

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 9, FLORIDA

DEPARTMENT OF INSTRUCTION

THOUGHTFUL PEOPLE ARE SEEKING SOMETHING TO LIVE BY:

The world needs at this time, above everything else, those who yearn for a larger life and are capable of understanding that there is a life science, by the laws of which they can obtain Health, Happiness, and Success.

It will be a surprise, and we trust an agreeable one, that we do not have costly literature devoted to self praise or lavish promises cleverly constructed by advertising men to sell you something.

Our instructions are never sold --- There is no price upon them --- They are beyond price to those enlightened ones who appreciate that they have possibilities which can become realities.

You will find in this letter an invitation with which you can let us have a little information that we may judge whether or not you are qualified to comprehend our instructions. When this is submitted and passed favorably by our board we start you immediately along the path of enfoldment by sending you Instruction #1 --- each week there-after instructions will be sent which can and will, when understood, work a revolution in your way of life and circumstances.

Naturally you want to know there is no "Catch" to it --- and how it happens there is an Organization that actually instructs without fees or charges --- and has no books, foods, or other things to sell.

We have students in every state in the Union and they have voluntarily given and do give to our Fund, that others may receive benefits such as they have experienced. Thus is this opportunity made available to you. We know that you will find these instructions so unusual, so helpful and so beneficial that you too, without solicitation, will find joy in giving --- and the ability to give --- that others may receive like benefits. It will be just as natural as the principles we teach.

We do not deal in the mysterious nor mystifying --- We exist solely for the purpose of educating in the matter of spiritual values. Our educational program is conducted entirely by mail --- We have no resident school --- Our teachings are acclaimed by educators and others of note because of their practicability. We teach laws and principles which work. Life Science enables men to succeed in their work, whether it be an art, a trade, a profession, or a science.

You too will experience successful living and expression.



-2-

We do not select to receive these instructions the over-emotional or those who are seeking magic. This is a course of study and is incorporated and chartered as a non-profit corporation.

Our instructions are simple and understandable and they will actually work in your life.

We do not profess to work miracles, but our files are a record of the reports of 'seeming' miracles worked in the lives of those who study with us --- that's why they give and keep giving in the spirit of gratitude and that's why the opportunity is open to you.

This science is not taught in ten or twenty short lessons. It takes two years and an additional course for those who have shown exceptional interest in attainment. At the end of each year of study, to the qualified, we confer Certificates of Merit commensurate with the progress and accomplishment of the student. These Certificates can take their place of dignity and honor among any awards you may have received in the past. HEALTH, HAPPINESS and MATERIAL SUCCESS are a natural sequence when you know and live the principles we teach. They are perfectly simple --- Life when understood is made up of simples.

It is not by accident or chance that we are contacting you --- This is not a world of accident and chance.

Practically every letter in our files is an expression of heartfelt gratitude and appreciation.

That our Fund permits us to accept at this time a limited number of qualified, earnest, and sincere seekers of the truths of life is due entirely to the effectiveness of our instructions in the affairs of those who have studied and are studying with us --- To them all credit and praise.

Now as to the invitation we have mentioned --- Read it --- Not an obligation in the world.

At this time it is your privilege to fill it in. Whatever you see fit to put in it we will try to determine whether you are one who could understand our teachings. If you are accepted we start your instructions immediately and you are on the path of a more abundant life.

Very sincerely yours,

THE ORDER OF THE ESSENES

B. H. Hammer

DIRECTOR.

THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 1 **Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

*Only a few have discovered
the key to greatness, and yet
it may be seized and used by
millions.*

*It is the purpose of the Order
of the Essenes to furnish the
key to unlock the slumbering
powers within you.*

*You must open the door and
enter the great treasure house
of being — — the YOU of
your being.*

. . . . THOUGHT GEMS

The greatest sin is fear.

The best day is today.

The best town is where you succeed.

The most agreeable person is one who would not have you any different from what you are.

The great bore is one who will not come to the point.
A still greater bore is one who keeps on talking after he has made his point.

The greatest deceiver is one who deceives himself.

The greatest secret of production is saving waste.

The best work is what you like.

The most ridiculous asset is pride.

The worst bankrupt is the soul that has lost its enthusiasm.

The cleverest man is one who has always done what he thinks is right.

The most dangerous person is the liar.

The most disagreeable person is the complainer.

The best teacher is the one who makes you want to learn.

The best play is work.

The greatest comfort is the knowledge that you have done your work well.

The greatest mistake is giving up.

The most expensive indulgence is hate.

The cheapest, stupidest and easiest thing to do is find fault.

The greatest trouble maker is one who talks too much.

The greatest stumbling block is egotism.

The meanest feeling of which any human being is capable is feeling bad at another's success.

The greatest need is common sense.

The greatest puzzle is life.

The greatest mystery is death.

The greatest thing, bar none, in all the world, is love.

Know Thyself!

Should I ask — "Who are you?" You would probably tell me your name and be perfectly satisfied you had fully answered the question.

Now try this one—Who am I?—and give yourself a soul satisfying answer.

For fear you might be superficial, but with no desire to complicate your thinking, you are reminded, that if you confine your thinking to the physical, that not one hair of your head, nor one drop of your blood, not one particle of your skin, nor one atom of the pupil of your eye is the same as it was just a few months or years back—and a few months or years hence not one of the molecules of the physical body you **inhabit** will be the same.

Did you get a clue? Read again, "Of the Physical body you **inhabit** will be the same."

You want to succeed—to get ahead—to win,—in the vernacular of the day—"You want to go places"—You can.

In the name of common sense, how do you expect to win, if you don't know who you are? You couldn't put a watch together and make it keep time without knowing the parts, the relation, and the functions of the different pieces.

In just plain words, you must know **you**.

History, discovery and research teach us that in the ages past we have had some very high orders of civilization. It is revealed that they probably got that way by a study of mankind, an understanding of themselves, their capabilities, their possibilities,

their "you".

In this day and age we have been applying ourselves to physics, mechanics, chemistry, geology, scientific things—**things** being emphasized—thinking about **a living**—not living in the sense of making **a life**.

Every individual packs about with him a laboratory, a complete set of instruments for research and discovery, the secret of success, riches untold, and not one in a hundred realize it, and not one in five hundred use them.

What is it? Where is it?—and everyone has it?

You are about to turn away saying, "Oh, that's too deep for me", or "Oh, that's psychology—metaphysics, or bunk".

Nothing of the sort! If you have come this far you can go all the way with perfect understanding. Furthermore you can, if you will, follow every simple direction, and it will be no lottery or gambling chance to win—you are sure to win—not fifty years hence either, but from right now on out. How much you succeed depends on you.

You write your own ticket.

What has preceded does not mean that a chemist is going to feed you an elixir and make you a mental giant over night, nor is a magician going to wave a wand and fill your coffers with gold, nor is anyone else going to "make good" for you—you are going to do it all for yourself, or it won't be done.

That doesn't mean anything complicated or mysterious is to be required of you—it is so simple—so understandable—so reasonable you cannot fail to grasp it, and as you apply it in your daily life you will experience, you will feel, you will see with your own eyes the results—so pleasing—so gratifying—so uplifting—so satisfying, that you might lose your sense of proportion and feel that all human knowledge and even all divine understanding is yours.

Enthusiasm for the results of the simple truths you learn is a thing to be desired, but it is to be hoped that these truths will be so rounded and complete that you will be prepared to not only merit advancement, health, pleasure and success, but will be conditioned to stand it.

It's a strange thing, but countless people better face and endure poverty than riches. They conduct themselves in failure, defeat and adversity, better than in successes—success has a way of going to the head—a sort of alcoholic effect.

The benefits suggested cannot come to you without time and effort on your part, these are a pittance compared to the time and effort you put on other things.

Now we begin. It is to be health, pleasure and success for you.

That means **you** must understand, know, and master **YOU**.

The surest thing in life to you is that you exist

—that you are an entity—that you **are you**. Equally certain are you that from childhood to the present moment you are the same individual—the same you. Your ideas, opinions, your thoughts, and even your attitude toward life may have changed but right on, you are the same identity—the same you.

Daily you change in the physical sense. Nature is taking on and throwing off—your hair grows—your nails grow—they go, new comes on, and actually not one possible atom of your physical being is the same as in childhood. You are certainly a wholly different physical being, possibly many times so—but right on, you are the same person or entity—this you know.

Being so—what is this I-identity—this you—this thing that in life is not and cannot be fastened to the physical, that remains on through the physical changes?

To understand the real you—to appreciate your powers and possibilities—to succeed—to grow in understanding—to have health, happiness, and all those things you long for, is easily possible for you, and such is the object of these instructions, but these things cannot be imparted to you in one lesson.

This assurance we give you—no matter how difficult the way is for you—no matter how many failures you have made—no matter how blue, discouraged, hopeless or helpless you may be, you can succeed. Just be earnest, and faithful in the study

of the teachings of this order—and new worlds, so to speak, will be opened to you.

When you grasp the idea that the real you, is not a thing of flesh, blood, or bone, but that you manifest through them, as now constituted and functioning, you are but one step to the appreciation of the fact, that the you—the unchanging **you**, can not be harmed, hurt, or destroyed. Neither fire—water—nor disease touch the real you. When you get to this stage it should be quite simple to realize that the difficulties, troubles, trials and dangers of life are not quite so real as you have heretofore measured them.

We do not teach the unreality, or immateriality of things. To deny the existence of that which you see, feel, smell, taste, or contact every moment of your life is to do violence to reason.

To have a deep understanding of the qualities of these things, opens the book of nature. Therein are the truths of life written. To know thyself is one thing—to know the true relation to all else, the invisible, but provable and demonstrable, as well as the material, is the key to health, happiness and success.

We ask you to accept only that which can be proven and demonstrated,—only that which reason approves. To engage in the logical and metaphysical distillation of truth is engaging—interesting—fascinating—you will enjoy it as well as profit in a very material way. To come to a realization that

mental or spiritual functions are as much a part of the endowment of man as are the simpler or bodily functions, opens up new worlds and new avenues for an intimate communion with the cosmos.

If you feel no ambition to understand and control the forces which make up your own personality and determine your own destiny,—then this order will hold no interest for you. If you sincerely and earnestly have been groping for explanations and enlightenment as to your relation to the infinite—then this is your opportunity to become sensible of your title-deeds to understanding.

It may at first seem too good to be true, but infinite power is available to you.

In the power realm of the infinite lies the present answer to your every trouble and need.

. . . **THOUGHT GEMS** . . .

Careful planning, backed by enthusiastic effort, is as essential in human engineering, as it is in structural engineering.



Millions now living are dead but don't know it. Dead to the possibilities of their future. Dead to the opportunities of life. Dead to a vision of their own potentialities.



Experience is cumulative and the next best step begins where the last one ended. We can't go back and do the thing over; neither can we reach a destination ahead without setting our gaze in that direction. The shortest route is a continuous straight line.

Section 2 Instruction 1

As a second section of each set of instructions we are going to require that you do some simple thing. To merely tell you to do it would make no lasting impression. To understand the reason for it plants it as a seed in your mind and consciousness, and it grows.

Having once understood, (and it will be extremely simple), you cannot lose it, it is a part of you.

Having held out the promise that we can show you the way to health, happiness and success, we become in a sense Doctor, Minister, and Counselor. We do not fail,—you just follow through and our promise will be fulfilled.

Health,—not just a "feel all right" sort of feeling, but abounding health—something vibrant, magnetic, and radiant, you can possess and enjoy.

Our first requirement will therefore be a step toward this "abundant life health"—a preparation of the physical—a sort of first step, or initiation. We want you to know why we tell you to do it;—what effect it is going to have, and why it is going to have that effect. And, when you do it, whether you now believe it or not, you will have in your mind a picture of the effects, improvement in the physical, and the desired ends will be accomplished.

Furthermore these instructions are precepts. When you reach the higher degrees in this order, no matter what has been your education, nor how many degrees you possess, you are going to marvel at the simplicity of them—their range, and at their

comprehensiveness.

If you are a physician, you can check all statements relating to biology—chemistry—physiology—anatomy etc. and find perfect accuracy.

We are quite sure that those of specialized and scientific training, who come across instructions touching in the field in which they are trained, and finding them correct, will have full confidence that in all parts our instructions are scientific and dependable. Our Geology will be the geology of Hutton, Smith, Sir Chas. Lyell, Drake and the modern school; our astronomy, not the astronomy of Joshua, but of Galileo, Kepler, Newton, and de Laplace.

Our first request, which we ask you to faithfully follow, will be with respect to a drink of water.

How delightfully simple!

Doubtless someone has suggested it before, but you have not followed directions. Why? Well, this time you will, because you will know why.

Whenever you see a faucet, a spigot, a well, a pump, or water—it will remind you, from this day hence. For once and for all time you are going to experience a new water sense.

We are going now to deal with the physical.

Health, as you know it, is a physical manifestation.

It is generally accepted that the human body is composed of sixteen elements—i.e. Oxygen, hydro-

gen, nitrogen, and carbon. These constitute the four so called organics, and the following twelve so called mineral salts. Calcium, phosphorus, chlorine, fluorine, sulphur, potassium, sodium, magnesium, iron, silicon, iodine, and manganese. The mineral salts work with the organics to build up and maintain the body structure.

You are not asked to memorize that list, you will later on,—much later on—meet it again. This is not a memorizing course of instructions.

What we want you to understand at this time is how important water is in the phenomenon of life.

In analyzing the components of the body we find that water composes from 70% to 90% of the biological compounds. In blood we find upon analysis, a very striking resemblance to sea water. In just plain, simple terms, the human body analyzes about 85% water.

Now just to emphasize the importance of water you are informed that all research reveals the fact that the phenomenon called "Life" (organic life) only manifests in water.

Now, just what is water? The chemist calls it H_2O —meaning hydrogen two parts, and oxygen one part. Two thirds hydrogen and one third oxygen. Now under any and all circumstances, you put the two together in that proportion and the result is water. That is the law of nature—unchangeable and invariable.

You easily recognize that three necessities of

life are air, water, and food. We can go without food for days,—but how long without water? How supremely necessary is water! The cells which compose the life units really live, move and have their being in this medium. The whole sixteen elements, (which you did not memorize) are held in solution and in immediate proximity to the life units by it, and can only meet their requirements in solution. Water, therefore, is the vehicle of life.

Physiology teaches us that we discharge one and one half pints of water from the body in the form of perspiration every twenty-four hours, and that during the same period nearly three pints of water are voided through the kidneys as urine. Two quarts of water and more eliminated every day! Do you replenish this?

Right now is the time to realize that the important juices of the body are composed of this fluid—the blood, the bile, the saliva, and gastric juices, the pancreatic fluid, the lymph and other digestive juices as well as the endocrine secretions.

We take precious care to see that our animals and live stock and gardens get sufficient water, as though they were more important than our own bodies.

It is a surprising thing that a great majority of people do not drink enough water to "balance nature's budget". They depend upon the soups, coffee, tea, pop, beer, dope, fresh vegetables or other food to supply the water. There is little wonder that such numbers suffer from constipation or kidney

conditions—their whole system clogged with effete matter. Clogged colons, inactive livers and kidneys, blood supply below normal, sallow skins, foul breath, and other abnormal symptoms, all for the lack of a little water!

It is easy enough to cheat nature,—but nature draws on her reserves—remember the body is 85% water—but when she draws heavily and constantly on her reserves, we have some "dried up" conditions that make for neither beauty or health.

If you are not drinking your two quarts of water a day—the thing for you to do is to begin gradually to increase the quantity and shortly get to your two quarts.

There are some valuable executives in this world connected with big and successful businesses. Go into the private offices of these men—see how many have thermos bottles of water on a tray with a glass clean and bright to keep them reminded—sit and talk to others and at stated periods see the porter come in with water on a tray and pass it, without any orders, other than standing orders. You never see them refuse. These great institutions see to it that their steam boilers are supplied with water—likewise, that their human dynamos are kept fit.

Now for our request! If you are in a fairly normal condition, we ask that the first thing you do in the morning upon arising is to drink a tumbler or ice tea glass of cold water—not icy cold. Don't gulp it down.—Drink two swallows and count two—then two more and count two until you have it all.

If you suffer from indigestion, or acid condition of the stomach, use hot water instead of cold. By hot we mean as hot as you can take it with comfort. Just "warm" water may produce nausea. A pinch of salt or the juice of a half lemon can be added to make it more palatable.

When water is hot it indicates that its molecules and atoms have absorbed a certain amount of radiant energy and are vibrating at a higher frequency. This radiant energy will be absorbed by the molecules and atoms of your body.

At night, before retiring, we ask you to go through the same process. Make this a habit.

The balance of your two quarts of water can be taken during the day. At meal times too, if you desire, and if you must, but avoid "washing down" food with it or anything else you drink. Drink in small sips. The better time is about twenty minutes before meals.

As you progress you are going to learn that the great source of all phenomenon operates according to basic laws—attraction—repulsion—balance—and regularity. Just as a magnet has its positive and negative poles, the human has positives and negatives. When water is taken into the system through the alimentary canal (drunk), it is absorbed and carried to all parts of the system. Every cell, tissue, and organ laves, bathes, drinks and feeds from this medium. It forms the life stream. Likewise it is the medium by which the broken down tissues and other refuse are expelled. Nature's ac-

tivities cannot proceed without it.

The request, we repeat, is delightfully simple, but tremendously important. Health is a part of happiness. It plays an important role in success. Follow our directions,—comply with our request, and feel and experience the results. You thus start on the road to a more abundant life.

. . . JUST TALKING IT OVER . . .

These instructions or steps to progress are short—from sixteen pages up, measured in pages—from forty-eight hundred words upward, according to a word appraisal, but surely they will not fall into your hands unless you have sought or are seeking something other than to pass in review the thoughts of others.

There are several ways and purposes and varied results of reading — — fact finding — emotion seeking — skimming for chaff for chatter, keeping abreast of current topics and events, and ever so many more.

It is to be hoped that this does not fall into your hands as just something else to be read. If it is not thought-provoking, If it does not lead you on to do some thinking on your own account —about **YOU**, the full measure of benefit will not be yours.

Later on, something will prompt you to come back and read this instruction again—when you have been further prepared —and you are going to wonder how you ever read them the first time, and over and over again, at the time of receipt, and failed to get the full meaning and significance.

It is not selfishness to think about yourself, only by self enlightenment can you be prepared for a full measure of service, giving of yourself, and thus attain your cherished aims.

Take page three—just quietly think it over, "Who am I." You just know that what follows is a fact.

That's something to think about.

Now read on again to page six. Just be sure that you would like to know more about that I-identity, and determine

to give it some serious consideration.

Reading on page six, you find a rather sweeping promise.

If this were a commercial institution for profit, which it is not, that would be equal to a guaranty to make you healthy, happy and prosperous, or your money refunded.

We know that within our instructions are all of the principles that every person who succeeded has used to attain that position, whether they knew the elemental principle or not. They had to use them consciously or unconsciously, otherwise they would not have attained, for the world is governed by laws—natural laws.

It surely means something to you that we are so certain of our premise, that we furnish these instructions and depend upon you to give, according to your means, your conscience, and as you grow and attain— —and your giving is that we may extend these instructions to others. These instructions are never sold. There is no price upon them.

Our interest is in people,—humans,—and we are following a fundamental law—that as we give, so shall we receive.

Comprehending that law, you will realize that you must give time and thought to these instructions—serious study—not just read them. The truths of life must be ingrained in your very make-up.

Then you, too, must take an interest in others and the knowledge you acquire and the understanding which you obtain, you must use in the interest of those you contact.

The world has just passed a geologic cycle. Our present condition and state is largely due to the facts set forth in paragraph one, page four, of these instructions; the world, so to speak, is looking for the sunrise.

Faithful in this study, faithful in the present duties and opportunities that are now yours, just the simple commonplace, every day affairs, as they arise,—and we shall together greet the sunrise of a new day, new conditions of your own choice.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

Dear Fellow Student:

First, we want to thank all of you who have sent us clippings from magazines and newspapers in regard to the finding of the Dead Sea Scrolls. We, like you, find them most interesting and it is going to be very exciting to read the different opinions of the Scientists and Philosophers. Already they have begun to differ in the significance of the different aspects.

We have claimed and believe that Jesus was a member of the ancient Essenes. We derive this information from our early Bible Historians -- this seems to be one of the main points on which the Scientists and Philosophers base their difference of opinions. So we say we know the findings made by these learned men are going to be of extreme interest to all students.

Lest we sail under false pretenses we want you to know that we have never claimed to be connected in any manner with the ancient Essenes. As far as we have been able to ascertain there has been no continuation of this sect since early Biblical days.

We, as most of you are aware, were organized in 1938 at this same address. When our Founder, the late Mr. Burks L. Hamner, started this study course he looked around for a name. He had long been interested in the history of the ancient Essenes and after contacting the copyright department in Washington he decided to call his study - THE ORDER OF THE ESSENES. It was as simple as that.

Several years later he discovered there were several groups using the name of Essenes. While we have never gone very deeply into their teachings we know that they teach, as we strive to do also, TRUTH and in this connection the science of living. There are many splendid schools and study courses -- what appeals to one individual will not be of interest to another. All approaches are different and all have their merits. While we are in no way connected with any other group we do have a high regard for them and they receive our sincere respect. There is certainly room for all - for are we not all seeking?

If there is any way in which we may be of service to you please let us know. We are here for that purpose.

Yours in love and trust,

THE ORDER OF THE ESSENES

By

B L Hamner

Director

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THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ACCEPT THIS AS GOOD NEWS

FOR YOU:-

Your acceptance of our invitation has been received. We appreciate and respect the confidence. We send you the first instructions, and weekly hereafter will send you additional instructions.

At the outset, you appreciate that the aim of life is self-development and self expression to realize one's nature perfectly. That is why each of us is here. The highest of all duties is the duty one owes to one's self. That is an obligation.

The fine art of living is like all other fundamental and practical things in life, very simple, and when you have mastered the art of living, you have mastered Life Science.

In our work we have seen anxieties and fear dissolve, nervous breakdowns pending averted, and made the starting point for radiant living; we have seen sickness disappear; we have seen the lame and the helpless grow to normal under our very eyes, and out of failure come success and material needs and desires fulfilled. The only test of any method of helping others is the fruits that it will bear.

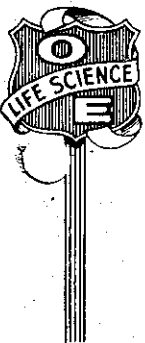
There is no value in any philosophy or religion or science unless it works.

These lessons start off with very simple things which you may think that you know and understand, but the teaching of any science must begin with the fundamentals. To make the test you must thoroughly understand and follow our suggestions. Only by personal experience will you know, beyond a doubt, the laws we teach.

Our method is simple, understandable, direct and certain. It is not an "ism" and we do not present unproven theories. This should be apparent to you, because the opportunity is made available because many have gone before you and demonstrated that they do work, and have attained their cherished desires, and without solicitation have given and do give that this work may be carried on and that others may be benefited.

They know that giving is in observance of a law and that they are benefited thereby. They seek not credit or worldly praise for giving.

Enc. 1



2.

It is quite easy therefore for you to understand that we try to select the worthy, and the capable to receive these instructions. We want you to prove your worthiness by demonstrating health, happiness and success. Your acceptance for all of our instructions is a matter for later consideration.

For satisfying results, these instructions call for more than just conscious and intelligent understanding. In the study of them in the privacy and quiet and silence of your own home, room or study, you will learn to comprehend them feelingly and emotionally.

By our works are we willing to be judged, and by your works we expect to judge you, and therefore we trust it will not be necessary to remind you from time to time to let us hear from you - - - at least once a month.

We want to hear from you often that we may know that the wonderful laws we teach have been accepted by your inner consciousness, and that you live in accordance with the universal principles. There is one way of knowing, and that is by what you express, by what you manifest, by what you demonstrate, how you live, your state of health, your state of mind, and your material well being.

You perhaps cannot now comprehend it, but we are going to show you the way to contact and to utilize all knowledge, all power, and to show you that it is ever present, and that your desires can be fulfilled by laws as fixed and as immutable as the laws that govern the heavenly bodies or the law of gravitation itself.

