*Miscellaneous Writings*)

At one time, it was pointed out to me that if I wanted to understand Christian Science, I should spend at least an hour each day praying for myself. At first I found it difficult to concentrate ten minutes on the abstract ideas of God and man. I had to make myself do it. Sometimes days would go by without doing this work as one obstacle after another presented itself. Gradually I disciplined myself to spend more and more time each day actually thinking about spiritual things. Finally I could sit a full hour and affirm the truth and deny animal magnetism. Some days I prayed in a general way. Some days I worked on specific problems.

The healings that flowed from this work can hardly be described. From the beginning, numerous false traits of character began to drop away, seemingly incurable physical problems healed, a very limited sense of supply began to change. Day after day, in the heart of consciousness, there was a constant overturning of thought as old beliefs and material desires yielded to a more spiritual state of mind. Each year I could look back and see the spiritualization of thought that had taken place through this work. Gradually this brought the healing of deep-rooted problems that no human effort alone could have solved. I could never have outlined or accomplished personally the good that has flowed from this work.

Each individual has his own struggle with animal magnetism in gaining time and peace in which to pray. Fortunately this initial fight does not require deep metaphysics. Once we see through evil’s diabolical schemes, we can resist being handled by them. If we are determined to pray, we can gain some measure of control over our time and thought. If we insist on having this time alone with God, evil’s manipulations lessen until they finally disappear

Study Essential

Once a reasonable amount of time each day has been established, it should be devoted to a thorough study of the metaphysics of Christian Science and the actual act of praying.

Study is essential to healing because the work of destroying evil must be done intelligently. Human reasoning and self-will cannot control it or overcome it, but the spiritual ideas set forth in *Science and Health*, individualized in consciousness, will

gradually destroy it. We cannot study the Scriptures and Mrs. Eddy's writings too earnestly or too often. The healing power of scientific prayer is in proportion to our *understanding* of Christian Science.

Christian Science reveals that our human experience comes either from the spiritual ideas of God or the aggressive mental suggestions of animal magnetism. This Science first enables us to tell the difference between the two, and then unfolds the spiritual understanding that destroys false beliefs and establishes the true ideas in consciousness.

By recognizing the difference between the two types of thought, we can argue with conviction for the truth and against the error. We can discipline ourselves to think with the real and against the unreal mental images. When the truth of being unfolds as absolute fact to us, this realization of good destroys evil's influence and it collapses into nothingness. Healing takes place. By denying animal magnetism daily, our spiritual understanding increases, for evil's suggestions are stilled, and this enables the truth to unfold more freely. Through this spiritual growth, our next denial of evil is stronger and so again our affirmation brings more understanding. Thus, the more we pray, the better we heal.

This realization of truth destroys the *fear* of evil. This loss of fear enables the metaphysician to argue with total conviction against the seeming reality of animal magnetism. When fear is overcome and we can stand *absolutely unintimidated* by any of evil's suggestions, we can no longer be influenced by them. Evil becomes nothing to us. *It is the destruction of the fear of evil that enables us to handle it with power and authority.* The loss of fear comes as we are faithful to the daily work of study and prayer.

Denying Animal Magnetism

Through the study of Christian Science, we are prepared to pray scientifically. In this mental argument, we literally *take the initiative against evil and insist silently and audibly that God is all and evil is nothing.* We argue or fight against the false beliefs and for the facts of Spirit in our own consciousness. Mrs. Eddy once said, "Animal magnetism is powerless — but you must declare against it as though it has *all power.*"

To deny evil in depth, you must first separate it completely from person, place, or thing. This is all-important. If your argument is against persons, even yourself, it will not be effective. You should see evil as *impersonal suggestion.* Then face matter and material law, mortal emotions and beliefs, and the basic elements of evil — its hatred of the Christ, its sadism, its mental and physical cruelty. Turn on this fundamental nature of evil and vigorously argue against it. Confront it with the fact of its own unreality. Denounce the power of evil. Become the attacker. Reach to the very source of evil's hidden elements and deny their right to exist. Argue with absolute authority that there is no law, energy, power or intelligence in animal magnetism; there is no evil cause and effect; there is no mind supporting evil and no God in it. Then insist that evil is to *stop arguing to you* — that it is to *stop mesmerizing you!*

Deny evil through the synonyms for God. There is no life or being in evil, and no evil in Life; no truth or reality in evil, and no evil in Truth; no love or power in evil, and no evil in Love; no mind or intelligence in evil, and no evil in Mind; no spirit or

substance in evil, and no evil in Spirit; no soul or ego in evil, and no evil in Soul; no principle or law in evil, and no evil in Principle.