Do not fail the worthy, wonderful people who make possible this opportunity for you. Together we may be a powerful instrument in the saving of civilization itself. This too you will come to understand.

Let us now proceed. A perfect job can only be done by master craftsmen. Fulfilling your desires and ambitions, and attaining health, happiness and success is the task we set for you. - We point the way.

Very sincerely yours,

THE ORDER OF THE ESSENES

By

S. Hammir Davis

Enc. 1

THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 2 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

*The world problem, — relief
from the negatives, — grief,
fear, worry and limitations.*

*The lonesome seek compan-
ionship; the sick, health; the
weak, strength; the weary,
rest; the needy, prosperity.*

*The fountain source is not
without, nor afar, — each in-
dividual has within himself
the solution of the problem.*

. . . . THOUGHT GEMS

Life is a search for power; and this is an element with which the earth is so saturated there is no chink or crevice in which it is not lodged — "no honest seeking goes unrewarded." All the power you can ever use exists and awaits your intelligent mastery.

It is not the head that wears the crown but the head that bears a thought, that rules. It is no longer an aristocracy but an idea that counts.

To each is given the power to become a master builder in the temple of destiny but it is latent power and must first be discovered, then used.

Let us do our best to satisfy the hunger of the mind, to ascertain the secrets of nature, to the end that we may make the invisible forces of nature the servant of man and fill the land with happy homes.

The present moment is the child and the necessary child of all the past.

Give me the storm and tempest of thought and action rather than the dead calm of ignorance or cowardice.

When we are in tune, life lengthens, fear dies, joy deepens, love intensifies and the world is free.

Our mental attitude, our heart's desire, is our perpetual prayer which nature answers—heart prayers, not head prayers, are answered.

The very foundation of jealousy is self—self-absorption, self-obsession, self-consciousness. The only love that jealousy is a sign of, is self love. Jealousy is as much a poison as cyanide.

"A Life Principle"

Be not disappointed, if you find the so called supernatural is in reality perfectly natural. Radio one hundred years ago would have been judged supernatural—electric lights one hundred years ago would have seemed supernatural. If you would penetrate that sacred night which environs truth, learn to look for natural causes in all extraordinary events. There is born within you the desire to look upon your inmost self as in a glass—to know the real you.

A true understanding will give you the liberty of the universe—you will no longer be a slave to the earth. Nature, being the source of all inspiration, a little nature observation may give you a clue to a proper conception of the real you, and your proper relation to all else.

That we may be intensely practical, and lay a foundation for reason to accept that which many in a starry eyed manner try to grasp as a matter of religious faith, and most always tinge with doubt and hesitation, let us start a basic nature observation.

In our minds eye, in Florida, we shall select a small tract of land, farm land. Soil analysis by all the chemists in the world will show that there is no rosin, turpentine, oil, and other things within it, which we shall soon produce—not by magic, but by the forces of nature.

We prepare this land by cultivation—then we plant acorns, pine seed, castor beans, tung nuts, corn, vegetable seed of all kinds, cotton seed, potatoes, and sugar cane.

Keep this in mind, these are planted in the same kind of soil—when they sprout and grow, they will rear their heads to the same sunlight, and push their roots into the same dirt, and wave in the same atmosphere.

At maturity, what have we?

From the acorns we have oak trees, from the pine seed—pine trees, from them rosin, turpentine and many other products and by-products—from the castor beans we have castor oil, from the tung nuts we have tung oil, from the corn comes corn and its many products and by-products, from the vegetable seed come tomatoes, lettuce, beans, egg plant, celery, cucumbers, radishes, and countless other food products. From the cotton comes cotton for cloth, cotton seed oil and its by-products, from potatoes come potatoes, starch, etc., from sugar cane comes sucrose for sugar.

We now have lumber for homes, food to eat, material for cellulose from which to make paper, and rayon, and cloth, cotton for cloth and clothing, sugar for sweetening—housing—food—clothing.

From many of these products, by fermentation and natural processes of change, we can produce alcohol for fuel.

Other plants from the same soil could have produced medicines, and chemicals.

By a combination of these countless products a thousand commercial articles could be produced.

Whence came this oil, this turpentine and other products. No analysis, we repeat, by all the world's chemists could have found this in the soil, air or water from which they drew sustenance—gallons of turpentine, gallons of oil.

All of these different seeds were fertile, meaning what? That they contained a life germ, or were alive, and capable of growing. Not alone were they fertile, but each contained within it a life principle, or purpose; The pine seed with the pine principle—the castor bean with another life purpose.

Think for a moment of the power lying dormant within each. Just a seed in the vegetable kingdom.

If our study opens up to you undreamed of powers—powers parallel in principle to the power within the vegetable seed—be not skeptical. Certainly a life principle in the human can not be less powerful than in the vegetable kingdom.

He who seeks to discover, must first reduce himself into a kind of abstract idealism, and must make way for the faculties which meditate and contemplate, and give rein to the faculty of imagination—about which we will have much to say later.

What explanation have you?

Whence came these things?

There are certain scientific truths to be fixed in mind, that we may fix with certainty the truth in this matter. Nothing ever adds to nor steals from the sum of the energy and the matter in the uni-

verse. Modern physics teaches that matter and energy are inter-convertible at the rate of one gram for 10.21 energy units. Nothing can be destroyed. You doubt? You think fire destroys?

No! It only changes. What you feel as heat—see as smoke and ashes—are the changed elements that once combined made the thing which burned. They are here to again combine in some other form.

In this world there is neither chance nor caprice, neither magic nor miracle. Force is eternal. It can neither be created or destroyed.

With this demonstration which anyone can make, and always with the same result, are you ready to accept the fact that all things are present here and now? And, that there is but one source of all the different forms of life or intelligence, which we see, whether they be men, animals, trees, or rocks.

There is an unchangeable, inexorable principle at the source of all existence, a creative and underlying cause of all things.

It is quite logical therefore that all things have the same derivative, are the same, but in different degrees of manifestation,—in terms of science,—perhaps different in density, vibration, molecular, atomic, ionic, protonic, neutronic, electronic, etheric or photonic structure.

Simply stated: All matter is built from the same building blocks.

Such being so, you will find that all scientists,

philosophers, metaphysicians, and members of our order are deeply religious,—not in the sense of subscribing to creeds, dogmas, sectarianism, and theological tenets, nor in the sense of dictating, nor being dictated to on rules of human conduct and relationships, but having a firm belief in the living soul of the universe from whose creative will flows all nature and humanity.

On the one hand we have those who know,—on the other those who perhaps have a blind, if staggering and wavering, belief.

There is nothing in these instructions to conflict with the rational religious faith of Protestant, Catholic, or Jew. It will doubtless give a deeper understanding and make very clear some of the little understood allegorical teachings, and demonstrate the feasibility and practicability of religious promises of health, happiness, and success, here and now.

If you will go with us, with an open mind, and the spirit of investigation, success heights will be opened up to you,—health, happiness, and a very material success.

An open mind is the one essential—the first step, the great necessity, and the forerunner of progress.

To give you one law or principle such as "All things are present, here and now", just wouldn't click,—it would not enter the fog bound valley of your consciousness, it would sound silly and unreasonable.

If it did receive acceptance on faith, as possibly some deeply religious might, because of a belief in a Bible source, of what use or benefit would it be, without a knowledge of just how you could grasp from this universal source those things for which you long.

The lesson of the trees and plants, and the fruit thereof, set you to thinking, gave you a faint glimpse of the truth, but did not constitute proof.

We hope that you are athirst for the quickening waters of truth.

We must believe in invisible and intangible things, but only after proof of their existence. That is not at all difficult in the light of reason and the present day discoveries and inventions.

You can go to any ten cent store and buy a magnet, a horse shoe shaped piece of steel—to all of your senses it is just that, its special properties are invisible and intangible to the five senses.

Now, just hold that magnet near a needle—what takes place? The needle jumps through space to the magnet.

Today we have large magnets that pick up tons of metal. They are used in loading and unloading vessels and railroad cars.

What they do is proof of an invisible something—so we do believe in the invisible, we come to know.

You are to come to know some of your powers—many powers, invisible, intangible, but just as

real as the power of the magnet—through these lie the road to accomplishment—the material success you would attain.

You do not believe in the invisible and intangible made real as yet? To you, the atmosphere or air about you is just atmosphere or air?

Let us for a moment contemplate a material that is taken from the air in three different methods or manners.

In certain parts of Chile, in South America, where it doesn't rain in years, we find vast beds of sodium nitrate, a material very similar in appearance to salt. It is mined and shipped by the millions of tons. It is used in fertilizers and explosives. It is a source of nitrogen.

If this material is exposed to moist air it absorbs the moisture, and melts,—it is therefore said to be deliquescent—moisture absorbing.

Nature is constantly producing nitrogen and laying it down in these beds in Chile. That is one source.

Science now produces nitrate of sodium by electricity. There is no source of raw material but the air we breathe.

The great Muscle Shoals project, known as the T. V. A. or Tennessee Valley Authority, started as a project to create enormous electrical energy with one of the expressed intentions of producing sodium nitrate, so that our farmers might have low priced fertilizer — That

is the second way.

Now for a third way—Plant beans, or most any other plant that produces pods like beans and peas, (called nitrogenous plants),—let them grow to maturity, pull them up by the roots, and examine carefully. You will find all along the fine roots little nodules, or wart like knots, or small pods. These are nitrogen bearing.

That is why farmers grow nitrogenous plants,—to build up the soil, enrich it with nitrogen.

So, the exact sciences and nature demonstrate that "All things are present".

We now turn in another direction. The electric light bulb you see and know so familiarly is a glass affair—within is a vacuum, meaning that the air or atmosphere has been withdrawn, or pumped out—Why? The filament would not produce the bright light you see and know were the air or atmosphere, you think of as invisible and intangible, present. The fact that it can be pumped out or withdrawn and a vacuum created proves it to be very real.

We have now told you something of the elements of the air or atmosphere, invisible and intangible, metaphorically speaking.

It is our purpose now to call to your attention that the invisible parts or rays of sunlight are the more powerful—the more beneficial, just as we are later to teach you that the hidden, and probably undiscovered powers within you are transcendent in importance in living a more abundant life.

Science has discovered that the visible portion of the solar spectrum with its red, orange, yellow, green, blue, indigo and violet rays, is bounded on the one side by a region of ultra-violet rays, and on the other side by a region of infra-red rays,—these invisible bands of light extend indefinitely in either direction.

Some of these invisible and hidden rays are now duplicated electrically. These solar rays, while hidden to our eyes, are definitely recorded by scientific instruments and many of their properties and values are known.

It is now commonly accepted that the larger part of the sun's heat rays are a part of the infra-red field of the solar spectrum, and are invisible to us. The rays themselves are not heat, but they set up molecular internal friction which is heat.

It is equally certain that vegetable and plant life, depends for its chemical changes largely upon the ultra-violet rays—invisible to our unaided eyes.

Animal life and human life depend upon the invisible ultra-violet rays.

Scientific instruments accurately segregate and record these invisible rays; research and investigation have proven their inestimable value.

You therefore must believe in the reality of the invisible, and should come to an understanding that these things are the important things in the scheme of life.

We speak of all these things as intangible but

they touch and penetrate our being—but insensibly to our sense of touch. Intangible is here a metaphorical, rather than scientific, expression.

Is further proof of the very real, in the invisible and the intangible necessary?

By the mechanism called radio, the human voice, music, sound, is transformed into what may be termed etheric waves, and sent forth into space.

Where you are there is this voice, music and sound possibility. A radio receiving set transforms these waves back and you hear.

Right then and there are other voice, sound and music potentialities present. You turn the dials and out go one set of sounds and in comes another.

Science has measured the length of these waves, and the intensity of them in terms of kilocycles and watts.

For a moment, contemplate a photograph either of an individual or a landscape.

The camera is in one spot—the person or scene to be photographed is far or near. The lense or eye of the camera is opened for a very small, fractional part of a second. Upon the surface of the film or plate a chemical change has taken place, something of the distant object has had its effect, impressed itself upon the plate or film.

Whatever took place was invisible and intangible. It is still invisible until by proper chemical bath the result is made visible.

One tiny grain of musk gives off a scent for years. A tiny particle of radium radiates heat energy for years.

Can you contemplate all of these things, and then believe that man is without hidden powers and possibilities?

Can you view successes and failures, wealth and poverty, happiness and misery on all sides, and continue to believe that there is not something about man, within man, or emanating from man, more than the visible, tangible, or audible?

Section 2 Instruction 2

Our second request is as delightfully simple as our first. It relates to breathing—a perfectly natural thing, but by most people not done naturally.

As in our first request—we are not content to just make the request, but we want you to know the fundamental reasons for the request.

To "know thyself" you must understand something of the physical as well as the psychological. The physical plays a large part in making the complete happy, healthy, successful individual.

Do not discontinue drinking your quota of water. Even now, you should feel improvement, if you have faithfully followed directions.

The process of breathing at infancy is normal. In ancient times it was a normal process. The men of antiquity were deep, free breathers, using every

portion of their lung capacity,—and what is the picture? They lived to a great age, instead of, as today, an average of less than seventy.

Let us look into the interior of an average person, the product of modern civilization and modern methods of living and what do we find. The whole form is "collapsed" more or less. Every part of the body is collapsed—the blood vessels—nerves contracted, brain and muscle tissues shriveled—the biological cells, the life units about half their normal size. The causes? Insufficient water, improper food,—and above all,—shallow breathing.

Naturally, therefore, the way of correction is to start proper breathing—to put pure air into the lungs in a proper manner, so that it will enter every part of the body—tear loose an adhesion here—break down a barrier there, and open the closed avenues. We must learn to breathe that we may most efficiently supply the body the "breath of life."

It is quite essential that we know something of the air,—its action,—its processes, its functions,—that we may think the proper thoughts, and help in the processes.

Air is made up mostly of two gases—oxygen and nitrogen, in about the proportion of twenty percent oxygen—seventy-nine percent nitrogen. The other one percent is a mixture of carbon dioxide and a few negligible components. These proportions vary a bit from time to time.

In the course of our instructions you learn how in the formation of the earth nature adapted every form of life to the environment in which it was to live,—never knowing defeat—and meeting in perfect manner every requirement.

If a species was not adaptable to the environment, it was eliminated and became extinct. Nature was ever striving for perfection.

When man appeared, we find he was provided, among other things, with lungs so he could obtain the oxygen and other gases from the atmosphere.

Oxygen is absolutely essential to life, and only in those portions of the atmosphere where it is obtainable can organic life exist. It is inhaled through the lungs.

It is so simple to understand that the essentials of life are air, water, food and elimination. Man without difficulty can go days without food—and often this is highly beneficial—but he cannot go long without water—and air is an almost constant necessity. It is just a matter of minutes or seconds when the lack of air can snuff out the life spark.

Incidentally, air and proper breathing are essential to bring about elimination—not only in the two recognized ways, but also the elimination which takes place through the seven million pores of the skin, and in the exhaled breath.

Some Nineteenth Century writers and some present day so-called schools of esoteric wisdom speak of "Vril" or prana as one of the elements of the air.

The Nineteenth Century writers recognized that there was something operative they did not classify or recognize, possibly ether. It was a mistake to call it a component part of the air if it was the ether—because ether pervades the universe, including our bodies, and no amount of breathing affects the amount of it within us, for the amount of it varies directly with the volume we occupy.

If "Vril" were electro-magnetic energy it could not be ether, for ether is the medium in which electro-magnetic energy travels.

Electro-magnetic energy always travels a straight route (but in waves) and cannot be breathed in. It travels directly through the body (for example X-rays) unless it is absorbed (for example, light).

When we breathe the life giving oxygen enters, purifies and upbuilds—and as we exhale, carbon dioxide, the gaseous residue from the fire of metabolism being conveyed by the venous blood from the cells, departs into the atmosphere.

Now for Request No. 2. After retiring each night and upon awakening and before you get up, lie prone (upon your back) then lift up or puff out the triangular space just below the sternum (breastbone).

By "puff out" we do not mean to breathe and puff out with your breath, we mean for you to learn to throw the abdominal muscles out and the diaphragm down. The diaphragm is the arch of muscles over the abdominal cavity.

You will have the position correct if you feel a pressing outward high on the side of the ribs. This will free the solar plexus and put you in position for the next step.

When in position, close your mouth and inhale through your nose in a series of small puffs, the same as though you were pumping up a balloon—short little strokes. Fill your abdomen first, then gradually extend to the upper part of the chest, then after reaching your capacity in expanding, hold the breath for a short space. Then get rigid—or stretch—which is a tightening of the muscles of the entire body—then suddenly exhale through your mouth, ejecting the breath somewhat forcibly. Don't strain or try to over-do. You might experience dizziness. After some days or weeks of practice you will be taking in a lot more air and expanding more. You are requested to do this five times night and morning.

You will more than likely want to yawn. Go ahead and yawn, but don't count that as one of the five exercises. That is just nature's welcome—and putting a balance in the system. If you don't pump that air into the abdomen, and get way down with it, you miss three-fourths of the value.

When correctly done you have pressure from within, by reason of a full breath held, and pressure from without by reason of muscular tension.

The objective is to give a sort of squeezing to the cells of the body—just like squeezing liquid out of a sponge—the cells and organs of the body

being the sponge.

We want you to thoroughly understand the objectives of these exercises, so that as you do them you picture in your mind what is taking place. Knowing helps the process.

You have doubtless heard of Dr. Alexis Carrel, who has kept a chicken heart alive for many years by having it immersed in water containing the proper food elements. Daily this chicken heart is taken out of this solution and elimination and the throwing off of the excreta is accomplished by squeezing or wringing it out.

Twice a day, at least, we want you to put pressure within by deep breathing and forcing the oxygen to unaccustomed places and giving mechanical pressure from within, and by stretching or rigidity put mechanical pressure from without and thereby aid in forcing elimination of cells into the blood stream, which eliminations are then taken to the lung cells. Breathing is a purifying process. The oxygen in a sense burns out the impurities—and carbon dioxide goes off into the atmosphere.

It is therefore quite easy to understand that you should have plenty of fresh air—and not stay in a closed place where you breathe over and over the same air from which the oxygen has been extracted—and that crowded rooms improperly ventilated are dangerous, because they are filled with exhaled poisons of the occupants. Lungs not supplied with plenty of fresh air are easy prey for disease germs.

Another point to understand. You exhale or

eject the breath forcibly in these exercises because there seems to be a failure in some part of the lungs to absorb oxygen as you inhale—but it is supplied upon exhaling.

It is a splendid thing to once in a while force the breath out through the mouth like a goose hissing.

Above all things breathe through the nose. Do not be a mouth breather. If you are, see your physician for correction of this dangerous practice.

Now, certainly, you are not going to be too sleepy or tired or in too much of a hurry to breathe five times.

You are in earnest, we trust, in wanting health, happiness, and success—and certainly are aware that you have to put a foundation under the house of accomplishment and that you must be systematic and faithful in the simple things.

. . . THOUGHT GEMS . . .

The tadpole becomes a frog, the caterpillar changes into a beautiful butterfly. The insect world is full of metamorphoses. If this is a reasonable world, we can hardly believe that these metamorphoses are confined to the insect world.

Just as the iceberg is nine-tenths submerged, so are our powers. These inner powers, we can call upon, are nine-tenths submerged and remain hidden unless we call upon them and use them.

The sign of progressive thought is the question "Why." The competent bookkeeper knows how to record every trans-

action; the certified public accountant knows how and why the entries are made. The mechanic knows how; the engineer knows why. The cook knows how; the chef knows why. The soldier knows how; the general knows why.

. . . JUST TALKING IT OVER . . .

You have begun a study that by its truths will lift you into a new consciousness and in reality into a new world.

Perhaps the stress of circumstances and the negative conditions everywhere apparent have been too much for you and you have become utterly discouraged because you have not known that you have within yourself the power to rise out of that condition.

When you determine to prove in your own life the truths we teach, you are definitely on the road to a more abundant life.

Those experiences, discouragement creators, and those difficulties you looked upon as stumbling blocks, will appear to you as stepping stones. You have a higher self—and all the while you have been thinking in terms of flesh and blood, and not as a center of consciousness, just clothed by a garment of flesh.

To get these powers into proper channels, to come into a realization that you not only possess them, but can manifest,—make use of them—in every situation and under all conditions, in the every day affairs of life, is our objective.

And just as a preliminary training we suggest that whatever task you are engaged in, whatever thing you have before you to do, do it just the best you know how, not to please another, but to experience an inner satisfaction—an awakening of unused power sources.

In this second set of instructions you will find much food for thought—and that is what is called for. It is our aim and purpose to so prepare you that you can understandingly grasp the full significance of what is to follow in this course.

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

YOU ARE TAKING
ANOTHER STEP

TOWARD UNDERSTANDING:-

The third set of instructions comes with this letter, and with it our sincere faith that you will not be content to continue to grope darkly and painfully in the fog-bound valleys, and that you are athirst for the quickening waters of truth.

"The heights of great men reached and kept were ne'er attained by sudden flight, but they, while their companions slept, were toiling upward in the night," are words of wisdom, the expression of a universal principle.

You understand that you have taken years to acquire your present accepted opinions, your habits of thoughts and action. Your condition physically and mentally is the result of your past. Your social and financial position is an effect of long standing causes. Life Science is a study of causes, and how to motivate them - human engineering.

It is quite reasonable that you are not going to be interpenetrated with truth and understanding in just a few short lessons. You are not just being prepared. You would not be content to risk life's super-structure upon a day's foundation.

There are unlimited possibilities for you. You will soon come to appreciate this -- When you do, a new day will dawn for you.

When Christ, who was an Essene, taught that "as you give, so shall you receive," he was not talking religion; he was expounding a metaphysical law that always works. The time and thought that you give to this study cannot be lost. No effort is ever lost. Men are not rewarded nor punished for their deeds, but by them.

If on all occasions you express thankfulness, that giving has an appropriate reward for you in the cosmic universe. If in your work you give your very best efforts, that form of giving will be rewarded though you may not appreciate it at the moment. Each should be a stylist in his work.

This is a world of cause and effect, of action and reaction, of law, of perfect order. Those who have helped to make this course available to you know it and live it, and give joyously that you may know, and knowing, may express beautifully and responsibly.

May you have understanding,

THE ORDER OF THE ESSENES

S. Hammer Davis

Enc. 3



THE **Essenes**

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Instruction Headquarters, Tampa, Florida.

Instruction 3

**Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

It is the dominant trend of your secret thoughts which make or break your whole career, which beautify or mar your personality and which render you either radiant or repressive.

Therefore, be more careful of your thinking than you are of your money, if you would safeguard the greater values.

. . . . THOUGHT GEMS

It is the ship at the wharf, not the ship at sea, that rots fastest—the still pool, and not the running brook, that stagnates.

There has been too much attention to so-called sages, wise men, politicians, self-appointed saviours of the lowly. It is proposed to save by formula, it has never been and will never be thus—individual regeneration and not mass regeneration is the answer.

Startling physical improvements and permanent character changes are very commonplace when a change takes place in the innermost thoughts—when fear, jealousy and mental strains are weeded from the garden of the heart. A new day has dawned when you rout out mental conflict.

Men have looked away from themselves and at things so long, that they come to esteem each other by what each has and not by what each is.

Men and women are rushing hither and thither in the blind search for happiness and cannot find it; they never will until they recognize that happiness is already within them and round about them, filling the universe, and that they, in their selfish searching, are shutting themselves out from it.

There are many causes of failure but the one that "leads the pack" is to be afraid of failing.

"In the Beginning"

Whatever of chemistry or physics, or of the so called exact sciences, is now known, was evolved by the human mind and was, in the beginning, but a thought, an observation, an idea, an intangible and an invisible thing. The thought lead to experimenting; experimenting lead to discovery, but in it all, nothing was ever created. It was but a change created from those things which did exist and have existed throughout time.

We laid it down as a principle that nothing could be destroyed, therefore, we lay it down as a principle that nothing new can be created, and we come back to a perfect circle of logic to "All things are Present."

The modern mind, however, is now engaged principally in the study of material things, and in an endeavor to reduce the thoughts, ideas and theories to an exact science. These things relate almost solely to physical—mechanical, and tangible things.

In the ages gone by there have been many high orders of civilization. Throughout the world excavations have disclosed the records and the writings upon stone or parchment of some of these past civilizations.

It is evident that in past ages there was a great study of mankind. About fifteen hundred years B. C. Amenhotep III, Pharoah of Egypt, is known to have written certain philosophies, and deductions with respect to natural laws. Subsequent to this time there seemed to have been a decline in

civilization, the power to read and to record was nearly lost, and the few who could read were a class apart and preserved to us whatever of these philosophies and discoveries in the human realm we have.

There was a society known as the Essenes, two centuries B. C., which was a secret order, only those who could read or comprehend and hand down any learning or secrets were permitted to be members. The order of the Essenes kept secret within their own circle whatever of learning had been handed down to them. They adopted boys at about the age of twelve. If an adult desired to become a member, they were given three years of training and observation.

Jesus at the age of twelve was adopted by the order and therein He learned principles, philosophies, and the secrets of the order of the Essenes. He became so enthused with the teachings, and saw in them such possibilities for the human race that he became possessed with the urge to give to the world this understanding, and began his ministry at the age of thirty.

The people of that time were an agrarian or agricultural people who lacked the understanding of the principles of the universe. They were the subject people of rulers who gave them their thoughts with respect to life as they decided them to have it, and always from the selfish viewpoint of keeping them subject.

Jesus was not able to contain himself, and was

unwilling that whatever had been preserved should be within a small select, or secret order.

He could not go forth among that kind and class of people with their viewpoint and education as it was, and merely lay down principles and philosophies and logical deductions, so He had to evolve a process of teaching by parables, illustrating a principle by a story. His illustrations had to be along the line of agriculture so that they could understand, and so that it would be in terms, language and form familiar to that people in that time. This is so in spite of the misinterpretation by some of Mark IV-11 and 12 and Luke VIII-10.

There could be no question but that the 104th Psalm of the Bible was taken almost literally from the writings of this Pharaoh 1500 years B. C.

Often in the Bible did Jesus claim his divinity by saying that he was one with the Father, and the whole context of the Bible and the teachings of Jesus are that he was claiming this divinity for all mankind and calling upon man to come to the realization of that unity.

What Jesus was trying to teach was that the life spark, the spirit, the soul, or whatever it is within man that is permanent, the **you**, was a part of the universal.

There is much of virtue in all fraternal organizations. They teach lessons of friendship and fellowship, charity, bravery, benevolence, caution, constancy, and other positive virtues.

By their rituals, acted out by earnest and sincere individuals, they impress a few simple lessons indelibly upon the mind of the member, and there the matter of study ends—By associations one with another and living the principles taught, there is continuing good, and many benefits. The order of the Essenes is one devoted to continuing study.

It is a foundation for the study of man—the search for truth. It can be likened to a chemical laboratory, or a research laboratory in the field of the so called exact sciences. Our study is to search out life principles, the causes of health, happiness, achievement, advancement and success, and to learn how to practically apply these principles in our daily affairs and demonstrate truth.

No one will deny that the Buddhist, Mohammedan, the Confucianist have their grasp of truth. Even the primitive idolater has some faint gleam of it. All religions are but aspects of the one truth.

Any one, in any country, in any Epoch and of any creed or no creed can demonstrate the truth.

Perhaps our age will, in the future ages, be best known for its inventions and discoveries, for its genius with **things**. Things are effects.

Likewise the difficulties, the trials and tribulations of the multitude, and the present day unrest, may be due to too great attention to the material,—to effects, and too little to causes, to the searching out of the facts of life, which relate to man himself, and his connections, ties, and rela-

tions to the universal, the infinite, the omnipresent.

In this order there may arise an impatience, a desire to short cut to the understanding of these relationships, to quickly contact the omnipotent and the omniscient.

Great athletes do not become so in a day, a week, a month or even a year,—nor are mental giants the result of miracle.

For you—there are untold possibilities. You have the endowment,—to what degree will you raise it?

We must first ground ourselves, lay a foundation for understanding, must know something of this Earth and the things of the Earth. We must learn that the things we see and know are effects, and we must comprehend something of the cause,—recognize cause,—and soon must learn to deal with causes—and then will follow the realization of our longings, our hearts desires.

Great geologists read the earth like a book, its pages are filled with past history, its mysteries, and its complexities.

Five ages have passed since the world emerged from chaos, before that, scientists declare we were travelling through space, formed only of gases, thrown off from the sun, wandering aeons through the ether, seeking that specific center of gravity that keeps us suspended, a small world, amid a trillion other worlds, an atom among the millions of the great milky way.

Untold ages ago, a near collision occurred between our sun and another much larger sun. As a result, colossal tides of gaseous matter having a temperature of forty five million degrees Fahrenheit were set up on each sun; and finally a filament of gas, millions of miles long, protruded from our sun. Upon being removed from the intense heat of the sun, the filament began to condense into drops, which now constitute the earth and the planets. At first, the new-born planets described highly complicated orbits under the gravitational attraction of the two suns; but finally the larger sun receded and left the planets revolving around our sun.

The first geologic age shows a world without vestige of life, *Archaeozoic*, intolerable heat fusing the rocks from the gases now trailing idly, where heretofore they had been speeding through space at millions of miles per hour.

The earth's book shows a change, not the heated rock accumulation, but rocks known to geologists as *Proterozoic*.

This Age, according to the United States Geological Survey, lasted perhaps 1,335,000,000 years, and it is in this era that the first life has left a distinct record (*Crustaceans*, and *algae*).

Following this came what is known as the *Paleozoic Age*, which according to the National Research Council, by reason of estimates of Professor Charles Schuchert, is said to have lasted 317,000,

000 years, and it was during this Age that life began to multiply.

In the Cambrian period of this Age, lasting 92,000,000 years, we find Trilobites, brachiopods and other sea shells, and abundant seaweed, but during the Cambrian period we find no trace of land animals.

The next period of this Age was the Ordovician, lasting some 57,000,000 years, in which is found shell-forming sea animals, and the first trace of insect life.

The next period of this Age was the Silurian, lasting 22,000,000 years, and which marked the rise of fishes and of reef-building corals.

The next epoch of this Age was the Devonian, lasting 39,000,000 years, and known as the "Age of fishes," and the rise of amphibians and land plants. This epoch was followed by the Carboniferous epoch, estimated to have lasted 109,000,000 years, which is the "Age of amphibians." It was during this Age that we note the dominance of tree ferns and huge mosses, primitive flowering plants, and the earliest cone-bearing trees, and it was the beginning of backboned land animals.

We then come to the Mesozoic Age, which is estimated to have lasted 105,000,000 years, and is divided into three epochs — the Triassic, the Jurassic, and the Cretaceous. In this Age we find life in abundance, foliage of forest and jungle denseness, and we find huge land reptiles (dino-

saur), and the first appearance of birds and mammals; and palms and hardwood trees.

Then something happened! The pages of the book is blank. The huge beasts disappeared. Smaller animals supplanted them, the development of a brain to supplement instinct is evident, as the earth passed on to the Cenozoic Age, in which we are now living, having reached the end of the first quaternary.

This Age is known as the "Age of mammals," and the appearance of man is first noted in this Age, and it is marked by the rise and development of the highest orders of plants.

Great glaciers have passed over the land, inundations have taken place, but still life went on ever growing in intellect and advancement.

The ancient Greek mythologies treat of floods, the Bible described the flood of Noah's time, Plato tells of the great lost Atlantis, the earth is ever changing, man has come from this.

The rocks composing the earth's crust are grouped by geologists into three great classes—igneous, sedimentary, and metamorphic. The igneous rocks have solidified from molten state. Those that have solidified beneath the surface are known as intrusive rocks. Those that have flowed out over the surface are known as effusive rocks, extrusive rocks, or lavas.

The term volcanic rock includes not only lavas but bombs, pumice, tuff, volcanic ash and other

fragmental materials thrown out from volcanoes.

Sedimentary rocks are formed by the deposition of sediment in water (aqueous), or by the wind, (eolian).

The sediment may consist of rock fragments of particles of various sizes (conglomerate, sandstone, shale); of the remains or products of animals or plants (certain limestones and coal); of the product of chemical action or of evaporation (salt, gypsum, etc.); or of mixtures of these materials. A characteristic feature of sedimentary deposits is a layered structure known as bedding or stratification.

Metamorphic rocks are derivatives of igneous or sedimentary rocks produced through mechanical or chemical activities in the earth's crust.

The unaltered sedimentary rocks are commonly stratified, and it is from their order of succession and that of their contained fossils that the fundamental data of historical geology have been deduced.

We must study the extra-ordinary ingenuity of the life principle, in adapting itself to perpetually new conditions.

Nothing defeated it—struggling from stage to stage—age to age, from the slime upward—each new danger was an incentive to conquer. Pursued on land it sought the air.

Whatever the source of the life principle—the whole geologic history shows it was a conquering principle. Had it been possible to exterminate it,

it would never have passed the age which saw the destruction of the great reptiles.

Before it worked up to man this amazing force met ruinous conditions with daring contrivances. For one kind of danger it develops a shell, for another a sting, for another a poison, for another a protective coloration.

To breathe in water it puts forth gills, and makes lungs for itself when stranded on land. In glacial cold it finds the means of growing fur. When heat and cold assail it in turn, it packs itself with feathers, when climates become temperate, it produces hair.

For creatures that keep to the water it webs the foot, for those which take to the trees it makes the toes prehensile, for the ones which learn to stand erect and run along the ground, it flattens the sole making it steady and supporting.

To resist—to survive—to win through—is the end to which the life principle sets itself with such singleness of aim as to unfold a wealth of understanding to him who wills to know.

This order does not deal in so called mysteries, it knows that to engage in, deceits and deceptions, and to resort to the methods of the charlatan and faker is a boulder in the road to success. We demonstrate success. Man has lived thousands of years,—but never has he succeeded in defeating the action of natural law.

One of the first principles to learn is that there

can be no effect produced, without there being a cause back of it.

The possibility of radio existed ten thousand years ago, as it does now,—but men did not know the law. The teachings of this order are not purely metaphysics, psychology or philosophy.

Philosophy and especially psychology stresses the effective functioning of thought as the decisive factor in living. They emphasize mind as the causative force—that mind encompasses man and his affairs, that a satisfactory and successful life will result from looking to the mind, but there seems to be an appalling lack of understanding that this mind power of thought power is many fold multiplied when there is a realization of the very real tie up or connection between mind as generally understood, and that universal intelligence and infinite power ever present and in all things being manifested.

You want success, — you want ability, — you want money,—you want influence,—you want culture, — your wants are many and varied, — they exist for you,—go with us in search of the law, and it is the law, as you grow, expand, succeed, so we grow, expand and succeed.

. . . THOUGHT GEMS . . .

Take the lantern in the hand and you will always have light enough for your next step, no matter how dark, for the light will move along with you. Do not try to see a long way ahead.

Section 2 Instruction 3

You have learned that to sustain life is largely a matter of air, water, food, and elimination.

We have given you suggestions upon the subject of drinking water, and correct breathing.

Now it is our purpose to give you suggestions upon eating.

It is not suggested that you give deep study to, nor endeavor to learn the names of the different parts of the anatomy of the gastro-intestinal system, nor the names of the different juices, digestive fluids and other scientific terms.

We go to some length, and into detail so you will understand the reason for the simple rule we lay down at the end.

The list of foods you can refer to at any time. We feel that to know in a general way the things in these instructions is a part of being well informed.

This set of instructions will be used as a reference at a later date.

For a number of years, so-called dieticians have gone about the land, and endeavored to acquaint the people with "dietetics," each promulgator having a different idea, as we heard once stated by a student, "One dietician tells me not to drink milk, then another tells me to drink milk, another says, Don't eat meat, while yet another says, Meat protein is necessary."

So the result is that the majority of the "Dear Public" are now confused, and really cannot prac-

tically apply the principles of SCIENTIFIC EATING to their daily routine.

This matter simplifies itself when we see that the mistake has been made is in the confusion of correct eating with dietetics. There is a decided difference between DIETETICS, and SCIENTIFIC EATING. Dietetics is the therapeutic use of foods to bring about elimination of morbid matters from the organism, or to supply therapeutically lacking elements, and thus to correct biological deficiencies. This study requires a thorough knowledge of both the physiological and chemical factors involved, and is so extensive and intricate that the average person has no time to devote to it—Yet we all want to KNOW HOW TO EAT CORRECTLY AND SCIENTIFICALLY.

That we may have a comprehensive knowledge of proper eating it will be well for us to briefly review the anatomy of the digestive system, as thus we will understand the structure of this wonderful laboratory, and thus be better enabled to appreciate the processes that take place therein.

The alimentary system, consists of the alimentary canal and the accessory organs, ie; the teeth, salivary glands, pancreas and liver. For an understanding of our subject it will be necessary at this time to consider the main apparatus—the alimentary canal.

THE ALIMENTARY CANAL

The alimentary canal is a tube extending from

the mouth to the anus. It is about six times the length of the body, and the greater part of it is coiled up in the cavity of the abdomen. Its diameter is by no means uniform, as it is dilated in certain parts of its course. It is composed of three coats, or layers, from the mouth to where it passes through the diaphragm, and of four coats in the abdominal cavity. These coats are: (1) The mucous, (2) The submucous, (3) The muscular, and (4) The serous. By the alternate contraction and relaxation of the muscular fibres the contents of the tube are propelled downwards. Into the interior of the alimentary canal are poured secretions from the glands of the mucous membrane with which it is lined, and also secretions from the accessory glands which lie outside the canal and are connected with its interior by ducts. The alimentary canal is divided into —

THE MOUTH

The mouth is the upper opening of the canal and provides the oral cavity for the ingestion of foods, it has a fixed roof and a movable floor and contains tongue, and the hard and soft palate.

The fauces, is the aperture leading from the mouth into the pharynx or throat cavity. Lying on each side of the mouth are glands called the salivary glands. The secretion of these glands is called the saliva, and is one of the important digestive fluids which will receive consideration shortly.

THE PHARYNX

The pharynx or throat cavity is a structure shaped somewhat like a cone, with its broad end turned upwards and its narrow end downwards to end in the esophagus. There are apertures or openings which communicate with the nose, ears, mouth, and larynx. Only the opening into the pharynx is of interest in this study. We note that it enables the food to pass into the esophagus when the act of swallowing is about to be performed as the muscles draw the pharynx upwards and dilates it to receive the food—then they relax; the bag sinks, and other muscles contracting upon the food it is passed downwards and onwards into the esophagus.

THE ESOPHAGUS

The esophagus is a straight tube about nine inches long extending from the pharynx behind the trachea, and through the diaphragm to its termination in the cardiac end of the stomach.

THE STOMACH

The stomach is the most dilated portion of the alimentary canal. It is a sac, somewhat pear-shaped with two openings, the upper one called the cardiac aperture, which leads into the esophagus and the lower leading into the small intestines, the pylorus. The cardiac is somewhat free at the opening, but the pylorus is guarded by a kind of valve composed of circular muscular fibres which form

a constricting ring. By this means the food is kept in the stomach until it is ready for passage into the intestines. When there is any factor that causes the pylorus to contract unduly then we have a condition which is called "pyloric stenosis." This causes the food to be retained too long, fermentation sets in, gas forms, the stomach distends and presses against the heart with sometimes fatal results. Many cases of so-called acute indigestion and heart failure are thus induced. In the reverse condition when the muscles of the pylorus relax unduly, then the contents which are acid pour into the duodenum and there coming into contact with the bile and other secretions again set up a reaction; The acid of the gastric juice with the alkali of the bile, and gas is formed which again causes definite symptoms or symptom complexes, so we thus see that mechanical conditions as well as material can cause digestive disturbances.

THE SMALL INTESTINE

This part of the alimentary canal consists of a convoluted tube about twenty feet in length, and gradually diminishes in size until it joins the large intestine. It is divided anatomically into three portions, ie, the first twelve inches the duodenum, the next two fifths the jejunum, and the rest the ileum. These portions are sacculated so that the onward course of the food particles are delayed by being caught in the hollows formed by these folds and thus being more thoroughly subjected to the action of the digestive juices, also affording a larger sur-

face for absorption. What an efficient arrangement of Nature! Again, the inner surface of the mucous membrane is composed of finger-like projections called villi. The function of these structures is to provide for absorption of the products of digestion.

THE LARGE INTESTINE

This structure is about five feet long, and consists of a sacculated tube that is divided into three portions called the caecum, the colon and the rectum. The caecum is a pouch at the commencement of the large intestine. It contains the vermiform appendix of surgical fame, and we might remark right here that one of the greatest surgeons, Dr. Bell, of the Cancer Hospital in London, accidentally discovered that the secretion of the appendix, which he with the rest of his colleagues believed to be of no physiological value, was a very important fluid having the functions of a digestant, antiseptic and lubricant to the contents of the colon. From the caecum extends the ascending, then the transverse, and then the descending colon which ends in the Rectum.

THE RECTUM

The Rectum is from six to eight inches long and consists of muscular fibers that are very largely supplied with blood vessels called the haemorrhoidal veins. It contains two circular muscles which guard the end and opening or anus. These are called respectively, the internal and external sphinc-

ters. These are in close relation to the terminal nerves of both the spinal and sympathetic systems so they have a profound influence on the entire nervous and vasomotor systems, another reason for mechanical disturbances of the digestive processes.

THE ACCESSORY ORGANS

The accessory organs are the teeth, salivary glands, the pancreas and the liver.

The salivary glands have already been described but it will not be amiss to consider briefly those important structures, the teeth.

THE TEETH

These structures are provided for the purpose of reducing the food particles into smaller portions so they can be brought into more intimate contact with the digestive juices and the process of digestion is thereby expedited. The mouth contains about thirty-two teeth, which according to their shape and use are described as the incisors, canines, bicuspid, and molars. The incisors as their name indicates, are for cutting the food. The canines are especially useful for tearing the food asunder. The bicuspid are called the false grinders, as the molars are the ones which are well fitted for crushing, bruising and grinding the food. The teeth are composed of three bone-like tissues, enamel, dentine and cement; these substances are all harder than bone, enamel being the hardest tissue found in the body. They are developed from the epithelium in much the same way as the hairs,

and thus are closely related to the glandular system as well as being in intimate contact with the nervous system through the trifacial nerves. Thus any affection of the teeth will have a direct effect on the nervous system and reflexly the process of digestion. Furthermore, when through a lack of the proper building material, mainly calcium, the teeth degenerate, then foci of infections are set up, besides which the normal structures are lost and the proper mastication of the food portions hindered.

THE PANCREAS

These important glands play a large part in the digestive processes as its secretion, insulin, is necessary for the conversion of sugar into physical energy. When they become inactive, sugar is not all converted into energy and is then eliminated by the kidneys, producing the symptoms known as diabetes mellitus, or insipitus. Their secretion is called the pancreatic juice, and contains the important enzymes; trypsin, steapsin and amylopsin, besides insulin.

THE LIVER

This organ is the largest gland in the body, and is well named the liver, as most of the vital processes are dependent on its proper function. It is not only different from the other glands in size, but it has other striking peculiarities. First, it receives its supply of blood from two different sources, namely: arterial blood from the hepatic artery, and the venous blood from the stomach, spleen, pancreas

and intestines by means of the portal vein. Secondly, the different parts of the secretory apparatus, the cells, blood vessels, the ducts instead of being arranged as elsewhere in distinct tubes are closely united and massed together, these all combine in their work to manufacture the bile from the blood, whence it passes to the small intestine. They perform other important functions in that they change some of the substances brought to them in the blood from the digestive organs in such manner as to render these substances suitable for the nutrition of the body, notably the storing up of sugar in the form of glycogen, these two secretions playing their important part in the processes of digestion.

We have above briefly reviewed the wonderful STRUCTURE of the laboratory that nature has provided so we can convert the crude food materials into living flesh and bone. We will next briefly consider the PROCESSES that normally take place in this laboratory and thus obtain a clear idea of how these normal functions are maintained.

THE PROCESS OF DIGESTION

The processes of digestion is a means of transforming the food we take into our mouths into a condition of solution or emulsion suitable for absorption into the blood. This process is entirely dependant on the action of a class of substances known as enzymes or digestive ferments. They act largely as do the chemical agents called catalyzers as they can, by their presence, convert certain substances into other substances without being them-

selves affected in any way. The enzymes are usually the products of living organisms and are not found in inorganic matter. Now, keep clearly in mind the picture of a laboratory, its structure—and now, the processes conducted therein. Into this laboratory we place a number of grades of raw material, all chemicals, but of different composition.

THE THREE SOLID FOODSTUFFS

Analyzing our raw material, we find it composed of three main solids, but there are other factors which we will consider shortly. Looking at our raw material we find that it is composed of proteins, carbohydrates and fats. We will trace the course of these elements throughout the alimentary canal, and note carefully how each is transformed into a soluble condition suitable for absorption and final assimilation.

First, we wish to stress a few basic principles. All chemical action is largely a series of reactions between acids and alkalies. We know that an alkali will neutralize an acid, and thus make a substance of no effect. For instance, there is a prevalent practice of taking a "dose" of soda to neutralize an "acid stomach." Why? Because it is reasoned—if an alkali is taken the acid will be neutralized, which is sound chemical reasoning, if it is not, in this particular instance, sound physiological reasoning when we consider the various processes of digestion of our foods, and if this basic fact is kept in mind, a large number of your eating

problems will be solved. Now, to return to our "materials." We will first introduce proteins into our laboratory, and note the reactions as it passes through, and thus once for all get a real scientific knowledge of its normal digestion, so we can apply that knowledge daily.

PROTEINS

First, we take our portion of Protein and place it in the mouth. What is Protein? Well, meat of any kind is a protein, also eggs, cheese, nuts, etc., but we will for our present example take meat, a steak, a portion of it is placed in the mouth. Then the work of the teeth begins. It is cut and ground, being pushed between them and out again by the muscular contractions of the cheeks and the movements of the tongue until the whole is thoroughly crushed and ground down. During this process, which is called mastication, the salivary glands are excited and saliva pours into the mouth, and mixing with the food moistens it and reduces it to a soft pulpy condition. It is interesting to note that this process is largely under the control of the will, though the subconscious is co-operating by stimulating the secretions of the glands, and also preparing the entire digestive tract for the on-coming of the food materials. Psychological experiments have demonstrated that even the sight of certain foods will produce definite physiological effects, and most wonderful of all the subconscious will co-operate by bringing about the stimulation of the special gland whose secretions are needed, and

conversely inhibit the secretions of those not required.

How much more is this phenomena evident when the food is placed in the mouth! We have placed protein in the mouth—it has been cut and ground up, moistened and softened by the saliva, but has the enzyme found in the saliva had any effect on it? No! So far a "mechanical" effect has been produced on our "material" so we will pass it on. The tongue now collects it from every part of the mouth, brings it together upon its upper surface, and then presses it backwards through the fauces into the pharynx. The soft palate prevents its entrance into the nasal chambers while the epiglottis bars its entrance into the air passages. At last it is guided safely through the pharynx into the esophagus, a critical psychological point is now reached. From now on throughout the entire digestive tract our material, which don't forget is protein, is beyond the control of the will. Conscious volition has surrendered fully to the domination of the subjective mentality, which has been active, yes, as we saw, even before the Food was placed in the mouth. So, now, when the protein arrives in the stomach, what do we find? Everything has been prepared. The blood vessels have dilated, the glands have poured out an abundant secretion upon the mucous lining, and the different layers of the muscular coat are excited to a continuous action.