Evil has only the illusions of its own lies and these have no power over the Christ-consciousness. Deny the mental energies of hate, sadism, and mental cruelty. Insist that animal magnetism cannot dominate, frustrate, thwart, or punish man. Deny any reality in matter and material law, electricity, physicality, pain, disease or death. Declare that evil has no foundation or basis, no material existence or medium to act in. Insist that evil cannot think, feel or act. It has no material creation or physical man to afflict, for there is no matter. It never has influenced and never can influence you. It cannot deprive you of divine good by claiming to separate you from God. It cannot create a negative mental atmosphere that blinds you to your real selfhood. Deny that it can determine the format of your life, or the foundation of your mind. It cannot give you a mortal personality, or attach a mortal past to your being.

Attack evil with determination and vigor, with directness and simplicity of argument, with absolute confidence in the power of Truth to overcome it. Never spare evil or try to make your peace with it out of fear or apathy. It will only use this weakness to further dominate your being. Reduce all discord to hypnotic suggestion and shut it out. *Refuse to think it!* Take possession of your mind and reject every false belief that seems to be there. Evil has no right to enslave consciousness in erring beliefs. The more you yearn to prove this, the more successful you will be in proving your dominion over its influence.

This work can be designed to handle the general beliefs of mortal mind — age, lack, material law, heredity, mortality, world beliefs, and so on — that seem chronic and universal. And it can be used in overcoming specific claims of error that seem to be manifesting themselves as personal problems.

This metaphysical work brings to the surface of consciousness the animal magnetism hidden in the subconscious in order to destroy the hidden mesmeric influence of evil. Everyone has certain mortal traits and beliefs to overcome. Limitations, sin, discord, and materialism can be eliminated from thought as you detect and reject these false elements through prayer. When you realize that every form of discord and limitation is a hypnotic suggestion seeming to come from one cause — animal magnetism — then your metaphysical work is greatly simplified. Instead of handling the many different *effects* of evil, you can go straight to the seeming power and reality of evil, and handle that. When you deny evil's ability to produce it any hypnotic suggestion, when you argue vehemently against its power to mesmerize until you lose your fear of it, then its illusive power and reality are destroyed and the harmful effects must disappear.

Affirming the Truth

Having argued against animal magnetism, you should also argue for the truth of being. This affirmation of Truth is the most important part of prayer. While the denial of evil is necessary, it is the realization of Truth that actually heals. Often the affirmation of Truth alone can destroy animal magnetism, when spiritual faith and understanding are strong enough. This realization of Truth is the most potent means of healing for it destroys evil's lies with the spiritual facts of being.

One way to destroy evil is to affirm the truth through the synonyms for God given in *Science and Health*. Mrs. Eddy defines Him as Principle, Mind, Soul, Spirit, Life, Truth, Love. As each synonym is explored, its special attributes unfold a more profound insight into the nature of God and man in His image. This spiritual understanding counteracts the beliefs of animal magnetism.

As an example of this work: Animal magnetism claims that material cause and effect are a law to man and the universe, that all things are encased in matter and subject to godless forces that operate regardless of the suffering and discord they impose on living things. It asserts that there is no divine plan, law, or order to creation. But Christian Science refutes this viewpoint by declaring that God is the divine Principle of the universe and man. Principle manifests law and order in its creation. Spiritual causation is not cold and destructive, but loving, intelligent, wise, and good. Creation cannot exist apart from the harmony and perfection expressed by Principle. Argue strongly for the presence and power of God as the one Principle giving law and order, plan and meaning to the universe and man's being. Realize that divine cause underlies man's perfect life, that man cannot exist apart from the harmony and perfection expressed by God's laws. Gradually as the attributes of Principle are understood, the spiritual view of man and creation replaces the material illusion.

Animal magnetism seems to create an inverted form of intelligence, producing a structure of false knowledge that mortal mind embraces as truth or reality. Its hypnotic lies are most deceiving when they seem to embody reason and intellect. True intelligence is of *Mind*. In *Science and Health* we read, "There can be but one Mind, because there is but one God; and if mortals claimed no other Mind and accepted no other, sin would be unknown. We can have but one Mind, if that one is infinite."