Do we find any chemical action taking place on the Protein now? By all means! Why? The pro-

tein is now in an acid medium, the gastric juice which contains two enzymes, pepsin and rennin, and in such a medium the enzyme pepsin has the power to decompose the protein and convert it into a soluble substance called peptones. Whatever the protein may be, whether albumin of eggs, gluten of flour, or myosin in flesh, the result is the same, pepsin, in conjunction with the acid at body temperature transforms them into peptones, then the peptones are resolved into amino acids which pass with ease through the body membrane by osmosis. They are probably absorbed as soon as formed by the blood vessels in the walls of the stomach, though some pass in the chyme through pylorus into the small intestine. Thus ends the first "chemical" action on our "material" protein.

We will next note what happens to the residue, which not being absorbed while in the stomach, passes on in the form called chyme into the beginning of the small intestine or duodenum. Here it contacts two digestive secretions, the bile, from the liver, and the pancreatic juice from the pancreas. Remember, the chyme is now an acid mixture while the above secretions are alkaline. So, first a neutralization of the acid takes place. Then the enzymes begin their action. The bile in this particular instance only helps supply the alkaline medium, as it has little or no effect on the protein only acting on the fats that may, and usually are associated with the protein in conjunction with the pancreatic juice it has the power of emulsifying them.

The bile also seems to act as an antiseptic agent retarding the formation of certain gasses through hindering putrefaction and fermentation, then it also has the peculiar property of assisting osmosis of fats as membranes wet with a bile solution will permit oils to pass through. If the bile does not effect our protein, what does? The pancreatic juice has the power to transform the proteins into peptones through the action of an enzyme called trypsin. The only difference being that trypsin has the power to affect this transformation in an alkaline medium instead of an acid, so the most of the protein that was not digested in the stomach here receives further digestion. Then it passes on down the small intestines and contacts the intestinal juices or "succus entericus," which also is of an alkaline reaction, but so far as known has no definite digestive function, only acting to retain the alkalinity, and thus assist the continued action of the enzymes of the bile and pancreatic juice.

Our protein now in the form of peptones and amino acids as it passes over the villi, is absorbed either into the lymphatics, or into the blood vessels in the intestinal walls. The undigested portion, if there is any, finally pass on to the large intestine. Again it contacts an acid medium, though so far as known the secretions of the intestinal walls themselves are alkaline. So this acid is produced as a result of acid fermentations that are taking place. These have been found to be due to certain micro-organisms. The normal ones being the acidophilos

baccilli, and the baccilli bulgericus. When putrefaction is present the welch baccilli, colon baccilli, and others are found.

When the putrefactive processes predominate then the contents of the colon become of an alkaline reaction, and produce an obnoxious odor, and are the seat of a multitude of pathological reactions, an excessive protein intake being mainly responsible for such a condition, but when a moderate amount is ingested it is all reduced by the digestive enzymes and fully absorbed and utilized by each and every cell where needed. The normal condition of the colon is maintained by the secretion from the appendix, as we mentioned above, it also has been called the succus entericus, and acts as a digestant especially to the proteins, and an anti-septic and a lubricant to the entire contents.

Thus we have traced the entire course that our protein has taken through the laboratory and noted carefully the processes it has undergone to promote its transformation into a suitable form for absorption and final assimilation by the cells so they can then utilize it to rebuild the tissues of the body, which are mainly protein.

To recapitulate: First, we note that the protein contacted a series of digestive secretions of different chemical reactions—acids and alkalies. (1) The saliva which contained the enzyme, ptyalin, it had no effect on the protein, but transforms starch to dext erine, and sugar. It is also alkaline. (2) The Gastric juice of acid reaction, which contained the

enzymes, rennin and pepsin. The rennin being a coagulating enzyme, and the pepsin acting in the gastric juice to change the proteins into peptones.

(3) The Pancreatic juice of alkaline reaction, which contained the enzymes, trypsin, that also changed the protein to peptones. Steapsin, that emulsifies or saponifies fats, amylostin, that assists in converting the starch into sugars or dextrose, the important enzyme, which converts the sugars or dextroses to glucose, the famous insulin.

(4) The bile of alkaline reaction, that contains bile salts, cholesterin, assists in saponification and emulsion of the fats, promotes absorption of the same and modifies putrefactive changes in the intestines.

(5) Intestinal Juice of alkaline reaction, which in the small intestine acts as a lubricant, dilutant and solvent to its contents.

(6) Succus Entericus, the secretion from the appendix that acts in the acid medium of the Colon, to retard putrefaction of the proteins and assist as a lubricant to its contents.

The main principle that we derive from this study is the **fact** that all proteins first must contact an acid medium with its enzyme before the process of its digestion can commence. Now, if any other food factor is introduced at the same time that contradicts this action the normal digestion is hindered. Let's see. We will briefly trace the passage of starch or carbohydrates through our laboratory.

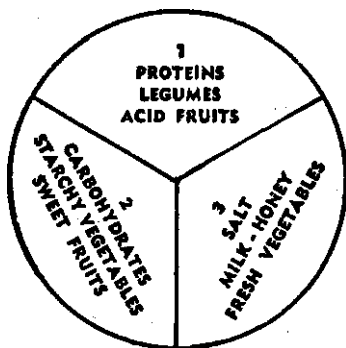
A carbohydrate placed in the mouth, contacts the saliva. Immediately digestion of the starch by its enzyme-ptyalin begins converting it into dexteine. Meantime, instead of the subconscious increasing the gastric secretions, as it did with the protein, they are largely inhibited. Why? Because in an acid medium, starch would have a tendency to ferment. So, when the starch, after having been well masticated and mixed with the saliva and having the enzyme, ptyalin act on it, it passes through the oesophagus to the stomach. It is retained there for but a short time, in comparison to the protein, not much over an hour at the most, while the protein took from two to three hours at least. Then, our starch, after leaving the stomach passes to the duodenum, where it is further digested by the enzymes of the pancreatic juice, amylopsin, converting the dexterines into dextrose, and the insulin, converting the sugars into glucose, all this being conducted in an alkaline medium. The little acid that was conveyed from the stomach being neutralized by the alkaline bile. Thus our starch or carbohydrate is digested, and now is in a form that can be readily absorbed.

Now we can clearly see that if we introduce a protein and a starch into the alimentary tract, at the same time, then we are setting processes to acting that are diametrically opposed, so the result can only be detrimental to the process of digestion. This basic principle is the foundation on which is built the system of the scientific combination of Foods. Other principles are to be considered also,

INSTRUCTION 3

such as the proper proportions of proteins, carbohydrates, fats, mineral salts, etc., and the other elements that are indicated according to the particular type of individual, but always, basically, this principle of correct combination stands at the foundation of the whole structure of the system.

THE TRIUNE SYSTEM OF SCIENTIFIC EATING



This system of Scientific Eating, as stated, is based on the physiological principle of compatible combinations which take into consideration not only the incompatibility of the Foods themselves, but the counter action of the digestive juices also.

There are certain foods which together form a harmonious combination, and require the same digestive juices, while others in combination conflict, and the digestive enzymes are ineffective because in opposition. Making up a general list of these we find that there are two classifications, one that we can call positive, and the other negative, is:

The Positives—the protein and carbohydrate groups:

- (1) The proteins, Legumes and other Nitrogenous foods, which can be combined with acid fruits, the hydrogen and mineral salt group.
- (2) The carbohydrate group — composed of carbohydrates, starchy vegetables, and sweet fruits.

The Negatives—the Carbon and Mineral salt group:

- (3) The negatives — Salt, Milk, Honey and Fresh vegetables. The mineral salt group.

BASIC PRINCIPLES

The Law of Polarity is operative throughout all Nature, as we have seen, and its cardinal rule is: Likes repel and unlikes attract. So we find that two positives conflict if combined, thus the rule is not to combine any of the Protein list with any items of the Carbohydrate list, either of them will combine with items of the Negative list.

Another Rule, is, not to combine Proteins with a concentrated oil or fat. Why? For a physiological

reason. A concentrated fat will inhibit the gastric secretions, and thus hinder the digestion of the proteins. We will remember that fats were not digested either in the mouth or stomach. It was only when they came into contact with the bile and pancreatic juice that digestion took place. The steapsin produces saponification and emulsification, while the bile promotes the absorption by osmosis. So, the presence of oil or concentrated fats is not advisable when taking proteins, nor even when taking carbohydrates, as it hinders the action of the enzymes, amylpsin and insulin, as well as ptyalin.

The simple way to understand this is to take the list of protein foods which will follow and call it group one (1), then, take the carbohydrates and mark it group two (2), and then, take the Neutrals and mark it group three (3).

Then remember you can combine in one meal 1 and 3, or 2 and 3, but avoid so far as possible combining foods in groups one and two.

Avoid too many soft foods that are simply swallowed without being chewed and are therefore improperly prepared for treatment in the digestive tract.

The trouble today is largely a matter of eating too much. Always stop when you feel you could eat more—never get stuffed, or have that full tight feeling.

We are not food fadists. The human system is marvelously adaptive, and if you have a variety of foods, and green vegetables, you will not have

great difficulty if you observe some very simple rules. Never eat when you are mentally disturbed and the negative emotions are aroused.

Do not eat rapidly. Thoroughly chew what you eat. Do not wash down food with your drinks. Have your food reduced to almost liquid form by the chewing process.

Immediately after eating do not engage in violent physical exercise.

. . . THOUGHT GEMS . . .

The day is approaching when we shall learn to estimate the importance of man, not by his income, but by his output.

If you would win in life's contest, you must direct a powerful brilliant beam of thought, backed by the dynamos and generators of your inner you, upon every goal. There must be no confusion of thought, no mistaking the power of vision, of faith and all the other inherent powers with which nature has endowed you and of which this course of instruction treats.

We are crippled by the old orthodox idea of man's inferiority. The only inferiority in us is what we put in ourselves. The YOU, with the life principle, is a part of the universal—perfect.

The whole world is a college where nature is trying to teach us, to give us the great secret.

Mark this distinction—exterior intelligence and inner intelligence—just as you mark the physical you and the commander you—the real you.

Places have their characteristic atmospheres which result from the mental vibrations of those who abide in them. Modern science is rediscovering this ancient truth.

LIST OF PROTEIN, CARBOHYDRATE AND NEUTRAL FOODS

FOOD CLASSES	FOODS	EFFECTS
PROTEINS Nitrogenous Foods.	Meat, fish, eggs, wheat, nuts, beans, peas, cheese, oats, fowl, rys, corn, lentils, legumes, mush- rooms, milk.	Repair and Build tissues. Give strength, heat and energy. Acid reacting.
CARBOHY- DRATES Carbon and Hy- drogen Foods. --- Sweet Fruits	Sugars, starches, grains, honey, wheat, rice, corn meal, oats, po- tatoes, sweet potatoes, sorghum, maple syrup, prunes, raisins, dates, figs, bananas, other sweet fruits, stewed fruits, chestnuts, pumpkins, squashes, watermelon, beets, milk, maple sugar, glu- cose, candy, coconuts, barley, lima beans, macaroni, vermicelli, spaghetti, cereals, currants.	Produce energy. Fatten. Burn up waste materials. In wrong combi- nation form acids and produce Aci- dosis.
HYDRO- CARBONS Hydrogen and Carbon Foods.	Vegetable and animal fats and oils, nuts, peanuts, wesson oil, olive oil, butter, cream, cheese, yolk of egg, coconuts, olives.	Produce heat, build bones, marrow, nerves, brain. Fatten. Acid reacting.
NEUTRALS Mineral salts, Oxygen and Hy- drogen Foods. --- Fresh Vegetables. Acid Fruits	Milk, salt, honey, endive, lettuce, spinach, cabbage, green peppers, watercress, celery, onions, aspar- watercress, celery, onions, aspar- agus, cauliflower, tomatoes, string beans, fresh peas, parsley, cucumbers, radishes, dandelion, beets, carrots, turnips, egg plant, kohlrabi, oyster plant, artichoke, leek, brussel sprouts, parsnips, pumpkins. Limes, oranges, lemons, pine- apples, grapefruit, grapes, pears, peaches, raspberries, strawberries, blackberries, currants, cran- berries, plums, apricots, cherries, huckleberries, blueberries, goose- berries, etc.	Produce Life and Energy. Increase secret- ing power of glands. Strengthen body through action on other foods. Enablers. Supply mineral salt deficiencies. Alkaline react- ing.

You will find the same foods under different classifications. For instance, milk is in the Protein and Carbohydrates Groups (1 and 2), and in the Neutral Group (3). In that case, the combination is acceptable to the system.

We want you to particularly note that the Carbohydrates and the Hydrocarbons together comprise Group Two.

. . . JUST TALKING IT OVER . . .

In this third set of instructions there is much for your earnest consideration. We trust that if you have never studied geology that you will devote such time to this lesson as will give you a clear mental picture of the development of this earth. Nature has indelibly written the history in the earth's formations. There you can see the workings of the life principle over millions of years.

Read and re-read the first section because you want to *definitely understand that nature is always working for perfection* and this has been so from the beginning. The very nature of the earth will constitute proof to you of that fact. It should inspire faith and with that faith you will learn to dare and do.

In the second section you will find so much of physiology compressed into such a small space and so simply and clearly written, that you should give it careful study.

Along with the physiological structure picture, we are giving you a picture of the chemical action that takes place in that structure when food is taken into the system. The food charts and other matter given you in these instructions, you will want to refer to in the future.

A safe rule. Each meal a few simple foods. A variety in the different meals. Don't strive for great variety in a single meal.

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

From Department of Instruction,
The Order of the Essenes

IMPORTANT INFORMATION:-

You are studying these Instructions for the benefits to be derived - and they are many. It all depends upon what you put into it in the way of application and calm, quiet, serious consideration.

It is quite important at this time that you know that upon completion of fifty-two lessons we can issue the Certificate of Merit evidencing your successful completion of one year in the study of Life Science; and upon completion of one hundred four lessons the Certificate evidencing your mastery of the second year's work in Life Science. Following that we provide an additional course for those of you who have shown exceptional interest in attainment, which when successfully completed will entitle you to the Certificate commensurate with your progress and accomplishment.

These are conferred only upon the worthy. You must grasp the truths we teach, and give satisfactory evidence of understanding.

To some the conferring of this honor and the material evidence of it are not the main considerations. It is what it does for them in the way of attaining health, joy and success.

If you desire and intend to earn these honors, then that we may know you have studied our instructions and understand them, we must of course have evidence in our records of that comprehension and of your worthiness. They are not lightly conferred; they represent a responsibility to this Order.

That we may make it easy and simple for you and for us to accumulate the evidence of worthiness, if you desire to acquire these certificates, then after each four lessons you will write and send us a thesis upon the subjects covered. That thesis can be in the form of a letter - or a listing of important points or laws or principles, or things which appealed to you in the lessons.

The fourth lesson comes to you today, so your first thesis or letter or statement will come to us shortly after you have studied this lesson.

No literary effort is required. We have developed, as you will develop as you progress in this science, a sort of sixth sense -- We will probably gather much from what you do not say, more from how you say what you do say - and from the "feel" of your expressions.

You want material things that can contribute to your comfort and well being, and you can have these things; you want to have vibrant, magnetic and radiant health, and you can; you want peace, contentment and happiness and joy, and likewise these can be yours.



2.

There is a relation between you and the cosmic universe, between you and your fellowman, and there are certain definite relations between your tissues, your organs and your cells, and your inner self and your mind. Man stands above all things.

If there is anything you lack it is due to the fact that there has not been the proper harmony and the proper relation between you and all those things that you contact and influence.

It is a matter of science that certain physiological and mental factors determine happiness or misery, success or failure, sickness or health, and we are going at this thing in a scientific manner.

If you are out of repair or out of tune, or lack anything by reason of not having functioned properly - and that's the only reason you could experience lack - we want to make an analysis and a study, so that we will know what it is we have to work on. If an automobile were out of repair we would just naturally try to find the cause, and the human mechanisms and functions have to be studied to find a cause.

Of course, mental paupers, intellectual bankrupts; and the spiritually insolvent never think of self improvement, much less self analysis.

We have a deep conviction that you are not that kind of a person. We have confidence that you are not going to let down those who have a deep interest in you, and that you are going to very seriously work out the answers to the questions contained in Instruction Four.

We suggest that you write the answers.

Do not send them to us. You keep them like you would keep a record of any transaction, because some day we want you to turn back to them, and marvel at the improvement you have brought about in yourself.

Again - We remind you that at least once a month (after Lessons 4 - 8 - 12 - 16, etc.) we would like to hear from you. This is so, even though you will not make the effort for the certificates - This is that we may judge your interest, learn your problems, that we may give special instruction and help, and that we may be sure you are seriously studying our instructions, and that we are keeping faith with those students and our members who so joyously give to our Fund, that others may experience the benefits they have derived.

A success formula will be gradually and understandingly unfolded to you - It has never failed. It will not fail with you.

Your enthusiasm will grow as you progress. Those who have tried many teachings say there is no comparison.

It might therefore be well for you to aim for the honors we can confer - and let us have your understanding statement of what you derive from each four sets of Instructions.

We are in all sincerity happy to be,

Your Guide and Counselor,

THE ORDER OF THE ESSENES

J. Hammer Davis

Enc. 4

THE **Essenes**

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Instruction Headquarters, Tampa, Florida.

Instruction 4

Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

Power is ability to produce change. Mind is passive power; thought is active power.

All thought has a tendency to clothe itself in its physical equivalent. Think straight and life will become straight for you.

. . . . THOUGHT GEMS

The physical body contains mind in every part and every cell.

Our thoughts are like roots which reach out in every direction into the ocean of energy about us. Those thought roots set in motion vibrations like themselves and attract the affinities of our desires and ambitions. How little we appreciate the marvelousness of this exquisite mechanism of the mind. It forms the connecting link between the created and the creator.

Our theology and our creeds have too much of seriousness and sadness—too little of joy and gladness—too much of shadows and too little of sunshine—too much of the hereafter and too little of now—too solemn, too sad, too serious.

The whole world is engaged in the invisible commerce of thought.

Sincerity is a human trait that is hard to counterfeit. It comes from the soul of a man and not from the calculating mind.

The more thoroughly we are submerged in the world of superficial trivialities, the further we are removed in consciousness from the world of principle.

About Us — — About You!

We shall now engage in solving the vital question—"Who are you?"

Our preceding instructions have furnished you with some understanding of nature and her works; of the geological history of our world and other worlds; of the intricate chemical reactions involved in building the human body from food; but the vast reservoir of knowledge pertaining to these and other subjects has only been vaguely suggested; and conscientious seekers of truth are devoting their lives to disseminating and increasing this knowledge.

It is however a sad commentary that while remarkable advances have been made within the past few decades in the study, research, experimentation and discovery of material improvements, there has been a woeful lack of study, research, experimentation and discovery with respect to the abilities, capacities and qualities of man; the life principles of the human being.

What we are actually witnessing all over the world is the lopsided spectacle of phenomenal improvements in technology occurring within thirty years of incredibly bad government. While science has made tremendous strides, the morals and integrity of mankind have lagged far, far behind. Hence the recurrence of terrible wars every few years.

Let there be a note of hope however, in the knowledge that while each discovery in science surely leads to a clearer understanding of the basic

principles that govern matter, energy, force, power, each such discovery points unerringly to an infinite, omnipotent, divine power.

The one thousand dollar award of the American Association for the Advancement of Science for the year 1936 to Doctor W. M. Stanley of the Rockefeller Institute was for the scientific establishment in the realm of the material of a principle which, by logical deduction, proves the life principle taught by the Essenes a century before the birth of Christ. By scientists and the lay world it is now said to be revolutionary.

As we have heretofore brought out, the men of science are almost universally deeply and sincerely religious. They know that the world is governed by laws always the same, unchanged and unchangeable—and you know that if you have laws, there must be plans and purposes for them, and therefore there has to be intelligence back of them.

The respect for that intelligence as it is revealed, by each new discovery forces an acknowledgment that it is all-knowing, all-present, and all-powerful—those dealing in the material or so called exact sciences do so acknowledge.

Anyway, many of the fundamental truths laid down by the Christian religion and religions fifteen hundred years before the Christian Era, and accepted on faith, are now coming to universal acceptance by reason of demonstration and proof in this materialistic, matter of fact world.

The proof seems always coming out of research in some field of endeavor not related to man, such as the field of plant insects, pests, and disease. The 1936 award to Dr. Stanley of the Rockefeller Institute above referred to, was for a discovery in connection with scientific research connected with tobacco mosaic or spotted leaf.

The Order of the Essenes is duly incorporated and organized as a corporation not for profit.

The world needs a research laboratory, so to speak,—for the greatest study of mankind, the study of man himself—and this Order is just such a laboratory.

The discoveries so far in this field by schools of new thought, schools and individual scholars of philosophy and psychology, religious and esoteric schools, churches and societies, and orders, are many and far reaching—each has some grasp upon truth—each has been helpful to many.

Neither these schools nor this Order possess all of truth. It is unfortunate indeed, that in this new day when the people generally are beginning to take an intense interest in such things, that this field be entered by racketeers, the super-emotional, so called high Priests and Prophets—the self sanctified and sainted—those who try to mystify by signs, symbols, rituals, and optical illusions,—those to whom profit and graft are synonyms,—and those without background, foundation, learning, studious character or teaching ability, but at that they do

immeasurable good, because they are capitalizing upon some small grain of truth, and probably reach those who could be reached in no other way.

The objects of this Order as set forth in its charter are being and will be attained, demonstrating the success principles we teach.

The members of this Order do and will attain and achieve cherished objects by demonstrating the truth, and as they prosper they do and will give to this Order more cheerfully than they ever gave before to any cause because they get more out of it. They do and will give more in amount than they ever gave because they are more able to give.

This order is not a sermonizing, charitable or self-seeking organization. Our members learn as they progress. We come to know them on a friendly, helpful basis. We reserve the privilege of dropping any member at any time, which we are in duty bound to do, if the member exhibits a lack of capacity to understand, a willingness to grasp and demonstrate or any evident disloyalty to the Order.

For a long time, the Order was small. It failed to grow and develop for lack of trained man power. Now the decision for expansion has been forced by the restless condition of society, the confusion in national aims, motives and performance, and the fruitless search for social security and mass equalization. And now, our members demonstrate success, happiness and health, each member in his chosen field of endeavor and activity.

The hope of the nation is in the individual.

Men are not equal, never have been, and so far as we can now determine **never will be**—so long as ambition enters into the measure of a man, and free will exists, there will be leaders—and followers.

Socialisms, Utopias, and any other plan of making men equal, will never stand the test of time.

Democracy is only an affair of equal opportunities; it can never be a leveling of abilities.

Success comes only from each man's individual efforts wisely, swiftly, incessantly exerted.

Permanent power cannot be acquired by any artificial plan of leveling men. Only as you hew closely to nature's plan of encouraging that which is best, can you reach supremacy.

Is the giant of the forest an unhealthy principle in nature—is it an illustration of an unfair law?

Is the thorobred horse—the winner unhealthy and against natural law? Is it an illustration of any principle unfair to other horses?

From among our members who progress and demonstrate the truth, become healthy, happy, and successful, we hope to draw our man power for the dissemination of truth broadcast.

Our aim is to steer the thoughts out of the present state of unrest into the peaceful waters of certitude and knowledge.

Section 2 Instruction 4

You are now breathing properly at least twice daily, if not oftener. You are now drinking your quota of water, or more nearly so. If not, you are not in earnest about wanting to succeed—and probably you should so advise us, and withdraw. Not just for pleasant reading, do we accept members in this order and furnish the accumulated knowledge of countless years of observation, research, and study of innumerable students, philosophers and sages.

Under our plan, under the foundation charter which establishes our existence, we are a benevolent, a charitable, a religious order—not for profit, and our members are to us more than possible contributors to build up a great foundation, or to carry the expense of operations. We want them to demonstrate the principles taught by being healthy, happy, and prosperous, and this can only be done by action—following our suggestions.

We care not who you are, what you are, or what your record of the past may be. Your age does not matter, nor does your present state of health make any difference. We know that you are bigger and better than you think you are, and that your possibilities for development are greater than you realize, and that goes for Egotists. Egotists have developed from shams and make-believes into the real thing by reason of right living, right thinking and self realization.

This world is full of men and women who are mediocre or even failures as judged by their associ-

ates. Furthermore there are countless thousands who are individually obsessed with the conviction that they are licked—total and complete failures.

The truth of the matter is that all such people carry about with them the very handicaps under which they suffer; they can dump them overboard; they are success constituted and only need the secrets we can, do and will reveal to the worthy. To be worthy, all you have to do is to carry on so that your inner conscience will tell you you deserve better.

This self abasement—this inferiority feeling is a living and continued self destruction. It is a continual self administration of actual poisons just as much as taking them out of bottles, sold by druggists on prescription.

There are a lot of other feelings, sentiments, fears, dreads, and negatives that we must get rid of. You know better than anyone on earth what these are, when shown how to properly find them.

We do not ask that you reveal them to us,—but there is a deep scientific reason for the Catholic confessional—for the same principles taught in the Oxford movement, more of which will be discussed when we consider repressions, inhibitions, and fixations.

No one can hope to get the best out of himself, no one can expect to be adjusted, to forge ahead to health, happiness and success, unless he knows himself inside and out. Straight forward and fear-

less self-analysis is required.

This analysis must be deep and truthful. You must unflinchingly face your faults—your short comings—your past. It must be 100% honest.

You probably have reasons that you give for failing. You think they are good reasons, but if you dig and find the **Real** reason,—that alone will help you mightily. It has started many a person on the road to success.

Stirring up the past—seeing yourself as you really are in the cold light of reason and judgment, just as you would reason and pass judgment upon the short-comings and errors of another, may take you mighty strides towards success.

The mind has marvelous ways of straightening itself out, aided by the sub-conscious which we shall come to understand. The mind, conscious and sub-conscious, directs the organs of the entire system—it wants and labors to push you forward, to make you harmonize with the world and all that is in it, and to develop all your potentialities—to demonstrate the life principles which we are about to learn.

At this time we want you to take pencil and paper—and actually answer the following questions yes or no and grade yourself. Partly yes or partly no. Don't try to give yourself the best of it.

Are you ambitiousor indifferent

Are you always calmor do you get nervous
or worry

- Have you courage _____ or are you fearful _____
- Are you always cheerful _____ or gloomy _____
- Have you enthusiasm _____ or just luke warm _____
- Have you faith _____ or suspicious _____
- Are you honest _____ or dishonest _____
- Have you hope _____ or despair _____
- Are you always just _____ or unjust _____
- Do you love _____ or hate _____
- Are you loyal _____ or disloyal _____
- Are you bold _____ or timid, bashful _____
- Are you modest _____ or egotist _____
- Are you optimistic _____ or pessimistic _____
- Have you patience _____ or irritable _____
- Are you polite _____ or rude _____
- Have you self esteem _____ or conceit _____
- Are you sympathetic _____ or apathetic _____
- Are you sincere _____ or deceitful _____
- Are you tactful _____ or brusque _____
- Are you truthful _____ or lie or exaggerate _____
- Are you unselfish _____ or envious or jealous _____
- Can you concentrate _____ or do you diffuse _____
- Are you decisive _____ or do you vacillate _____
- Are you economical _____ or wasteful _____
- Are you firm _____ or unstable _____
- Are you industrious _____ or slothful _____
- Have you initiative _____ or wait for others to start _____
- Do you persevere _____ or give up easily _____

Are you punctual _____ or procrastinate _____

Have you self-control _____ or rash _____

Have you self-confidence _____ or doubt your ability to
perform _____

Are you thorough _____ or negligent _____

Do you think for yourself _____ or depend on others _____

Do you reason _____ or go on your feelings _____

Are you always considerate _____ or thoughtless _____

Do you exercise judgment _____ or act on impulse _____

Are you physically clean _____ or "go dirty" _____

Do you know your job _____ or are you excelled _____

Are you a good listener _____ or interrupter _____

Are you forgiving _____ or revengeful _____

Are you generous _____ or stingy _____

Are you friendly _____ or cold and indifferent _____

Are you lovable _____ or hateful _____

Are you one person at home _____ different in company _____

Can you hold your temper _____ or go in rages _____

Are your moods under your will _____
or are you temperamental _____

Is your disposition good _____ or bad _____

Do you talk clearly and distinctly _____ or mumble _____

Is your voice soft _____ or harsh _____

Are you careful of appearance _____ or slovenly _____

Do you gossip and talk about others _____

Do you thoroughly chew your food _____ or gulp it _____

Do you eat until you feel stuffed _____ or in moderation _____

- Do you think more about getting _____ or doing _____
- Do you think and say kind things _____ or critical _____
- In thinking, do you dwell in present _____ past _____ future _____
- Have you any secret past you are always trying to cover up _____
- Have you had any terrible experiences that keep coming to mind _____
- Do you remember any treatment of your childhood or early maturity that has been a load on your mind _____
- Have you it in mind to get even with anyone _____
- Do you think anyone is trying to do you an injury, get even with you, rob you, slander you or "do you dirty" _____
- Is there anyone you are always suspecting of ulterior motive, envy, jealousy, etc. _____
- Are you domineering _____ bossy _____ giving orders, or hard _____
- Can you cooperate with others or do you prefer to "go it alone" _____
- Have you a secret ambition you have never carried out _____
- What have you ever done about it? _____
- Do you think you have any special talent or ability you have never had the opportunity to exercise? _____
- Do you think you are getting a square deal from your employer if employed _____
- If in business for yourself, do you think any competition is more successful than you by reason of unfair trade practices _____
- If you are not succeeding, do you think any other person is to blame _____
- Do you talk too much _____ or too loud _____
- For lack of English words to express yourself, do you use profanity, or slang _____

Do you think your eyes, your face, or your manner give expression to your feelings _____

Do you think anyone loves you _____

Do you love anyone _____

Do you think the world owes you a living _____

Make a list of the things you fear _____

Make a list of the principal things you think about in an ordinary day _____

Set down about how many hours a day you sleep _____

Work _____ Read _____ Play _____

Do other things _____ Make a time schedule.

Do you have a budget system for income and spending _____

Do you express or show appreciation for anything that is done for you or that you receive _____

Do you take any physical exercises _____

Do you stand erect _____ throw back your shoulders _____ or stoop and slouch _____

Do you walk with firm step or shuffle or slouch along _____

Do you keep your eyes up when walking _____ or down _____

When talking to anyone do you look at them _____ or down away from them _____

Do you ever give any conscious thought to breathing deeply _____

Are you graceful _____ or awkward _____ do you sit erect _____ or slouch over cramping your lungs _____

Do you know any game, art, trade, science, subject or tricks so well that you could instruct others, so that they could become proficient in them? _____

Do you belong to any club, society, fraternal order, civic organization, trade organization, union, brotherhood or church or religious order? _____

Why did you join it, for what you could get out of it or for what you could do in it _____

Do you take an active part _____

Do you ever say kind complimentary, or considerate things to friends or acquaintances or to others, when merited and you have it in your heart, or keep silent and neglect it for any reason _____

Why? _____

Are you touchy _____ easily embarrassed _____
self conscious _____ often offended _____

Are you efficient in any particular line of endeavor _____

Do you excel in any game or sport _____

Have you any work you do as a pastime or as an avocation and outside of your vocation? _____

Is your sense of sight good _____

Is your sense of hearing good _____

Is your sense of smell good _____

Is your sense of feeling good _____

Is your sense of taste good _____

Is your skin soft _____ flabby _____ firm _____

Do you observe things closely so you could describe them later _____

Do you do any reading connected with your work, business, or profession, such as trade journals, treatise on the subject, etc. _____

Do you ever get by yourself and meditate or concentrate on anything _____ If so — What? _____

Can you keep your mind on one subject, or does it wander _____

Do you know how to relax your muscles, and get limp, and relieve tenseness and tension _____

Are you a good neighbor _____

Are you a good citizen _____

Are you a good brother, sister, mother, father, friend _____

Put down anything else you can think of about yourself. Now do this honestly and conscientiously—give yourself the worst of it, if you even hesitate in the answers _____

Soon it is going to be a source of pleasure and pride to dig up this analysis and see what sort of a person you were before you asserted your manhood or womanhood and decided to find ways to better yourself and your condition.

You may look back soon and find you were not loved because you were not lovable—you were not happy through selfishness, you were not successful because you were not deserving and did not have friends, because you were not friendly.

Preserve your own appraisal of yourself—and know the joy of advancing to cherished goals, over such obstacles, as your honest appraisal must show.

If it shows up pretty badly on paper—don't worry about it. It will add materially to your interest in life to watch your scores climb, to see the negatives disappear and the positives assert themselves.

Before you start the correcting of your faults, you must take pencil in hand and definitely know

what they are. Acknowledge each one, and at the same time create a strong and continuous desire to cure it.

Confess it.—This does not mean a religious ceremony. It does not mean to advertise it to the world, and tell it to every Tom, Dick and Harry.

There is nothing new about confession. St. James, in his Epistle, says, "Confess your faults, one to another—that ye may be healed." Psychology has long recognized the value of it.

Many men in many religions have discovered that to be free of a burden, a bearing down, a holding down of the spirits, a skeleton in the closet—they must bring the problem to the light of day, by a confession.

It is the relief for a repression. A great church has made this one of its sacraments. It is scientifically correct. Along with this confession must go the desire to get rid of it.

One need not know anything of psychology to realize the effects.

You surely have told of your troubles to another and experienced a relief. One's personality, psyche, soul, spirit, or whatever you may term it, undergoes a cleansing or purification by reason of it.

If done in spirit of self pity, seeking sympathy, it is not effective. The spirit of the thing must be just to unburden, to put the problem into expression, to give light that you may know just what

the thing is you so desire to correct.

If there is no person to whom to confess, just write your confession, that you may look at it, and analyze it. The answering of the questions in this set is a form of confession. A confession to this Order is held strictly confidential, and will be kept inviolate, and we will help you with your problem in an understanding way.

Strange indeed are the things that might be discovered. The problem may take different forms.

There is a case that comes to mind. A certain woman built up in her mind certain desires. She became disappointed, began to drink, and began to have promiscuous sex relations. She became a human derelict—a woman of the street.

In despair, and with a faint gleam of hope, she found one to whom she could confess—one with understanding.

When the story was complete, this understanding person analyzed the situation thusly: Your trouble is not the drink or sex—these are merely results.

Your trouble was "ego," selfishness,—you wanted things for your own satisfaction, to satisfy that selfishness. When you could not get them you took refuge in drink. Your sex trouble was just another refuge.

When you realize that your problem is to get rid of selfishness—when you realize that the way

to get things in this world is to make yourself worthy of them,—that by giving you set in motion a law that brings returns—Thus only do you get—then you are cured.

There was no reproach at what she had become. No discussion of the details of the life of dissipation. They were but symptoms. The seat of the trouble was back of all of that. No dealing with effects—just cause.

Another case comes to mind.

A man had been married for a number of years. The relation could not be said to have been an entirely happy one.

The wife began having sex relations with another man. The husband found it out—they separated.

He was miserable, could not sleep, could not eat, lost weight rapidly, began to spend all of his time checking on his wife's movements. Every time he saw his wife with the other party he was more miserable. He neglected his business. He thought happiness was not for him.

Upon analysis it was found that the whole trouble was self pity. His pride was hurt.

There had not been perfect love between them. He had often before contemplated divorce. It was not that he cared for her—it was another case of ego, thinking of self-selfishness.

There is a cure for every ill. Nature is ever

working for perfection. Ills are but the results of errors. We are finding our way to health, happiness and success.

. . . JUST TALKING IT OVER . . .

This set of Instructions No. 4 will mark a stage in your development.

If you are really serious, you are going to analyze yourself. It is so easy for you to understand that if an automobile or an engine or some mechanical thing is out of order, you first look to find out what it is that is causing the difficulty or impedes the perfect functioning of the machinery, but the human mechanism goes wrong, human relations get out of order, feelings, emotions and thoughts go wrong and there is no self-analysis.

Many run to a doctor. The doctor deals with the symptoms.

If you will just conscientiously work on the self analysis chart furnished you, honestly and truthfully answer the questions, (do it in writing so that you can look at it) you are doing a scientific thing, and as you progress you will learn why and how vitally necessary it is in the attainment of health, success and happiness.

Now if your answers are so bad that you are fearful that any other person on earth would see them, write them out anyway and destroy them, if you must. As bad as the analysis may show you to be, do not let it prey upon your mind.

We would like to hear from you just to know if you have actually written the answers to these questions to the best of your ability.

You can't just think and change your condition. You must act, and act according to a plan. We can chart the way—you must follow it, to achieve.

THE ORDER OF THE ESSENES
2327 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THOUGHTS ARE THINGS!
STARTLING PERHAPS,

TO YOU:

It is easy enough to understand in agriculture that as you sow, so shall you reap, but so many people today are sowing thistles in the mind and hoping to reap a reward of health, happiness, and success.

In agriculture, it is easy to understand that the field must be ploughed and harrowed and the seed-bed made ready, and you should recognize these preliminary lessons for what they are -- the preparation of the seed-bed, that the thought seed we plant in the course of these instructions may bring forth for you the realization of your heart's desire.

Give these instructions your sincere study. Every effort in this world contains within it the seed of a just reward. Every thought and every act is cause at work; an effect is inevitable and in accordance with laws we help you understand.

There actually exists in you extraordinary potentialities. A knowledge of the beginning of these qualities and how to utilize them is of great importance. This is the Science of Man.

Hall Caine, who wrote "The Christian" was the son of a blacksmith. He never had over eight years schooling in his life, and yet he died the richest literary man the world has ever known.

He loved sonnets and read all of Dante Gabriel Rosetti's poetry and wrote a lecture praising this author's artistic achievements, and sent a copy to Rosetti.

Rosetti was delighted. He invited the blacksmith's son to come to London to act as his secretary, because he thought that anyone so appreciative of his ability must be brilliant.

That was the turning point in Hall Caine's life. He met the literary artists of the day, profited by their advice, was inspired by their encouragement, and launched upon a career that brought fame and fortune. His start came from expressing admiration.

Such is the power of sincere appreciation and the expression of gratitude. Such a little thing and yet so powerful.

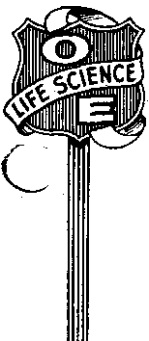
No effort is ever lost in the universe and that makes the law of giving operative. The time you devote to these lessons is an investment in yourself, so be faithful in the study that you may be true to yourself and your sponsors, that their giving be made effective.

Let every day be a day of thanksgiving,

THE ORDER OF THE ESSENES

Enc. 5

J. Hamner Davis



THE **Essenes**

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Instruction Headquarters, Tampa, Florida.

Instruction 5

**Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

Common sense is a central sense, toward which all impressions converge and unite in one sentiment—the desire for the truth.

People of common sense love directness and simplicity, and ever seek to reduce complications and problems to simples—knowing the world is made up of simples.

Common sense is the art of resolving questions. It is the interpreter of riddles—the surmounter of difficulties—the remover of obstacles.

. . . . **THOUGHT GEMS**

DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all up-hill,
When funds are low and the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out,
Don't give up, though the pace seems slow—
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man.
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late, when the night slipped down,
How close he was to the golden crown.
Success is failure turned inside out—
The silver tint of the clouds of doubt.
And You can never tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit—
It's when things seem worst that you musn't quit.



Let it be our endeavor to avoid the dead-letter of discussion and come into contact with the living principle, for man, even at his highest level, has so far no more than touched the fringe of the possible.



Present suffering is not enjoyable but life would be worth little without it. The difference between iron and steel is fire but steel is worth all it costs.

The Wellspring of Life

Have you learned to discriminate between yourself and your body? Think! Who are you?

How vitally important it is to learn that you are an unchanging you—grasp the idea that the body is just a garment and not the real you. To realize that your functioning mind that receives the messages of the senses, is an instrument for you to use, and is not the you; that your personality is your character role in the play going on, and not you, you must come to comprehend.

Your success and happiness will definitely form in the infinite and begin to manifest the moment you do.

Are you familiar with the statement in the Christian religion, "You must be born again"?

When it becomes fixed in your inner consciousness that you—the real you are separate and apart from the things you have heretofore thought of as you, you are born again.

What is there so difficult about this realization?

Can you not visualize the **you** standing apart?

You say, "I am going to change my mind."

Well—are you not in command? You do change your mind. If they were not separate entities—the you—and the mind, why would you thus speak.

Likewise your personality is not you—that is your character role.

Do not actors play different character roles?

Your personality is the outward reflection of your moods—your feelings—your thoughts, your commands to your physical instruments.

You assume, do you not, a kindly, friendly, loving attitude toward some person or persons,—to others an entirely different attitude?

To the one your personality is one thing, to the other something quite different. It is quite apparent, your personality can not be **the you**.

Personality is one thing, and character another; your personality is what you appear to be; your character is the sum total of real qualities.

You cannot say that the real you is your character. Character changes—in fact, we have a very definite idea that yours is undergoing or will undergo a material change as you progress in this order.

Contemplate this—you speak of your character, your personality, your mind, your body, your thoughts—"Yours" is possessive—it denotes ownership and control. Yours means "belonging to you." Your expressions, your whole language indicates that you are a separate entity—an identity.

Well — why not become fully conscious — inwardly and outwardly—just bathe in it—that **you** are monarch, commander, dictator, and supreme over your tools, implements, garments—body—mind and soul.

That is the re-birth!

From that point onward can come understanding—manifestation—demonstration—health—happiness—success,—the realization of your long cherished ambitions—the ideal made real, if you will just apply yourself.

If you have been working in a shop, or at an office desk, and haven't kept up the habit of tackling substantial mental food, if you have just played with your mind and let it dawdle over feeble stories, and never held it to more than a few minutes concentration, you are going to find your mental muscles pretty flabby for a while.

You will be surprised to find how soon the rust wears off, and after a little oiling the works run smoothly.

The teachings of this order, when understood, will stir and arouse those who are sunk in sluggish torpor of unsuccessful living.

There is really no great difference between every day people, and great men,—except in the matter of qualities.

In this Order we search out the source of these qualities. By intelligent application you too can speak with a master insight into the known laws of life. You too can not only know these sources, but also you can tap them.

You possibly want to see and have opened up before you the advanced teachings of this order, and ignore the elementary instructions. It would be useless and senseless to do this when you do not

understand the common every-day things which you see and with which you deal, when their source is a mystery to you and their relations to and illustration of life principles have been given no thought by you.

This brings to mind a story. A young man by circumstances, found himself in the presence of, and had been introduced to a very rich and successful man.

The young man was ill at ease, and the very rich and successful man noted it, and was intensely human, and tried to put him at ease by addressing him. "Young man," he said, "You don't seem comfortable, I trust that you are feeling well."

The young man then told this millionaire that all of his life he had dreamed of meeting some great and successful man, and that when he did he would ask him for the secret of success.

"Will you not give me the secret," he pleadingly asked.

"Yes," replied the successful man, "I will give you the secret, but when I do you are going to be a disappointed young man. Perhaps with your ambition you will some day get over the disappointment and comprehend all of the meaning of the simple answer. "The secret of success is to deserve success."

As you progress we are going to give you most specific directions for achieving health, happiness, and success.

Remember that the above "secret of success" is not our formula, but when its deepest meaning is understood, it deserves high praise.

We are going to make it very simple to you by showing you how to tune and exercise your talents, that you may know how to deserve success.

You must, in an elemental way, become familiar with your functions, energies, powers, and possibilities, and these you must get by simple lessons, and in simple ways. These must become familiar to you, and you must learn to use them, just as a child learns to walk and talk.

Have you heard in the religious world this? "You must become as little children."

Shortly we are going to deal at length with the matter of health but at this point, it is our purpose to show you that "You must become as little children."

You are grown—you breathe and have breathed ever since the first spark of life entered your body. Unless you have been trained otherwise, and few have, you are at this moment breathing high up in your chest—you are not breathing deeply.

The moment you pass from consciousness tonight and drop off to sleep, nature is going to take hold and you will breathe clear down into the abdomen—you will breathe deeply—you will breathe naturally.

Now watch some baby breathe, see its little abdomen rise and fall with each breath.

Perhaps you will have to learn again to breathe properly "become as little children"—Do you fully appreciate how important is correct breathing? Do you ever yawn? Nature's demand for more oxygen, for deep breathing. Are you conscientiously following the request and instructions upon the subject of breathing?

Nature achieves the grandest results by the simplest means—the constant adding together of atoms. Nature achieves her marvelous results in the construction of the building blocks of the universe by the simplest means. She combines protons and electrons to form the 92 known chemical elements, ranging from hydrogen with one proton and one electron to uranium with 238 protons and 92 electrons. From these 92 various atoms an infinite variety of combinations of molecules give us every substance found in nature or created by man.

So in this Order, devoted to relieving sick minds and handicapped individuals; to learning the location of the head waters and reservoirs; to tracing brooks and rivers therefrom and how to tap them, we must make extensive surveys, comprehensive maps and triangulate and prove every point.

We must learn a new language so to speak—we must start with the elementals,—“we must become as little children.”

When you were a child and got your first bicycle, your first gun, or your first watch, you were nearer to the first principles of success,—you more

nearly observed the laws governing success—than you have possibly been since.

Let us "become as little children" and we shall probably more exactly describe to you the processes by which you got the bicycle, gun or watch than even you can remember.

When you first saw a bicycle, gun or watch there began to form in your child mind a picture of **you** riding the bicycle, shooting the gun, or wearing the watch, pinned on your little dress with fleur-de-lis pin.

Some one let you ride a bicycle, shoot a gun, or pin on a watch. The picture in your mind took definite form, you knew that that was what you wanted.

From that time on your waking hours were filled with the picture, air castles arose around the picture, you longed with all your heart to own one,—all your very own. To fail to get it would be to fail in your then life ambition. At night on going to your bed it was the last thought and upon arising it was the first. It was a longing—nothing could take its place.

Your hearts desire you told to mama, to papa, to uncle John and Aunt Kate—if you were taught to pray, you prayed fervently for it.

Possibly Christmas came around, Santa Claus inspired faith; you were just sure mother, father, Uncle John, Aunt Kate or Santa Claus all would not

fail you—you did not fail to let everybody know that you were about to get that cherished gun, bicycle, or watch.—How you insisted that you must have it! You ding-donged it on all occasions.

You had heard that little boys and girls had to be good or Santa Claus would overlook them. You, like a boy scout, did your good deed every day—you helped with the dishes, you brought in wood, you were polite to Uncle John and Aunt Kate—You were a willing helper.

At last you got it!

If you are a mental chemist, you can take apart and fit together this simple narrative—and build the complete formula, the never failing success formula.

You knew not the laws—but simply and naturally you observed them.

So there is meaning to "You must become as little children."

As you progress—this child story will be recalled—As you learn the universal laws it will take on significance.

"This day we fashion Destiny, our web of fate we spin."

It is strange that we spend weeks, months and years learning some law of mechanics, some physical law, and are unconscious of, or give scant thought to the fact that those who violate the laws

of nature, must pay the penalty, whether they be Pope, potentate or pauper.

It is perfectly natural for all persons to desire health, because health creates confidence and gives assurance; it is the foundation of hope and faith; it gives one courage and banishes fear; health is itself energy and force; happiness and success are its twin children.

The ideal of health that each should have is not merely to be free of pain and disease but a health surplus, a reserve in the physical bank.

Abounding health makes the eye sparkle, the step buoyant; one has the feeling of vim, vigor and vitality; it is a quality of the body that radiates; there is an inner sense of joy and gladness, consciousness of power accompanies it; it is plus vitality. Health is the first wealth. Personal magnetism is largely a matter of health. The spendthrift of health is the most foolish and reckless of all spendthrifts.

How few there are who realize that the great healing principle is in ourselves. The power that cures all disease and all maladies, resides inside of every human being. The creative, restorative, renewing, rejuvenating principle, the life principle is within every one of us.

Perhaps you have been or are sick—yesterday in perfect health—today flat on your back, confined to your bed. It may be difficult to realize or

appreciate it as a blessing in disguise, but such it may be.

History is full of instances where people were going along in daily routine,—making a living, ambitionless and without purpose and suddenly illness overtook them.