This one Mind is an infinite reservoir of divine intelligence as the source of man's thoughts. This realm of true intelligence provides an inexhaustible supply of ideas to meet man's every need. By strongly affirming that Mind is All-in-all and man is here and now the reflection of this Mind, we begin challenging the mortal structure of false knowledge with the Truth. We express more freely the intelligence necessary to overcome the belief in a limited mentality and a finite mortal existence. Animal magnetism's lies seem real until they are destroyed by divine intelligence. Matter is the mental darkness of not knowing what God knows. It disappears as divine intelligence, wisdom, and understanding unfold.

Evil's hypnotic suggestions seem to create mortal man with a finite personality or ego filled with sin, discord, mediocrity, and limitation. We overcome this counterfeit image of ourselves as we turn to *Soul* as the source of all individuality, identity, and ego. As God's reflection, spiritual man has all the qualities of Soul — grace, beauty, creativity, refinement, wisdom, intelligence, love, peace, harmony, and perfection. As we argue against the elements of mortal selfhood and for our real identity as God's child, the qualities of Soul replace mortal traits and beliefs in the inner self.

Error argues that man is wholly dependent on matter for survival. Then it suggests lack, limited resources, a "struggle for survival." But divine metaphysics teaches us that *Spirit* is substance. Spiritual causation originates and sustains all things. All supply comes from God. In the whole of God's universe, lack is unknown. The divine law of perfect supply and demand operates perpetually to meet every need. Man is God's responsibility, the object of His love. Tirelessly Spirit supplies his every need through the resources of

inexhaustible good. When we vigorously declare that Spirit is substance, we annul evil's argument of lack and limitation. These beliefs are healed through spiritualization of thought. As we discern God, Spirit, as the great Giver, every limiting belief is seen as a false suggestion and not the reality of being.

Animal magnetism also makes us believe in mortal existence. It argues birth and death, sickness, disease, age, deformity, mental and physical limitations that deprive us of the good that life can and should express. But we learn in Science that God is *Life*. *Science and Health* states, "Life is neither in nor of matter. What is termed matter is unknown to Spirit, which includes in itself all substance and is Life eternal. Matter is a human concept. Life is divine Mind."

God is Life. All there is to be, He is; all there is to have, He has; all there is to know, He knows. Life is indestructible, eternal. Health is inexhaustible, perfect. As God's idea, man reflects harmonious being — joy, activity, freedom, health, holiness, immortality. Mortal life is not the life that God gives us. God is Life, and all true being is "hid with Christ in God," intact and undisturbed in the realm of the real. Declaring this fact annuls evil's suggestions of sin, sickness, and death, and brings health, longevity, and safety into our present experience.

Error would have us accept its inverted image of things as the true concept of creation. It mesmerizes us into believing that the material viewpoint is the real one. But Christian Science reveals *Truth*. This Science gives us the real or true concept of being, and enables us to discern between the suggestions of evil and the ideas of God. As we understand what is spiritually true, we can separate the real from the unreal. We can know right from wrong intellectually, morally and spiritually. As we argue for the Truth and against the error in consciousness, Truth replaces error, giving us protection from evil and its lies.

Again we find in Mrs. Eddy's writings instructions on this subject. From *Retrospection and Introspection*: "The spirit of Truth extinguishes false thinking, feeling, acting; and falsity must decay, ere spiritual sense, affectional consciousness, and genuine goodness become so apparent as to be well understood."

Animal magnetism would mesmerize us with the false emotions of hate, fear, and selfishness in all their many forms. We counteract these destructive emotions with divine Love. In *Science and Health* is the statement, "Divine Love is infinite. Therefore all that really exists is in and of God and manifests His love."

God is Love, the one perfect Father and Mother of all. Love has absolute power to destroy all that is unlike itself. We should confidently claim our oneness with divine Love, and realize that innately we have those qualities that free and protect us from all mortal emotions. We should argue as firmly for Love as we argue against hate and fear until we feel loved, wanted, cared for by God — until we express the spiritual qualities of patience, kindness, forgiveness, tenderness, compassion, and understanding. The destructive mortal emotions and the understanding of Love are opposites, and both cannot occupy the same mind at the same time. Therefore when divine Love alone fills our inmost thoughts, we are protected from the ungodlike emotions that cause sickness and discord.