The first reaction was to curse the fates, to fret and fume, call it ill luck, and to envy those in possession of full health and bodily vigor, and in that mental attitude they could see no good that could come of it.

After a while they begin to appreciate that this enforced holiday had its compensating features. Surely it released them from the too busy world; it enforced a stock taking leisure period; it gave the opportunity for a review of the past activities, to find the errors of their way, and to give thought to the better way.

Soon it dawned upon them that here was a time to enter the within, to get a clear perspective of their capabilities, to sharpen their mental and spiritual perceptions, to plan, to acquire a purpose, and to detail the approaches, and upon their return to health, they discovered that during this enforced sickness, they had found themselves, were "born again," and from that time on they were successful. It was the turning point in their careers, and from failures, or mediocre "living makers" they became successes and "life makers."

It is really amazing to find so many great characters in the business and professional field, in the arts and sciences, whose successes date from a prolonged illness.

A serious illness should be regarded as an opportunity to gather dividends, and create energies, that in health were not possible.

Like any major experience, illness actually changes us. How? Well, for one thing, we are temporarily relieved from the terrible pressure of meeting the world head-on. Responsibility melts away like snow on an April roof; we don't have to catch trains, tend babies, or wind the clock. We enter a realm of introspection and self-analysis. We think soberly, perhaps for the first time, about our past and future. Former values all seem to be fallacious; habitual courses of action appear weak, foolish or stubborn. Illness, it seems, gives us that rarest thing in the world—a **second chance**, not only at health but at life itself!

Illness knocks a lot of nonsense out of us; it induces humility, cuts us down to our own size. It enables us to throw a searchlight upon our inner selves and to discover how often we have rationalized our failures and weaknesses, dodged vital issues and run skulkingly away. Mistakes in our jobs, marriage and social contacts stand out clearly. Especially when we are a bit scared, is the salutary effect of sickness particularly marked; typhoid and pneumonia have reformed drunkards, thieves, liars,

and wife-beaters. If a stiff bout of illness brings us near to death's door—perhaps so much the better. For only when the way straightens and the gate grows narrow, do some people discover their soul, their God, or their life work.

In illness you discover that your imagination is more active than it ever has been; unshackled by petty details of existence, you day-dream, build air castles, make plans. As your physical strength returns your fantasies are not dulled; rather they become more practical and you definitely decide upon the things you will put into action when you recover.

Your concentration improves tremendously. You are astonished to find how easily you can think a difficult problem through to its solution. Why? Because your instincts of self-preservation are speeded up, and all non-essentials are eliminated. It is interesting too that your reactions to what you see and hear are more acute. A robin at the window, a fleeting expression on a friend's face, are delicately savored as memorable experience. **Illness sensitizes you;** that is why you may be irritable. You may even weep at the least provocation. But this sensitivity should be turned to better uses. Now is an excellent time to develop yourself along a special line, to read widely, or to create original ideas. Contrary to an old belief, a sick body does not necessarily make a sick mind, except in those who try to make their illness, whatever its nature, as an excuse for ineffectualness or failure.

Artists and lovers have always known that suffering confers a radiant beauty upon the afflicted. Such beauty has nothing to do with make-up or negligee. Rather, it is an inner liveliness, illuminating the spirit and features of those who have learned to look upon illness as a challenge that must be met with hope and courage.

If you have never been sick, never lost so much as a day in bed—then you have missed something! When your turn comes, don't be dismayed. Remind yourself that pain and suffering may teach you something valuable, something that you could not have learned otherwise. Possibly it may change for the better the entire course of your life. You and those around you will be happier if you can look upon any illness as a blessing in disguise, and wisely determine to make the most of it. You can turn your sickness into an asset.

Of course, no one wants to be sick, but if sick—it is a splendid time to grasp the full realization that thinking is cause.

It is easy to understand that there are different kinds of thinking, progressive, creative, constructive, inventive, optimistic, pessimistic, depressed, destructive, dejected, spasmodic, periodic, scattered, concentrated, persistent, positive and negative.

Never lose sight of this fact, that every cell in the body gets an impulse from every thought in the mind. Your condition is therefore your thoughts objectified or out-pictured.

Guard well, therefore, the well spring of life against the poisons of worry thoughts, fear thoughts, anger, revenge, or self pity.

All phases of fear and anxiety contract the blood vessels and impede the free circulation of the blood. We see this in the pale face caused by fear or terror. These fears also modify all secretions—beads of perspiration stand out. There are authentic cases without number of hair turning white over night—even deaths from fright or fear.

Now, if fear or terror can do that mentally, what do you think of the influence of chronic fear poison, worry and anxiety poison, acting on the system for years—just slow, miserable self-destruction.

The second section of each set of instructions contains a request to do something. Evidently we cannot depend upon sickness to do some constructive thinking. Thinking requires concentration, and when one gets letter perfect in concentration and also in shutting out thoughts and can meditate—and accept back from the subconscious the great within, the answer to life's problems, one has gone a long way on the road to health, happiness and success.

Every philosopher, every sage, every saviour, and there have been many of them in history, got his thoughts, ideas, theories, philosophies or whatever you want to call them only during a period of meditation, or concentration, or application, or silent uninterrupted study and thought.

Christ went into the mountains to meditate, to accept the messages. We suggest that you find some time and some place, where peace and quiet prevail, that you may read and study our instructions and do the things we suggest. Concentration you may have to learn by degrees.



. . . **THOUGHT GEMS** . . .

A well-ordered life is like climbing a tower; the view half way up is better than the view from the base and it steadily becomes finer as the horizon expands.



It is good to dream but it is better to dream and work. Faith is mighty but action with faith is mightier. Desiring is helpful but work and desire are invincible.



Those with mediocre minds generally condemn and criticize everything they can't understand.



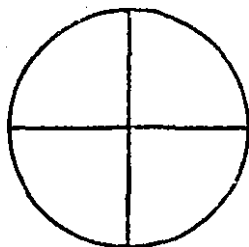
Search as you may, you can find no evidence of a personal will operating in the universal—only changeless and unchangeable laws—such is the "will of God."



If you would find the "Secret place of the Most High" the search must be within your own being. Within you is the shrine for resultful worship.

Section 2 Instruction 5

Here is today's request: Get a piece of white paper. Draw a circle about one and one half inches in diameter. Put a cross in the middle of it—thus



Now get a piece of thread about 20 inches long. Thread a heavy needle or take a ring from your finger and run the thread through it.

With the needle or ring suspended, take the two ends between your thumb and forefinger, and hold the needle or ring suspended over the center of this circle where the two lines cross. Rest your elbow so as to brace and hold your hand steady.

When the point of the needle or ring is over the center and not moving—then begin to concentrate and desire and quietly will it move up and down along the verticle line.

After it swings up and down as you have concentrated, willed and demanded, stop it on center, then concentrate and will it to go crosswise along the horizontal line.

When that has been accomplished, again bring to a stop at dead center, and begin to will and concentrate that it go in a circle until it follows the outline of your circle.

You can then vary to suit your will. Keep this up for fifteen or twenty minutes, longer if your mind wanders and other thoughts enter your mind than what you are doing.

Do not draw any unwarranted conclusions from what takes place. Some so-called schools of esoteric teachings attach unwarranted importance to this or similar phenomena. We want you to learn to concentrate only.

If the needle or ring does not move as suggested do not attach any significance to that either—Just try—A simple form of concentration—Later you will have other exercises in concentration.



. . . JUST TALKING IT OVER . . .

You will hardly be fair to yourself if you do not read pages two to sixteen many times. It seems very, very simple—it is our aim to make it that way. Remember this—that in one simple sentence may be the conclusion from a life time of observation. Concentrate on this and every set of instructions.

Here are words of wisdom on the subject of concentration. *Concentration is one of the most marvelous forces that can be conceived. Without concentration, no success is possible.*

Fidelity to an idea is always the initial step to all successes. For if an idea has no time to become at home with us, if what is rightly called the crystallization of thought does not form the foundation of every decision, we shall find it impossible to give it definite shape, and it will fade away like impalpable smoke.

If, on the other hand, we know how to exercise concentration, this idea will soon become a focus of organization around which the association of ideas will come to marshal the reasons that determine the action which we have in mind.

Concentration develops all our senses and brings them to a degree of remarkable acuteness.

He who succeeds in concentrating himself on a manual labor is certain to perform it with a minimum of fatigue, for he will be able to husband his strength, he will save himself from dissipating it in useless exertions, and he will concentrate all his faculties of attention, of calculation, of ingenuity, and of muscular power in order to succeed.

This is how so many jugglers achieve perfection in their art—by concentration they have reached such a point of self-absorption that for them nothing exists outside their own particular performance.

To think of an act which we are performing, to think of it alone, to concentrate everything and forget everything outside of it, there is the secret of so many successes, the explanation of so many good fortunes; the secret, also, of the immense influence which certain men exert over their fellows.

Concentration is a state of inward contemplation which allows us to shut ourselves in from external things so as to engage thought solely on the subject which we have set before ourselves.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ANOTHER STEP IN
YOUR UNFOLDMENT.

LET THERE BE LIGHT: -

The currents of knowledge, of wealth, of health and success are as certain and fixed as the tides of the sea. Minds, enlightened upon the inner laws of being, control the currents.

This may sound "starry-eyed" to you in your present stage of development, but consider carefully Instruction Number Six, which accompanies this letter - just a stepping stone to understanding.

You are in the A B C stage of self-realization. There will be gradually unfolded to you a consciousness with respect to your real self; contacts and well springs of power of untold value, available to those attuned to receptivity, will be understandingly charted and explained.

All living cells depend absolutely on the medium in which they are immersed. They modify this medium unceasingly and are modified by it; in fact, they are inseparable from it. This is a truth of physiology. This principle is manifest within your body.

It should be easy to understand that there is something in which you live, out of which you were made, and from which you cannot be separated in the universal. You are as a living cell in the universal. You modify it and are modified by it.

In the course of these instructions we demonstrate to the reasoning mind that this universal contains the building blocks of the universe. All things are present potentially. With this science now agrees. We teach you to know that within is all power and that the form of conversion is your privilege and responsibility. Also within is omniscience (All Knowledge) yours to contact and express. It is law and principle by which you and all are governed, and being a part thereof, you can direct and control it by your thoughts and emotions. That you do you will come to realize. How to do it constructively and for good is likewise revealed.

The world's devotion to things material and mechanistic has brought us near to chaos. Fears, worries, sickness, lack, and poverty, tension and strife, are unnatural and due to the violation of the laws of life.

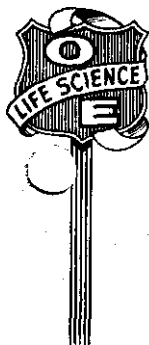
Who can set a value upon the understanding that will change all of this and bring joy and happiness, abounding health, and material welfare to him who knows and lives according to that light! He who receives the light - and fails to pass it on and help in the dissemination thereof - loses it. That is in accordance with a demonstrable law. The Bible, The Book of all religions contains it.

Ask, believe and receive,

THE ORDER OF THE ESSENES

J. Hamner Davis

Enc. 6



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 6

Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

"All mental states are followed by some bodily activity of some sort. They lead to inconspicuous changes in breathing, circulation, general muscular tension, and glandular or other visceral activity, even if they do not lead to conspicuous movements of the muscles of voluntary life. All states of mind, even mere thoughts and feelings are motor in their consequences."

—WILLIAM JAMES.

. . . . THOUGHT GEMS

Thought is a tool, keen edged and sharp, before we dull it with wrong use.

●

Did you ever watch a snow storm as it spread a mantle of white over ugly mud and the dead leaves and draped the bare trees in sparkling silver and all the ugliness disappears, and reflect that life was that way? Hate, envy, suspicion, fear and worry and the ugly things of life disappear when snowed under by courage, faith, friendliness, love and confidence.

●

Just as a swamp may be converted into fertile fields and gardens by draining and directing the scattered and harmful waters into one well-cut ditch or canal, so it is with the mind. Many minds are today hopeless marshes but potentially magnificent gardens.

●

When you make a mistake, don't look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.

●

Man demonstrates his intellectual superiority over other animals by being the only one that can think himself into a state of profound misery.

●

"Think it over"—yes, but don't dawdle until someone else has thought it over, worked it out and put it over.

●

Happiness is not in things but in ourselves.

Traveling the Pathway

A synonym is a word that has the same meaning as some other word, a substitute word or expression.

Suppose that we accept, for the time being at least, **nature** and **God**, as synonyms: Does that do violence to any religious faith? In the light of this let us examine the religious belief and statement of certain religious organizations or sects—"God will cure, etc."

Now let us examine the ethical, scientific, materialistic, regular physicians, trained in our best medical colleges.

Does any one of them claim that they can cure any disease or ailment? Ask one of them!

Universally the answer will be, No. They will say that **Nature** cures, but that they can assist nature.

We don't find much difference between them when we substitute the synonyms!

Allopaths, homeopaths, naturopaths, osteopaths, and all the others simply claim but different methods of assisting nature.

Catholic, Protestant, and other faiths are but different forms, all striving for the truth; and like physicians—they have different methods.

In this Order we strive to avoid even the appearance of dealing with religion. We try to keep religion out of the picture.

The minute you touch on religion as commonly understood, you touch the sectarian, then you are in troubled waters,—Discords are set up,—and the Sun of truth is clouded.

We sometimes quote Bible passages, which are familiar to all, but probably little understood, endeavoring to show how the life principles were taught by Jesus in a way which was simple and understandable to the simple people of that day.

We do not think there can be any doubt but that Jesus in his early manhood, became a member of the Order of the Essenes, and that therein He gained His insight into the knowledge of life principles, the universal laws of nature, and as we have heretofore intimated, He became imbued with the idea that this understanding should not be confined to a few,—the members of this Order—selected from the more intelligent; that there was a way by allegorical teaching, to give the masses this "human understanding," and thus He became the great Teacher, and his followers clothed His memory with divinity which He himself did not claim, except as He claimed it for all mankind.

Whatever your religious faith—or lack of religious faith, as you proceed in the instructions in this Order we shall make clear many of the religious teachings which have been without clear cut definite meaning to your comprehending mind.

Most certainly you can and will bring yourself to understand that you cannot enclose the infinite,

—life principle—universal power—omniscience—
in a shape, or three shapes, resembling in any way
man, with his physical attributes, as we have traced
him from chaos to today.

Life is a constant search for power or energy. As matter and energy are interchangeable, according to the relativity theory, each atom of matter in the world may ultimately become a source of enormous energy. A few elements such as radium and uranium spontaneously emit a small fraction of their energy in the form of electromagnetic rays. For example it has been determined that one grain of radium radiates energy at the rate of 130 calories per hour for hundreds of years. A special type of high tension generator capable of producing millions of volts has been developed in the electrical field, and with this apparatus experiments are being conducted in the bombardment of atoms to knock out their constituent electrons as a first step leading to the release of vast stores of energy.

This is the age of mind, the era when mental forces reign supreme, but to understand that the mind as commonly understood, is an instrument much like a trolley pole, or third rail contact, that can reach inwardly and outwardly and tap powers and resources undreamed of by the mill run of people, is the beginning and basis of real advancement.

The great intelligence of the universe never advances on theories, sentiments, feeling, guess work, or any basis except that of unalterable law. The

great intelligence is revealed through nature.

Neither this Order nor any other order, cult or society hold all the truth. All of truth has not been revealed to mankind. Any claim to a knowledge of all truths is obviously unfounded.

The earnest, patient, conscientious seeker of truth shall discover some of the elements that form its structure and shall build up his knowledge step by step, each advance based upon previous instructions in this Order.

Truth successively takes shape, one grade above its last presentment.

Membership in this Order is highly desirable,—it provides a medium for the giving out of certain aspects of truth,—and most persons require as a stimulus, contact with other persons thinking along the same line. It puts the mind in the Gulf Stream of thought, where like thought contacts are available. Thought is contagious.

Health, happiness, prosperity and success as commonly understood, we shall attain.

By simple stages we shall arrive.

There will be unfolded an understanding that man is in process of advancement to higher states of physical, mental and spiritual life.

The world of the physical senses is but a small part of a much greater world—which by training can be perceived.

The physical body is but a garment—not the

generator of consciousness; its interrelations, its component parts are as rivers and oceans of life; its relation to the infinite all about, is transcendent in importance.

Energy, power, vibration, intelligence, and cause each penetrates and surrounds every physical body and each extends throughout infinite space.

You will come to understand that the laws of cause and effect, govern both the visible and invisible; these laws presuppose intelligence and that intelligence is given to every man, and therefore understanding is possible.

Consciousness does exist independently of physical organisms, and the so called exact sciences are daily giving demonstration and proof of ancient theories and beliefs, and religions rightly understood.

The reason for conflict in the past has been lack of cooperation. Instead of scientists, psychologists, religionists, philosophers, occultists, mystics all uniting to discover **truth—absolute**—they restrict their activities to a few specific theories and leave truth as a whole to take care of itself.

The object and endeavor of our order is the synthesis of science, philosophy, psychology and religion in their purest forms.

There is no royal road to the acquisition of these priceless facts.

These things, this understanding must be at-

tained. This means they must be worked for and strived for. There is no favoritism under universal law.

Some would exploit human weakness, — It is our object to find the source of human strength, and place it at the disposal of those who earnestly seek.

The pathway to all knowledge must be traveled by each who would **know**.

Self examination, self investigation, self realization and self discipline will reveal the answer.

The human individual lives usually far within his limits. He possesses powers of various sorts he habitually fails to use. He energizes far below his maximum.

As you become adept, and begin to master self, and grasp the feel of this new strength and power, it will be radiating from you, just as a stove gives off heat, and without any effort on your part,—in fact you may be utterly unconscious of it. This will attract to you ideas, people, influence and all will fit into the plan of your inmost desires.

The world is filled with men and women seeking pleasure, excitement, novelty; seeking ever to be moved to laughter or tears; not seeking strength, stability and power; but courting weakness, and eagerly engaged in dispersing what power they have. These pleasure seekers, lovers of excitement, hunters after novelty, and victims of impulse and hysterical emotion, lack that knowledge of princi-

ples which give balance, stability and influence. They possess minds unenlightened upon the inner laws of being.

You—are success constituted. It is our endeavor to show you how to unfold—come unto your own.

Section 2 Instruction 6

We are preparing you for a full realization of the true principles taught in the Order of the Essenes.

The popular conception of health is being sound in wind and limb—The fact is, no man is well,—in health—unless sound in mind and body. It is a fallacy to suppose that one can be sound in mind and ill in the body, or that one can be sound in the body and ill in the mind. The popular idea is that the body can be ill at places and well in places at the same time—sort of ailing in odd corners without the rest of the system being troubled.

The fact remains—and science now recognizes that these specific troubles, familiar to us by specific names, are but the special responses of particular organs to disturbances of the general system. So linked up are the various organs by the nervous system, and by chemical reactions and interactions between the secretions of various glands carried hither and thither by the blood system, that it is impossible for one part to be disordered without all parts being disordered.

We are face to face every day of our lives with the evidence that there is very constant relationship between mental processes and bodily functions and actions — take blushing — which accompanies a feeling of shame. It is an outward manifestation of a dilation of the blood vessels of the face, brought about by impulses from the circulatory (vaso-motor) centres in the brain, under the influence of a mental process—emotion. Again take dyspepsia or a loss of appetite that follows grief—that represents an inhibiting action of certain brain centers on the digestive processes. The blood rushes to the face when passions are roused and hence "flushed with anger" is familiar to us. Sometimes we have paleness; the little vessels of the skin contract and drive the blood from the face—"White with rage" is familiar.

Gothe said, "He who is plenteously provided for from within needs but little from without." If you really take in the idea that fundamental health comes from what is built up inside and not from that which is so wistfully sought outside, you find that it makes a palpable difference in your day-by-day experience. Not the state of the body but THE STATE OF THE MIND AND SOUL IS THE MEASURE OF THE WELL-BEING OF EACH OF US.

Pains and multifarious crippling disorders are presented to medical men, and AGAIN AND AGAIN THEY FIND THAT TREATMENT OF THE MIND AND SPIRIT IS MORE NEEDED THAN TREATMENT OF THE BODY. In over HALF THE

GENERAL HOSPITAL CASES, THE ILLNESS IS CHIEFLY PSYCHICAL AND NOT PHYSICAL, according to medical men in positions of high responsibility. And they added that, when a man or woman goes to a physician, the personality condition should be looked into as much as the condition of lungs, heart and digestive organs.

Plato said, "If the head and body are to be well, you must begin by curing the soul." You have heard—"a merry heart causeth good healing, but a broken spirit drieth up the bones." Confucius laid stress on the mind as the reconciler between body and spirit, with healthy life as the result of the unity. When physical disorders appear in a person, the soul very often needs treatment, is merely a statement of what the more thoughtful have always known and what the instinct of man in all ages led him to practice.

A person is caught in the quagmire of life. He flounders, but struggles helplessly on. In the midst of it he becomes the victim of physical disorders which make it still more difficult for him. He runs for a doctor. The physician finds no organic trouble. What the man needs and has needed from the beginning is a doctor of the soul; someone **who can teach him how to look life straight in the face and not be dismayed.**

It is the soul that breaks down. It is the soul that needs attention. If it is to rule the body effectively, it needs to be fed continually with food to make it strong and healthy. Treat the soul, for its

daily food, to little beyond sensational news sheets and high-seasoned amusements, frothy chatter and gimcrack interests, and how shall it grow in power? Pettiness is always the soul's corruptor.

Every thought you let yourself think, every emotion you permit yourself to enjoy leaves its mark and helps either to make you insufficient for life or to give you some greater sufficiency. As a man thinketh in his heart, so is he.

Let a man make it his habit to refuse pettiness day by day and to choose robustly, and he can little by little develop a soul which shall at last become equal to anything! **But people need teaching. That is why every medical doctor needs to be also a doctor of the soul and why the parish minister needs to be a good psychologist as well as a good religionist.**

Religion seems to be treated as an affiliation with a church organization, coupled with vague hopes and aspirations, but so far as it concerns the needs of daily living, the soul is practically starved.

The soul that knows life principles and is conscious of its oneness with them, ceases its effort to struggle alone. It puts aside its dreads and fears. It lifts itself up into a mood of **confidence** in the universe. **It learns how to draw conscious vigor from the source of all life.** It not merely believes, it knows; it lays hold on a power not known before.

If you would weave into the life pattern the golden threads of health, happiness and prosperity,

you must become master of your likes and dislikes, your loves and hates, your fits of anger and rage, your temper and tongue, and all your changing moods, to which you have been subject.

This mastery is simple,—even as you begin and conquer in partial manner, you will feel growing up within you a new and silent power—you will begin to feel a new kind of strength.

In your work you will experience a composure and calm confidence which will lead you in the path of success—darkness and speculation give way to light and certainty. As you alter your mental attitude toward others they will alter their attitude and conduct towards you.

As usual, the second section of our instructions consists of doing some little thing, looking to the end of self-mastery, to becoming master of your fate instead of a victim of circumstances.

Take a piece of paper and write on it the word "selfishness" and "this too will pass away," put it in your purse or your pocket.

Every time an unpleasant thought enters your mind; every time a shadow crosses your mind; if your imagination runs wild and prompts you to plot, plan or think of some scheme to get even with, hurt or injure or take advantage of someone; if you are troubled with doubts, fears, or have some worry, stop and read that piece of paper, and then and there analyze the situation and see if the root of it all is not in selfishness.

It is given to the world to learn one great and divine lesson—the lesson of absolute unselfishness.

The saints—sages and saviours of all time are they who have submitted themselves to this task and have learned and lived it.

All the scriptures of the world are framed to teach this one lesson; all the great teachers reiterate it.

It is too simple for the world, which scorning it, stumbles along in the complex ways of selfishness.

If you find it is, or is not, rooted in selfishness, then remember the following story and say to yourself, "This too will pass away."

There was once a King, who achieved a reputation for being very wise. Every situation was handled wisely, humanely, and with great forethought and the result was a prosperous and contented people.