As we discern the allness of Love and the impersonal nature of evil, we are better able to love impartially. In our prayerful work, we can separate evil from person and reject the evil without being antagonistic towards the individual, because we know that

the discord originates in animal magnetism and not in person. Thus, we can discipline ourselves to love, and in so doing, find our dominion over animal magnetic emotions.

We have touched only briefly on the spiritual ideas that can be explored in this prayerful work. If we are consistent in daily study, God unfolds the ideas needed to handle the general belief in mortality and the specific problems that we may seem to have at any given time. This metaphysical work is progressively inspiring and healing. The affirmation of Truth alone can destroy the suggestions of animal magnetism when the Truth is sufficiently understood. If however, the aggressiveness of error is so strong that the arguments of Truth seem insufficient to destroy the false suggestions, then the denial of error is essential.

The Healing Effects of Prayer

By working daily to realize the allness of God and the perfection of man, by constantly rejecting the general hypnotic suggestions of animal magnetism, we lay a spiritual foundation in consciousness that heals many of the universal beliefs affecting the lives of each of us — lack, discordant relationships, loss of inner direction, materialism, limited intelligence and opportunity, age, sickness, sensualism, fear of the future, false traits of character, and unfulfilled talents and abilities.

When sickness, pain, accident, unemployment, disagreements, loneliness, grief, confusion — any specific claim of evil — tries to manifest itself in our experience, we are prepared to overcome it. By vigorously rejecting it mentally and affirming the truth in its place, we can fight against the error until it actually ceases to mesmerize us and collapses into nothingness. The mental change can be distinctly felt. The mortal belief is no longer there. Our mind is free of it. Healing takes place. Thus, we prove that evil is nothing. Sometimes we know we are healed before there is any visible evidence of it.

In *Message for 1901*, Mrs. Eddy writes, “Divine Love spans the dark passage of sin, disease, and death with Christ’s righteousness — the atonement of Christ, whereby good destroys evil — and the victory over self, sin, disease, and death, is won after the pattern of the mount. This is working out our own salvation, for God worketh with us, until there is nothing left to perish or to be punished, and we emerge gently into Life everlasting. This is what the Scriptures demand — faith according to works.”

These spiritual works do not always unfold in the same way. Some healings come quickly, effortlessly, even instantaneously. Some healings come slowly as we emerge out of some tenacious belief of mortal mind. Some problems seem almost impervious to our work. At such times, we must look away from the material picture and strive to understand God more. If we do not yield to discouragement, there will come a turning point, and the problem will either disappear suddenly or gradually lose its hold and fade away.

At times evil will be enraged by our struggle to be free of it, and it will fight back by intensifying the discord in our experience. If this happens, evil is definitely feeling the effects of our work. If we work on, *unintimidated* by its effort to discourage us, it will give up and vanish. Then great spiritualization of thought follows, and healing takes place.

We need to understand the overturning that this prayerful work brings about in our thinking. Before we grapple with animal magnetism in consciousness, our minds

contain a certain structure of thought that comprises our human identity and format of life. This mental state contains a large percentage of mortal beliefs through which animal magnetism claims to control our consciousness and our life. We are accustomed to this mental atmosphere and live in it effortlessly.

When we begin to pray scientifically, we challenge the animal magnetism within, and this is a threat to its hold on our consciousness. When evil's mesmeric influence is uncovered, it is greatly stirred and resists its own destruction. Our problems may become magnified; new trials come to us; old ones return. This very difficult period indicates that our metaphysical work is being effective. Our prayers are causing a chemicalization in consciousness as the mesmerism is destroyed. If we continue undaunted by these challenges, we will break through the barriers of mortal sense into a more advanced understanding of God. This spiritualization of thought will renovate our life, bringing healing and regeneration.

This healing work first overcomes the more obvious forms of discord in our life. Then it eventually reaches deep into the heart of consciousness and dissolves the more hidden forms of error. It has a regenerating effect on the inner structure of thought that is awesome.

The Wilderness Experience

This mental change from a material to a spiritual viewpoint, is usually gradual, gentle. But when this spiritualization of thought produces a strong upheaval in consciousness, it is sometimes called a wilderness experience. In this transformation of thought, the more tenacious forms of animal magnetism, clinging to the core of consciousness, are exposed and destroyed, and are then replaced by the spiritual facts of being. This upheaval is a mental overturning in which the mortal selfhood is forced to yield to the immortal.