The facts were that this King had a very wise counselor upon whom he depended, and he himself was fearful, lacked confidence in himself, and was dependent upon his counselor in all affairs.

The nation prospered and the Kings reputation for wisdom and judgement spread to all surrounding Kingdoms.

Clouds of unrest spread over the nations of that part of the world—and a meeting of the rulers of these nations was arranged and our wise King, of course, was invited to and was expected to attend.

The meeting was in an adjoining Kingdom. The

handling of the affairs at home would not permit his wise counselor to attend.

The King was in a panic, feared to go without his chancellor,—feared that he might make errors, display a lack of wisdom, destroy his great reputation.

His Chancellor finally persuaded him to go to this conference alone, but only after he had convinced the King that he would have a ring made for him in which would be engraved the answer to any question that came up.

The King set off to the meeting—ring upon his finger—confident of his Chancellors wisdom,—and that if the problems became too complex—he had the answer.

Naturally, to make it a good story,—a difficult situation arose, our wise King was embarrassed and lacked for answer—thought of the ring—took it off—engraved therein was—"And this, too, will pass away."

In all your life—did you ever meet a tense situation that did not "pass away?"

Worry—is weakness. You will always find a streak of self—of selfishness behind every worry.

In the end you find that trials, difficulties and misfortunes have taught lessons—strengthened the human fibre, sharpened the tools used in life's battles, and that all things work for good in the end,—for it is the law that the life principles are ever working for perfection.

. . . JUST TALKING IT OVER . . .

Are you earnestly and sincerely seeking something? Is it divorced from pure selfishness?

If your answer in both cases is "yes"—then you are on the way to it, and it is on the way to you.

Week by week in absorbing the teachings of this order you are being equipped for attainment.

The key to life is not somewhere out of life. You won't go up to it. No seer or saint will go up and bring it down for you. It is not thousands of miles across the sea—it is very close. It is within you all the time.

The only fundamental way to change things is to change your consciousness.

You cannot cheat nature—it is the law that you must and always will attain the condition that belongs to your consciousness.

If you could only comprehend the full significance of this law!

People are always trying to change external conditions, while leaving their consciousness unchanged. It just cannot be done.

With earnestness and application you are rapidly evolving.

Read carefully again and again and you shall surely attain that which you seek.

. . . THOUGHT GEMS . . .

If you don't know where you are going, you are lost before you start.

●
The fellow who falls down on the job will be back on his feet a lot quicker than the one who lies down on it.

●
The way to judge your ideals and methods is to look around and see how far they have brought you,—and work.

●
Some folks get all the life kicked out of them trying to get a kick out of life.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

AS AN EARNEST
SEEKER AFTER TRUTH,

WE ASSURE YOU:-

Packed in twenty small pages of Instruction Seven accompanying this letter is mental nourishment, which if thoroughly digested, will help greatly your grasp of truth. To comprehend it is quite necessary in the understanding of what is to follow.

We teach, and you will learn, that your life is not infinitesimal, but infinite.

There seems to be some key word or key suggestion that creates the spark of understanding -- some get it from one suggestion - others from another.

Perhaps you will find your word or suggestion in this set of instructions.

Won't you please give it careful consideration, uninterrupted study, and try to get the essence of it?

As you progress in this study we know you feel grateful to those who have contributed and do contribute that these instructions may be available to you, and that feeling released into the universal is effective in their lives, as you will come to know.

If you are one who is helping in a large way or a small way to extend the horizon of understanding of others you will experience a glow of satisfaction, that you are a part in this work - and the gratitude and appreciation of the recipient does reach back to you.

One of the most beautiful stories, and a "best seller" is Lloyd Douglas' book, the "Magnificent Obsession", based upon this law. It will be found in your public library.

There is no higher form of giving, than to give that which enables the recipient to do for himself.

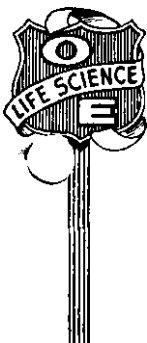
We try earnestly to select the worthy to receive these Instructions, and we sincerely hope that you show your appreciation by serious application, and confirm our judgement of you by demonstrating that from understanding flows peace and harmony, health and radiant living, and material welfare.

Thereby you set the law in motion and are a credit to,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 7



THE **Essenes**

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Instruction Headquarters, Tampa, Florida.

Instruction 7

**Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

"He can, who thinks he can." Repeat this! Do it again and again! When you realize the eternal truth you thus express, something within you will stir you to go forward, and at the same time by natural law, there will be added unto you something which will enable you to carry through to success.

Circumstances may appear to be against you, but it remains true "He can, who thinks he can" — so hold your thinking true to the charted course.

. . . . THOUGHT GEMS

The family tree is worth talking about, if it has constantly produced good timber, and not just nuts.



An obstinate man does not hold opinions—opinions hold him.



The shadow disappears when the real thing which casts it is removed.



What need for all this strained out-reaching for an unknown and unknowable, when it is within you.



We have come to the point where it must not be a seeking of a creed to follow, but it must be the living of a life.



Every right thought we think, every unselfish word or action, is bound by immutable laws to be fraught with good results. We must learn to lose sight of results, quit thinking in terms of effects and center upon cause—and let results or effects be, as they will, a natural outcoming.



Nature's stream of plenty will not flow toward limiting, doubting, pinching, stingy, selfish, jealous thoughts.



We think little things—we ask little things—we expect little things—we get little things. We suffer from stinginess of ideas, parsimonious mental processes, pinch-penny thinking, congested causation, supply limitation, low rating and self-wrecking by mental atrophy.

One Source?

We are going to have much to say about "life principle." From nature we can learn much that will give us an understanding of the **YOU**.

The orange, the grapefruit, the lemon, the lime, the tangerine are all of the citrus family. There are many varieties of each of these fruits. Each has its characteristics.

You can take a bud from the branches of any one of these trees and insert it into the limb of any tree of this family, so that the bud will be fed and nourished by the sap of that branch, and it will grow and from the branches that grow from that bud you will have the fruit the same as the tree from which the bud was taken—thus it is not uncommon to see oranges, lemons, grapefruit and tangerines all grown on the same tree.

Mark well—all draw the same nourishment through the one trunk of the one tree into which they are budded, all fed from the same soil—kissed by the same sun, and waving in the same atmosphere—and yet each branch year in and year out will bear the variety of fruit of the bud from which it sprang and true to the variety of the original tree from which it was taken.

That bud bore a life principle. Its inherent purpose was there. The bud was no larger than the fingernail of your little finger. If a Valencia orange is inserted in a rough lemon root stock or tree Va-

lencia oranges will forever be its crop. In these orange branches may be inserted a grapefruit bud, and the branches that spring from that bud will bear grapefruit. Thus you would have grapefruit growing from branches, drawing nourishment through branches bearing Valencia oranges, which in turn are getting life sustenance through rough lemon stock.

Again, in turn, you could bud a lime into these grapefruit bearing branches, and from that bud would spring branches bearing limes.

The life principle of the bud will not be defeated.

Could not that lime bearing branch,—upon a grapefruit branch, upon an orange branch, upon a lemon branch say—"I and my father are one?"

All of the qualities and inherent properties of the tree from which the lime bud was taken are in that lime branch—its fruit, the lime.

If you—the real you—are taken from the universal, an omnipotent, an omniscient, an omnipresent life principle, can you not say "I and my father are one?"

Are you to be hard to convince, and is it impossible for you to comprehend that all of the qualities and inherent properties of the universal from which you sprang, you possess?

*All other men are buds from the same stock.
You say others can do that which you cannot do.*

Of course you are a willing individual; that is, one having the power to will. If you fail to use this power, you cannot do what others do. But when you will have made adequate progress in these instructions, you will then have learned that "he can who thinks he can;" you will have learned just how to contact, to bring forth and to utilize to the maximum your nature (God) given powers.

You have as much power as anyone that has ever been on this planet, or that ever will be.

It is a fact of physiology that if you put your hand in a sling, and fail to use it, you soon lose the power to use it.

Unlimited powers, faculties, qualities you have, perhaps undreamed of. You have had them in a sling, unused, and have lost the power of using them.

You must now become as little children" and learn to walk—learn to use these powers inherent in you—step by step.

It is not difficult to grasp the possibility of a steady and progressive extension of our senses, so that by sight, by hearing and by other senses, we may be able to appreciate vibrations far higher and far lower than those we ordinarily recognize.

The highly bred bird dog, with his marvelous nose, illustrates that it has a sense of vibration so far as smelling is concerned, far more refined than man.

All wild life has keen scent, keen sight, keen

hearing and keen consciousness of vibrations that have been lost to humans. We have submerged these nature given faculties in our desire for more material things.

Likewise, we have other faculties, powers, and qualities in a sling, so to speak,—submerged—lost.

To regain a view of these "lost" qualities, we must journey to the mountain top, and then having visioned them, we must contact them, and develop them, and use them,—materialize the benefits—demonstrate by health, happiness, success.

We are the seed, the bud; the life principle is there just as in a flower seed.

The ideal image of the flower in minutest detail is within the seed, and must expand, multiply, and unfold, and be wrought into the perfect flower by hourly preparation.

We are shortly to get away from the dead letter of discussion and come into contact with the living principle, and learn how to make this seed blossom forth in our lives, and bear fruit.

As we progress there will come upon you a strange and ineffable consciousness of power, of something great within,—not man power but the power of the real **you**, a part of the universal power in direct touch with infinite power.

We shall work, not by charms, but by simples.

When you begin to feel this power, you will experience an exhilaration of mind, you will get the feel of a great desire, and you will set up a better,

quicker circulation of blood, you will sense a warmth of the body, your digestion will improve, your blood stream will undergo purification.

These things will become apparent to you—to others—and with that change shall come a change in circumstances.

If you seek a magic recipe for progress without effort—death will find you still searching.

If you had not exercised your muscles for years, you would hardly expect to be as strong as a trained athlete. Mind, like muscles, develops with exercise. *Our other powers must be utilized, or they too will become weak and ineffectual.*

The athlete who seeks a title or a record and to excel in athletic sports, knows that he cannot hope to succeed or win without preparation, without exercise, without training.

Let us take a glimpse of his attitude of mind.

He grasps a mental picture of himself excelling, and there is born within him a burning desire to accomplish that mental vision. He starts with the mental picture, born of imagination, his will and determination are fired, and he does something about it. He trains and exercises, he adheres to rules or laws he knows will work, and gains strength and progress and excels in his field of endeavor.

In that short glimpse we again get a picture of some of the elements that go to make for success. Do you see any similarity in that picture to the experience of the child who got the watch or the

bicycle or the gun, we glimpsed a short time back.

If you will recall the subject upon which you most frequently and intensely think—that to which in your silent hours your soul most naturally turns, you will reveal the destination of the road you are traveling.

Your thoughts of today, yesterday, last month, last year, and throughout the years that are past, indicate your state of health, your position in life, your friends, your financial condition, and all that there is to know about you.

There is an unavoidable tendency to become the embodiment of that quality upon which one most constantly thinks. It is the law.

Doesn't it seem strange that with our boasted high degree of intelligence, and our great educational institutions, that most of our individuals have minds, unenlightened upon the inner laws of being, upon the nature and destiny of their own lives.

There is one thing certain—basic—and that is life.

You will find it in plants, trees, animals, and humans. Now science demonstrates it in minerals, rocks, and in everything, even in what was formerly known as an inert protein. Life is everywhere, beneath, within and over the earth.

The knowledge that constitutes the real power in life, the real purpose of our being, is not common to all. In all times and in all ages it was limited to

those and those only, who sought it. Perhaps the fault lies with our educational institutions.

The grade schools, high schools, universities, and colleges throughout this land, center all attention upon the development of the mental and physical,—the conscious objective mind, and the blood and bone body, and barely hint at man's inner powers and possibilities.

When you follow the traditional shackled methods of education, you do not grasp the driving forces, you do not contact the powers that can make useful and profitable the mass of facts and *information years of schooling may have given you.*

You may have a trained piece of machinery but it lacks a spark plug or an exciter. It is minus the current that makes the spark jump and set off your machinery equipment, which you have spent years in acquiring.

Some of the most unsuccessful men of today are college trained, and the possessors of many degrees. They are pitifully dumb,—heads full of information—brains that can comprehend the most intricate facts or processes of reasoning,—memories that make them almost human encyclopedias, but woefully lacking in the ability to fit that accumulation of years to anything useful and to make it of service to themselves or mankind.

The time spent on one book, if devoted to a study of their own powers and faculties, would make them successful if that study is correctly understood and intelligently applied.

In all the relations with the world which one has through the ordinary senses, (hearing, seeing, etc.) physical science has found that there is an intermediate medium and forms of energy appropriate to the sense organ involved—thus light energy for the eye, sound energy for the ear, chemical energy transformations for the senses of taste and smell.

As we have commented in these Instructions, science has devoted itself to things mechanical and physical, and has scarcely touched the problem of the simplest protoplasm, barely given consideration to the nature of life. The physics of sensation, the simplest element of mind is still a mystery so far as the statement of a demonstrable physical law is concerned.

Perhaps religion should have done something about it; but it is just too bad that Christian orthodoxy, with its creeds, dogmas, and theology took the ground that the Bible must be literally accepted, and that it was an infallible record from whence there was no appeal on any question of history, science, philosophy or prophecy.

The main point was missed—truth.

Argument, contention, a sort of warfare was begun and kept up for years.

Conventional religion has not succeeded in making man conscious of his nature (God) given powers, or at least has failed to instill in him the faith in those powers resident within each, that would cause them to undertake, to carry on, and to

demonstrate health, happiness, and success.

It also fails to give to the individual a clear understanding of the real **you**—deeper than the physical, deeper than the mental. It just does not identify the "spiritual self" as something within, something with power for health, happiness and success, here and now.

It is our mission to awaken humanity to a vivid dream of latent potentialities of powers, and to carry conviction that such dreams are prophecies to be fulfilled and to show a workable, tangible method of fulfillment.

We teach, and you will learn that your life is not finite but infinite—that you possess within yourself an eternal, active, conscious individual force, a being, a form, which possesses an energy, capable of drawing and which does draw to itself, everything that is necessary for the accomplishment of its purpose.

For the benefit of the skeptical, critical, and purely scientific—let us here and now state that in mental processes, a non-mechanical mode of causation is in operation. Something peculiarly purposive and personal is going on in the mind over and above the laws of mechanics as we know them, a non-mechanical physics.

An extra-sensory perception is now an established scientific fact; in other words some people can acquire knowledge without using any of the known senses.

. . . THOUGHT GEMS . . .

It is of supreme importance to think right. Our first need is to align our thinking with principle. No one can do our thinking for us. We must each individually work out life's beauty of pattern, its harmony of coloring, and its deepest meaning.



Time—The most valuable and least valued commodity in the world.



Deep down below the subconscious mind that the individual uses is the universal subconscious Mind; or shall we say, to speak more accurately, that there is but one subconscious Mind. What we look upon as being the individual subconscious mind is simply the limited use we make of the universal subconscious Mind.



Section 2 Instruction 7

In the course of our instructions we have set forth that modern men of science, psychologists, and members of our order are deeply religious, not in the sense of subscribing to creeds—dogma, and theological tenets, nor belief in a personal God, but in a deeper sense.

A modern example is Henry C. Link, director of the psychological Service Center of New York, as disclosed in his book entitled "The Return to Religion."

Here was a man who was raised in the Church, attended Sunday School from the time he was four

years old, church from the time he was six—was a Sunday School teacher, taught Bible classes in the Y. M. C. A. and as he says—had “extremely heavy doses of religion,” up until the age of about twenty-five.

When he entered college he took a course in religious education.

In his course in religious education he naturally learned how the Bible had been put together “piece-meal,” how one individual after another had rewritten certain parts and had put in his conceptions and convictions of each one, some were absolutely spurious, and other parts doubtful.

When he began to give service to others based on psychological research and understanding, he found himself constantly using religious phrases, such as are found throughout this course and that there were no psychological, scientific terms that would fit the occasions, and then he began an analysis, which revealed that the findings of psychology were really a rediscovery of old religious truths, and why not?

There can be little doubt that Jesus was a member of the Order of the Essenes and therein learned the life principles, philosophy, and truths of being, which he afterwards taught so understandingly to the people of that time.

There was a perfect case of a man weaned from religion by the scientific route, and a return by the road of science.

He himself said this intellectual return was not wholly acceptable to him and possibly not to others, and that religion as taught and practiced was not a perfect vehicle of religious truths, but at that he often found it greater than science.

He came to a conviction that there was a divine order in things and that religion often held values higher than reason.

He dropped the belief that religion was the refuge of the weak, and came to look upon it as the weapon of the strong, by which the individual can become the master of environment and not its victim.

He began to attend church again as a matter of self discipline, because he preferred to lie in bed and read the papers on Sunday and for other reasons of self discipline, in fact, he stated he hated to go—but he knew it did him good.

This book which is autobiographic in its nature, but full of analyses of many persons, teaches the outstanding lesson that no finding of modern psychology is as important as the proven fact that the road to self realization is by the route of self sacrifice.

By nature, the individual is selfish, and inclined to follow his own impulses.

Psychologists from thousands of tests and by research and psychoanalysis have proven that selfishness leads to introversion, to emotional instability, to intellectual futility, to maladjustment and to un-

happiness, and that it requires something higher than the individual—the conscious mind, the ordinary conception of the **You**, to overcome the selfish impulses of the natural man, and to lead him to health, happiness and success. He must grasp and hold, that he, the flesh and blood and bone individual is one with the imperishable inner **You**, the unchanged and unchangeable **You**, which can contact the omnipotent, omniscient, omnipresent currents, of which this Order teaches.

In technical psychological terms extrovert and introvert mean degrees of selfishness.

The introvert or selfish person avoids the trouble of meeting people, the extrovert goes out of his way to meet them. The introvert evades the obligations of clubs and committees, the extrovert accepts them. The introvert has no time for the things he dislikes to do, the latter does them anyway. The former, afraid of making mistakes and of embarrassing himself, risks no action. The extrovert may be afraid too, but still acts, and by his mistakes and suffering ultimately achieves skill and confidence.

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior. The introvert critically analyzes his friends and past experiences while the extrovert is making new friends and having new experiences.

Fortunately, extroversion and introversion are definitely habits which are largely within the indi-

vidual's control. Some people who are decidedly introvert at the age of 20 or 30 still achieve extroversion in later life by mastering some vocational pursuit which compels them to deal with people.

Usually, however, extroversion is achieved by developing a well balanced set of normal habits. When the necessary habits are lacking, the human organism is like an automobile engine racing out of gear.

Few people suffer from an excessive expenditure of their energies, but multitudes suffer from surplus energies which remain unexpressed or are expressed in ways that are not normal. The selfish person is the person who hoards his energies and suffers, finally, from their excess. The unselfish person expends his energies lavishly in many directions, thereby leaving little surplus energy to feed the gnawing demon of discontent.

From a psychological viewpoint, we are all born as introverts, and as selfish individuals. We achieve extroversion or unselfishness only by a continuous process of rebirth, the painful birth of new habits and new personality traits.

Jesus Christ, the great Exponent of the unselfish life, was an extrovert to a degree which few can hope to achieve. He was highly aggressive in making social contacts.

The extrovert or unselfish character of Christ was not an accident. It was the result of an ideal

which He valued more highly than His personal comfort or even His life.

In this course of instructions it is our desire to stress the fact that the road to health, happiness and success lies in doing things, in work,—not in being good—negatively—but in doing good—positively.

You cannot self analyze nor merely think yourself into happiness, health, and success. Naturally, you cannot perform except as you think and will, but thinking thoughts of love must be followed by love.

Those who love are willing to serve and sacrifice themselves for those they love.

SPECIFIC INSTRUCTIONS

Our request with this set of instructions, like most of our requests is quite simple. To fail to observe it is just to deliberately fail in the improvement of the physical you.

Now for the request. Chew more.

This rule is difficult to obey, because you are often in a hurry, because you are so hungry that you instinctively "gobble" or because people all around you eat fast, and you unconsciously imitate them. But the rewards of slow eating and thorough chewing are so great that you can well afford almost any effort or sacrifice to observe them.

(1) Thorough chewing reduces the amount of work done by the stomach, thereby relieving you of that after-dinner dullness, and freeing your energies. (2) It prevents overeating, because your stomach sends up its message of "enough" before half the usual amount has been swallowed. (3) And third, it helps you automatically to choose the food containing the right elements. Your stomach will cease to desire an excess of meat, and in fact, will positively reject it.

More significant than any of these results is the fact that thorough chewing increases your powers. A most amazing demonstration of this truth was that given by Horace Fletcher. Mr. Fletcher, at the age of forty-four, was so much a physical wreck that a life insurance company refused his application. He adopted a system of thorough mastication. He didn't rule flatly to chew each bit so many times; he merely determined to keep each bite in his mouth as long as it had any taste left—in other words, to enjoy it as much as he possibly could, an easy and delightful program.

What was the result? At the age of fifty, Mr. Fletcher was able to ride a bicycle 150 miles in one day, without exhaustion, or after effects. At the age of 58, on the endurance testing machine at Yale University, he doubled the record set by the college athletes. Equally startling results were obtained from other subjects. Nine students were tested on the endurance machine and, after five months of Mr. Fletcher's regime, were tested again.

They increased their records by an average of 90 per cent and some of them by more than 100 per cent. Chew each bite as long as it tastes good, or until it thoroughly liquefies.

. . . JUST TALKING IT OVER . . .

As you go through this course of Instructions, you will find that you will be referred back to Instruction No. 7 to consider Pages 3 and 4.

The point that will be stressed is this:- If a seed or a bud filled with a life principle will inevitably be true to that principle, and man is interpenetrated with life principles which make for health, happiness, and success, why does he not always come true to the principle? The answer is, that man is capable of willing, and self-direction, and often defeats the principle.

In considering the second section of these Instructions, we ask that you read most carefully Pages 15 to 18; and that hereafter you think in terms of cultivating friendships.

From a psychological standpoint, all friendship involves the artificial process of subordinating one's own interests and inclinations to those of others. People who have acquired the art of friendship no longer think of it as artificial—for them it is natural to say and do things which please others.

Not only do we ask you to cultivate friendships, but practice unselfishness.

Most people who are unsuccessful and unhappy are in that position because their daily thoughts and actions are tainted with selfishness. Trying always to get, actually pushes away the object sought. Getting is an effect, a reaction; giving is the action which is followed by the sequel of gifts to the giver; hence giving is the cause of getting.

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

PEACE, FRIEND
BE STILL AND KNOW

IT IS FOR YOU: -

There is just a hint on pages 12 and 13 of Instruction 8 accompanying this letter, of what can take place when you are so attuned that the subconscious can contact the universal. As you progress in this course you will learn to do it, and the solution of your problems will become simplified. The process is simple. The salutation of this letter is but a call to understanding.

In this very material age and in these days of uncertainty and unrest people have generally wandered far from the simple truths and have tried to invent means for mass recovery -- the truth is that it is an individual process. To you the way will be made plain.

You can and will succeed in all your efforts and your heart longings will become realities if you but observe the natural laws which we endeavor to make easily understandable and will then act in accordance with that understanding.

This will be dealing with causes and not with effects. The effects we see today are the result of causes of yester-year.

There is one law that you must learn - the law of giving, that you may get. Give of yourself, of your time, of your thought and of your means. Open the outlets - the intake is immersed in the inexhaustible - in infinite supply. We think you will like the illustration in this lesson - giving happiness.

These instructions are designed to set the dials of your internal radio receiving and transmitting instrumentalities, and Lesson Number 8 deserves that you give time and thought to it.

We want to be as proud of you as you are appreciative of your association with us.

We have faith that we have much to contribute to you and through you to mankind. The rewards will be great and satisfying.

Let us strive to exemplify worthiness, and be among the elect of

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 8



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 8

Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

*Back in the midnight of human history
men fought like beasts with beasts.*

*This is the age of mind — the era when
mental forces reign supreme.*

*The master tool with which great men
work in this world is intellect, and when
properly contacting the infinite, there is
no limiting factor.*

*The individual determines his own posi-
tion in life, according to the amount of
intelligent effort exerted.*

*It is for this reason that men will never
be equal, because there are those — the
majority — who will not work to acquire
this inner power.*

. . . THOUGHT GEMS . . .