We go through this experience because animal magnetism builds in consciousness a false sense of life — one encased in matter and material law, mortal knowledge and history, negative traits of character, a false sense of good, and unrealistic goals, ambitions, ideals and hopes. To the unenlightened thought these mortal views seem correct. Actually, they comprise an inverted structure of thought that mainly excludes God. These illusions comprise our mortal life.

When we study Christian Science prayerfully, spiritual ideas unfold to us that begin to expose the unreality of the mortal, material viewpoint. Truth brings to the surface of consciousness evil's most deceiving illusions. We learn that we have put our trust in false gods. The error in our thinking becomes obvious to us. As this false sense of life conflicts with the spiritual ideas unfolding to us, our mortal thinking becomes increasingly difficult and meaningless to live with. When this occurs, we have reached a point where we must relinquish some of the mortal views that we have been clinging to. This is very hard to do because our mortal selfhood resists destruction, and so we appear to suffer from this inner conflict. We are reluctant to give up the old, for fear that we will have nothing new to take its place. When these false views begin to crumble, it is a very dark and lonely time. The suggestion comes that the Truth isn't operating in our experience, that we do not deserve such suffering when others far less devoted to God are

not having to struggle so. Yet the change within goes on. We reach a point where we can't go back to the old views, and the new vision has not yet unfolded.

At such an hour, we find many comforting statements throughout Mrs. Eddy's writings to reassure us. In *Retrospection and Introspection*, she tells us, "Though the divine rebuke is effectual to the pulling down of sin's strongholds, it may stir the human heart to resist Truth, before this heart becomes obediently receptive of the heavenly discipline. If the Christian Scientist recognize the mingled sternness and gentleness which permeate justice and Love, he will not scorn the timely reproof, but will so absorb it that this warning will be within him a spring, welling up into increasing spiritual rise and progress." In *Miscellany*, she writes, "Remember, thou canst be brought into no condition, be it ever so severe, where Love has not been before thee and where its tender lesson is not awaiting thee."

It is necessary for the old to pass away to make room for the new. Two states of mind can't occupy the same consciousness at the same time. And so as this loss of mortal illusions takes place, we must stand and trust God completely to restore harmony, for He will not let go of us. At such times we must pray on, for prayer alone delivers us from the depths of this mental darkness. As we read and pray and wait on God, we begin to find a spiritual depth within that we didn't know was there. There comes a spontaneous flow of spiritual ideas that carries us into brilliant new insights of God and man. The ideas of God remold consciousness as the old man is put off and the real selfhood unfolds. We exchange faith for understanding.

Through such trials, animal magnetism is driven out of consciousness. We respond less and less to its influence. If it tries to enter the spiritualized thought, its offensive presence is such a contrast to this purified mental atmosphere that it can be detected and rejected at once. When evil is rejected often enough, it ceases arguing and leaves us alone. Thus, we prove our dominion over it.

In the real man, there is no animal magnetism. He is serenely about his Father's business, uncontaminated by mortal mind. A conflict within is unknown. To the degree that we resolve the conflict within ourselves, we are that man.

Why Pray?

Spiritual healings have taken place since the history of man began, and without any knowledge of animal magnetism or the need to handle it. However, such healing work is uncertain in its results. A more reliable form of prayer is needed, one that teaches how to grapple with and destroy animal magnetism in consciousness through spiritualization of thought. Any structure of metaphysics that by-passes this all-important part of spiritual healing, will not heal consistently.

Animal magnetism will not dissolve and disappear of its own accord. It will not fade away with the passing of time. It cannot be ignored or casually written off as "nothing." The affirmation of Truth alone is not enough to loosen its hold on consciousness. The destruction of evil cannot take place without a conscious effort on the individual's part. This fact is one of the all-important points of Mrs. Eddy's discovery — the reason why healing in Christian Science can be relied upon. She makes it clear that evil is unreal, but that it must be denied until it is destroyed. Reliable healing work cannot

come about without including the denial of animal magnetism as part of our prayerful work.

We can rightfully term evil “nothing” because when it is confronted with Truth *understood*, evil’s mesmerism is *always* destroyed. As we heal ourselves of evil’s mesmerism, we heal the world. If each of us worked daily to heal some small suggestion of animal magnetism in ourselves, this spiritualization of thought would neutralize the error in world consciousness and bring about them millennium. Through Christian Science, we can deepen our spiritual understanding, broaden our vision, and prove the unreality of animal magnetism with healing works. “The effectual fervent prayer of a righteous man availeth much.”