"Activity is the great law of life and growth. Inactivity is the forerunner of decrepitude and senility. Just as the body becomes weak, wan and devitalized through lack of exercise, so the mind droops and shrivels under the same conditions."



There is creative power in the spoken word, we must be careful how we use it or we shall be creating more ill than good. Just as electricity may light your home and turn your machinery, or through defective wiring burn your house down, so your words may bring good or evil to you.



When we know the truth and act upon it, life answers our imperative call, life becomes what we wish to make it.



Realize that thought is creative, and use it to create contentment.



Trouble does not beget itself. It is born of thought. It is nourished by the troubled quality of the thoughts we allow to creep into the mind. It stays only so long as we continue to nourish it.

The Process of "Attuning"

We are perfectly aware of the great mass of fantastic theory and unwarranted conclusions contained in the material of certain cults, orders, teachers, brotherhoods, and so called schools; Likewise, we are conscious that many who are attracted to consider phases of consciousness, the powers and possibilities of man, and his relation to all else, can be catalogued as in "the lunatic fringe," and are so gullible, susceptible and impressionable that they believe that they can meet and talk with a personal God, out of some heaven, and by special treaty they can learn to perform miracles, and that all of this will come about after ten or twenty short lessons, and the payment of specified contributions, at so much per course or lesson.

Contrary to the reaction of some of those truly learned in things psychological we feel that such cults, orders, brotherhoods, schools and teachers do a certain amount of good and benefit many who could only be reached through inspirational, emotional, religious and often fantastic appeal. They put life into the picture; their teachings are based on various phases of truth; they generally are sincere, and are themselves swept along by the enthusiasm of results, religious fervor or exaggerated ego.

As to James' "Lunatic Fringe"—we turn to the very material world of science and find that Ford, Bell, Marconi, Stevenson, Fulton, Langley, Wright, Darwin, Galileo and practically all of the great inventors and discoverers were so classed in their day.

Perhaps these people arouse us to new endeavors to test their fantastic theories—witness the work at Duke University—perhaps our discoveries call for less harsh judgment—witness some of the conclusions from the Duke experiments. We draw no unwarranted conclusions about this work, but accept their conclusions as they themselves do—no more—no less.

As to learning so much in so short a period, and with so little effort, and without a ground work including at least some understanding of man himself and something of nature's methods in things animate and inanimate,—that is contrary to nature's law. It just doesn't comply with the law of balanced compensation.

Why man should not know more about man, than he does, is a question.

Each has himself as a laboratory and subject for experimenting. The conscious mind alone meets all the requirements for experimental equipment, in any psychological study.

Nature has made it easy for man to feel and act—but difficult to think. Man seems to be equipped with self-starting high powered automatic machinery for emotion and action. Our machinery for thinking has to be cranked and babied—like a watch—it runs down without frequent winding.

There is nothing seriously the matter with our mental machinery. We have just lacked an adequate method for the use of it and proper purposive or emotional incentive to use it.

Everybody knows that the mind can influence the body. An unpleasant sight or a disgusting story may seriously upset the stomach. Fear or worry can interfere with sleep and cause extreme fatigue. Excitement makes the heart beat faster, the breath come more quickly.

It is likewise true that aches and pains and disease can be brought on by a persons thoughts, just as surely as a leg or arm can be broken in an automobile accident.

If an unpleasant thought or sight can bring a blush to the cheeks, why cannot thoughts bring other disturbances to the skin?—It has been proven, they do.

The effects of fear and worry on facial beauty are familiar to everyone. Their influence on the heart and other organs leaves the microbes free to peck away like little imps until they make the eyes red and watery, the skin flabby and sagging and wrinkled by the lines of care.

Human beings, emotionally overwrought or nearing physical exhaustion, approach the "animal level of mind."

In 1935, Sir Harry Gray, a distinguished surgeon of Montreal, Canada, reported upon two patients suffering from cancer.

It was not expected that either could be saved for long, even by surgery. He observed in both instances, what doctors call a remission of the cancer, as the result of an improved, more hopeful

mental attitude. The mental improvement caused the cancers to stop growing for two years.

The comment of the medical fraternity was, "The remarkable fact is, however, that the growth of a purely abnormal tissue, actually foreign to the body, could be even temporarily controlled by a purely mental effect.

There is no mystery about it. The mental condition helped the white corpuscles to fight the germ which had entered the body. Nature is ever working for perfection.

The comparatively unknown powers inherent in man make a study so fascinating that we can easily understand and sympathize with an impatience to get to the deeper and the hidden, but these powers can only be of use through the physical and conscious mind, and it would be next to useless to know a principle, and not its uses and application in practical affairs.

A basic picture or insight into man's equipment is therefore necessary that he may understand how and why the sought for, will out-picture itself or manifest in the physical every day affairs of the individual.

The mental planes lying outside of and beyond the field of ordinary consciousness, have just in recent years been given serious study, yet it is on these hidden planes that the major portion of our mental work is performed—it is here that the most important of our mental processes take place.

In the study of these Instructions, you have learned that the invisible ultra-violet and infra-red radiant energy rays of the solar spectrum are of major importance to life itself. We trust that you likewise learn the supreme importance of the hidden phases of mentality; that you attain a knowledge of the hidden powers which are always at hand and available for your use; that you learn how to marshall and direct these forces; and that you will demonstrate the truths we impart by becoming a happier, healthier and more successful citizen.

Easily possible! Very probable, Certain, if you qualify and are accepted for our full instructions!

There are a vast number of things that you know—a vast number of opinions and beliefs that you hold on many subjects. You have many likes and dislikes. You have various feelings toward people and things. Your past study, experience, and observations constitute the knowledge you possess. You have ideas, plans, purposes, ideals and longings. You are perfectly aware that these you possess.

At this moment you have but an infinitesimal part of these "in mind."

In other words, you have but one or two things in the field of your ordinary consciousness—these other things are not at the moment the subject of conscious attention.

Where is the location of all these fields of thought and this store of energy. They are in

storage so to speak. They are on a plane beyond or below the field of ordinary consciousness.

At will, you can turn your attention in the direction of these things, and instantly they proceed to come to the plane of your ordinary consciousness. When you "think" along a certain line, out come the contents of this storage plane related to the subject. We call this storage plane the subconscious.

It is not alone a storage house of facts and information. It is not memory alone. The subconscious presides over and directs the activities of each individual cell of your body.

It governs the vital processes, such as the circulation of the blood, the secretion of the many glands, the digestion of your food, the elimination of the toxic poisons. Your conscious mind is not burdened with these tasks.

In addition the subconscious mind supervises those actions that are called instinctive or habitual.

Again, your emotions are generated in the subconscious mind, and are passed up to the conscious mind. It is agreed further that a great amount of creative thinking is done by the subconscious. It takes the facts, the impressions, and pictures, passed to it by the conscious mind garnered by the physical senses. It arranges these, indexes, classifies, systematically files them for reference, and then proceeds to form judgments, draw conclusions and make decisions based on these facts, impressions and pictures.

When the individual understands and recognizes and accepts these decisions, it is often said—"he has intuition" or "he is inspired" or "he is a genius."

Later we may give you a hypothesis for other and more marvelous connections and attributes of the subconscious.

As you contact the subconscious, knowingly and confidently give it the tasks of reasoning and judging, you will not only relieve the mental strain incident to conscious action, but as you come to depend and manifest faith that the decisions and judgment are from the omniscient, by acting in accord with such judgments and decisions, you will progress as you have never progressed before.

Oriental psychology recognized the subconscious two thousand years ago. The modern psychologist has tried to explain it by other theories but finally has come to the acceptance of the subconscious mind, and is now pressing forward to demonstrate its higher levels.

The fact is that certain persons possess certain powers that are provable in a manner satisfactory to and accepted by the scientific world and which must be explained by other than the orthodox theories acceptable to psychologists in general.

Now, perhaps these facts about the subconscious mind are not clear to you. Let us look at the

practical phases, and for a moment see the subconscious perform.

For years you have not thought of or had in your mind, some of the nursery rhymes you learned in childhood. We shall call to mind one which you doubtless know.

The second that you read the first three words—you complete the rhyme. Ready? Begin!

"Jack and Jill"——Did you not just feel it spring into mind? The subconscious responded.

Let us look at another phase. Do you play a piano? If you do—just sit down and start playing some familiar selection.

You don't use your conscious mind to find any particular key—note—or chord—nor do you think of just what the sheet music looks like nor indicates for that particular selection.

By your training, or practice, you have relegated that selection to the subconscious, and your hands just by "habit" hit the correct notes.

You will note or feel, since we call it to your conscious mind, that it takes no mental effort,—that, in fact, if you have had something else in the way of a problem, on your mind, you will feel relaxed, with the subconscious in control.

Doubtless, if you are a piano player, you have found yourself at the piano playing, and with your mind "a thousand miles away" e n g r o s s e d in thoughts entirely foreign to your music.

Perhaps you have perfected yourself in writing

on the typewriter—possibly from stenographic notes. You sit down to transcribe your notes. You do not have to look at the typewriter—you “instinctively” hit the right keys. You do not stop to think how to spell each word, but each is automatically typed.

The subconscious is in control. When you come to a word that is unfamiliar, you hesitate. Then the question pops into the conscious mind as to how to spell it.

Typewriting would be most laborious if each action had to have the attention and direction of the conscious mind.

Have you ever gone down the street—met someone you have not seen nor thought of in months or years—and in the twinkling of an eye called him by name—and then after passing just wonder how that name came to you so quickly and automatically?

Possibly you have experienced this situation: you met a person on the street and could not recall his name. You were naturally embarrassed, particularly if the person called you by name; and the thought uppermost in your mind was—what is that fellow’s name? Later, perhaps an hour, a day or a week afterwards, when you had dismissed the thought, that name popped right into your conscious mind just as though telegraphed from some hidden source deep within you. When you questioned—what is that fellow’s name?—you gave the problem to your subconscious and it responded

as it always will if you permit it.

Did this ever happen to you in your school days? You had a problem—you studied the rule involved, you tried to work it, you didn't understand it, you couldn't get it,—and you woke up the next morning and the answer had come to you and you sat down and worked it.

Perhaps recently you have had to meet an obligation, make a payment, handle a difficult personal or business situation. It bothered you. It worried you. The conscious mind, though you racked it, just failed to solve the problem of meeting the situation satisfactorily. You may have tossed and tumbled and lost sleep on account of it—finally relaxed, went to sleep, and the next morning or as the hour approached, a happy solution just naturally came to you; or something from within you just whispered to you to see some certain party—and they furnished the solution, or perhaps a faint still voice just said, "well, if you don't do what you think you want to do—it will work out all right."—And it did—and far better than had you been able to follow your conscious mind's plan or intention.

You are going to learn to give your problems to the subconscious—in a truly scientific way—how to attune yourself for the answer—and to trust that answer. If you furnish to the subconscious a false premise—you must expect the wrong answer. There is a unity between the conscious and the subconscious.

The subconscious accepts, without question,

just what the conscious gives it. The conscious mind is the door to the subconscious for its facts—gathered by the physical senses, and it knows the answer to the problem submitted based on the premises given it.

Perhaps you are a writer and have experienced an absorption in some subject. It was difficult for the conscious mind to get the right introduction or start, or the proper arrangement and finally you did work it out, and then you just seemed to write on and on and the thoughts just flowed through you on to the written pages.

You finish; you read it, and are surprised and even astonished. You knew your subject—your subconscious had it all there, indexed, classified, arranged, and correlated to all else that had been given it in all time past; and when by proper attunement the subconscious was given the right of way—out came the work better than the conscious mind believed possible.

Talk with any inventor or research scientist, and get his story of the many things hatched in the conscious mind which he has tried and found wanting, and how just like a bolt out of a clear sky, the correct answer has come to him, and he has stopped in his tracks and said to himself, "You fool, why didn't you think of that before?"

He may not recognize that his own subconscious mind gave the answer to him, but always if he relates the details truly—the answer came at a time when his conscious mind was not tied up in

knots seeking the conscious mind solutions, but just at a time when he had dismissed some idea, and was just holding the door of the mind open, with the question there, "Well, what shall I try next?"

Or when he was out fishing or working in the garden, or perhaps lazying, getting ready for another try at the problem. Just then he was attuned to receive the flash from the subconscious. The subconscious is like that. "Begin now! It is later than you think."

Section 2 Instruction 8

You are aware, of course, that if you put little into these lessons, you will get little out. The possible benefits are without limit.

Whenever a suggestion is made for you to do something, we trust that you do it—you cannot progress far by merely reading.

Be assured that every principle, every rule, every law, every plan and every method has been time tested and found workable—effective—even magical in some cases.

Health, happiness and success you can attain. Others far worse off than you have succeeded in their cherished ideals, and by their success, by their spirit of thankfulness and their liberal expression of appreciation and sharing of their benefits have made this Course of Instruction possible to you and

countless others, without obligation other than what your conscience dictates.

Too much of philosophy — too much of psychology—mere abstract principles,—pure reasoning and statements of fundamental laws will not work a revolution in your life unless you are an exceptional person.

You are going to be a totally different person, a happier person—richer in friendships and happiness, richer in the material things of life, when you have your mind adjusted or attuned to the truths of life, and do something about it, and then set to work and adjust your human relationship.

Surely, whatever of happiness or material success you crave can come to you largely at the hands of other people. It is therefore clear that we must so direct you in the ways of life phrased in easy, simple terms, that you may so adjust yourself, so regulate your conduct, so improve your personality, that you will acquire the friendships and loves that you so much need; and we must so instruct and guide you that you will become able to gain the things which are so essential to your well-being and to achieve the results for which you have longed; and all these benefits must largely accrue by influencing and securing action by others. And no doubt you must realize your obligations!

But, first of all, you must rid yourself of many negatives. If you have correctly analyzed yourself as directed, you have a faint gleam of hinderina

and hampering handicaps of your personality, though we doubt seriously if you have an adequate appreciation of the full power of your thoughts.

There was a delightful Southern lady, the mother of a fine family of children, all grown, who was in perfect health. Her youngest son was in Chicago. Word came that he was sick. One of her older sons hastened to his bed side. He was stricken with a "locked bowel," an anaesthetic was administered and an operation performed, but the son died.

Naturally, the mother grieved the loss of her son, but time was curing her grief, she ate well and was recovering from the shock. About a year afterward, she was talking to a surgeon, and told of her son's death. Possibly to satisfy his ego and impress her, this surgeon told her that in such cases he would never give an anaesthetic except locally and that any other form of application was always fatal in such cases.

In the back of her mind she had held the idea that if she had ordered her son sent home he would have recovered, and that he had been literally murdered by the surgeon's knife, and this statement from the surgeon with whom she talked was just what she wanted to hear to confirm her suspicions.

She went home, in ten days lost fifteen pounds, couldn't eat and was miserable; but kept secret what she had on her mind. A doctor was called in, found she was organically sound, and gave her cer-

tain tonics, and said that if in one week she had not gained three pounds at least to call him.

In a week he was called again and she had not only failed to gain but had lost three pounds.

The doctor told her that there was something she had not told him, and that unless she told him everything there was nothing he could do. He must know the conditions which he was expected to cure.

She then told him of her secret suspicions and that they had been confirmed by Surgeon M——. Immediately the doctor told her that grief, worry and fear could kill people with as much certainty and often in less time than some dangerous malady, and talked to her one hour and a half giving examples in his practice of death due to worry, grief, and fear, and gave her assurances that everything that was done was proper, and that this young surgeon was just trying to show his importance and that all persons more or less enjoyed the feeling of importance.

She began immediately to improve and her appetite returned.

This is one illustration of the power of thought.

Another case comes to mind of a certain prominent business man who had an affair with a certain woman for a number of years. The affair was broken off. In eight days this man, in perfect health—sound in every organ, lost sixteen pounds.

This man took physical exercises, rode horse-

back, took massages, sun baths and observed all the known laws of eating and in three months did not gain back a pound, in fact, lost five more pounds.

Although he ate much fattening food for months, yet he failed to gain the weight that a definite mental process restored in eight days.

Under proper suggestions, wherein he was shown that it was self-pity that he was indulging in, and that it was the best thing that ever happened to him, and that he was by a kind fate taken from a road that could not have had a happy ending, he rapidly recovered.

In simple unscientific terms, let us tell you what takes place in the human frame and in the mental processes under strains of grief, fear, worry, jealousy, etc.

The mind creates vivid thoughts, pictures and visions. The individual actually relives the corresponding experiences. As a consequent physical reaction, the heart throbs, the kidneys are strained, the gland secretions are lowered, the blood pressure is increased and every cell of the body treats the picture or vision as a reality. The system quickly generates active poisons as a reaction to the angry, raging mood. The subconscious functions just as though the fancied mental images were actual events. Constructive thoughts are driven out by the mental storm and stress; and the entire physical body exerts every bit of energy to vitalize these fancied images.

Actual cases of paralysis, death, hair turning grey almost over night, by reason of fear, grief, worry, jealousy and negative mental processes, are known to most every person.

We wonder if it ever occurred to you that if mental processes can be so destructive in such short period of time, that they could be equally constructive in the same time under proper inspiration, and with constructive mental pictures, lived with equal vividness?

Can you therefore doubt healings and cures, of which you have heard or read, and say— "impossible"?

What about authentic cases of invalids during a fire, getting out of bed and performing miracles of strength in rescue work.

To destroy this evil and negative mental condition, it will positively not suffice to "hold in mind" as some say, nor to direct and hold the repeated thoughts—"I will not worry," "I will not fear" or any other "will not" directed to the evil mental condition.

It is quite simple to understand that this process brings to mind the very thing that ought to be eliminated. The more reasonable and scientific way is by the substitution of positive thoughts, acquiring new interests, setting new goals and ideals, taking on new activities, habits, friends, attitudes or mental processes.

As you progress, you will learn that life is made

up of simples. You must begin to adjust yourself to all whom you know or may meet or know.

Our request for today is very simple, yet it may work some complete surprises to you—and to others.

When you get up in the morning and are dressed and ready to leave your room, look at yourself in a mirror, and then put on a smile,—not a smirk, but a real smile, one that comes from the heart—one denoting gladness and happiness.

You say you have nothing to be happy about?

Oh yes, you have. You have the experiences ahead of you the smile will bring. Again Yes! You are on the road to health, happiness, and success.

Smiles are the only potentials known that move things whether they intend to move or not.

Whomever you meet during the day, smile. Start right at home, with wife, mother, father, sister, or brother. Don't forget the newsboy, the elevator boy, the waiter or waitress, the motorman, the taxi driver, the neighbor, the boss, the fellow worker.

You have heard "Smile and the world smiles with you,—weep and you weep alone."

The world is a mirror. You are going to have many smiles cast back at you where perhaps you never met smiles before.

Keep that smile coming from the heart, who-

ever you meet, and whatever situation you meet.

Joy and gladness, and the habit of good cheer are creative and positive forces, and are tremendously uplifting and stimulating.

Just as the sun drives clouds from the skies, a smile from the heart routs gloom. The world does love a cheerful soul,—no one quarrels with one who wears a smile reflected from the deep within.

Have you not, in your experience, felt uplifted, refreshed by the sight of a smile. It is just human nature to love charming traits, and agreeable qualities in people. A smile is scattering flowers as you go. It brings light, cheer and encouragement to sad hearts, it reflects sunshine in dark places.

A smile—cheerfulness—will do more business, sell more goods, attract more customers, make more friends, than most any other things known.

There can be no question but that if there are enemies in your mind, enemies in your thoughts, hateful, jealous, envious feelings in your mind, they will reflect and reproduce themselves on your face. There will be shadows on the face as sure as you live. But—wear the smile, and buried will be these negatives. It reaches the seat of the trouble with a smothering blanket.

We could recount a multitude of experiences of those who have tried this experiment, many amusing, and many tragic, but the greatest experiences will be yours, if you are faithful.

A husband, who was always sour, silent, glum, absorbed in himself and his problems caught the light, and the first morning came down to breakfast and smiled at his wife, said a cheery "good morning, my dear,"—it was so unusual that she was almost struck dumb.

When breakfast was over, he said "That was a splendid breakfast, my dear, I know I shall feel splendid today with such a good start."

His wife burst forth in tears. Starved for a few words of appreciation—long neglected—and when they came, the flood-gates of feeling were opened—tears—but really tears of joy.

Man that he was, determined to hold that smile, he told her that he just realized he had been thoughtless, but from now on would try to be more considerate. He left a trail of happiness.

We will not spoil the joy of your experiences to come by other experiences.

Remember, that smile must not be for tomorrow alone—every day next week—get the feel of the thrill and the joy of it—spreading sunshine and then it will be for a month—and a year and a habit. You shall become a changed individual.

—And it is all based on the law that as you give, so shall you receive.

This is but one step along the "Happiness Trail."

. . . THOUGHT GEMS . . .

Train to have some resources in your mind.

It is human nature to value things almost entirely by the efforts that have been required to secure them. We learn to love those things more because of the sacrifices we made. When one labors long, endures much, working toward a goal, and finally arrives, there is an intense appreciation of the rewards. Had they come without effort, they would be valued but little.

. . . JUST TALKING IT OVER . . .

You take exercises (or you should) for the development of your body. You walk, you run, you swim, you dance, you hike, you go to the gymnasium, you play basketball, football, etc., to make your physical self stronger. Why not take "exercises" for the development of your personality?

Isn't the fashioning of your own personality even more remarkable than the shaping of a monument out of stone? Is it not an inspiration to know that out of your composite of emotions, sensations, ideas, thoughts, and habits you can, day by day, carve the kind of personality you wish?

When you know your own possibilities, when you grasp the feeling that goes with confidence — then a smile is in its natural order. A heart smile is a step along "personality trail."

You may not be prepared at this time to fully accept the fact—but fact it is, that more miracles, so called, are happening daily in this country than are related in the Bible, and they are not the results of chance, but are being brought about by the conscious effort of just ordinary people, with no more personal equipment than is possessed by you.

Your dominant thinking is the set of plans and specifications you prepare, and your life will be in accord with them.

Your present situation is the pay off by the universal, as you planned and specified.

It is as though nature conducted a bank—with health, wealth, and happiness on deposit.

To draw on this storehouse is positively and simply a matter of attunement of your consciousness. That means you must make your dominant thinking an architectural pattern, according to your desire—health, wealth, or happiness.

How to acquire the ability to attune your consciousness—how to govern your dominant thinking, and how to draw upon this storehouse and know that the draft will be honored is the task to set yourself. It is our endeavor to teach you how best to carry out that task.

There is a universal power or principle which permeates the entire universe and we are immersed in it, just as much in one place as another, and it is our thoughts that attract it or repel it.

The difficulty of proper attunement lies in the fact that the difficulty to be overcome—the disease, the ill health, the lack, the poverty, or the unhappiness or wretchedness seems to be in the outer world, in the material, and the correction you think is in the outer or realm of the material.

If it's health you seek, it is not coming by holding the consciousness of aches, pains, pills, medicine, germs, temperatures, and symptoms.

Neither is wealth coming by centering the mind on your lack of it, and preparing for a rainy day.

Likewise, it is true that happiness will never materialize for you by holding thoughts of the lack of happiness and love—self-pity thoughts, jealousy, or hatred emanations.

We recommend that you again read the cover, Page One, and formulate in your mind the intense desire to learn and to know how to attune the mind with the universal that you may cash a draft on the infinite payable in health, happiness and success.

Others have—others do—and so can you. You are definitely progressing toward the simple answer.

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

AS A STUDENT
OF LIFE SCIENCE,

SERIOUSLY CONSIDER:

Perhaps you, like many others studying with us, have had a number of lessons or sets of instructions from other institutions and to this point have felt that much of this you knew.

Doubtless too you feel like many others who have been kind enough to write us. They say that they have the inner feeling that ours are plainer, more understandable, more convincing and reasoned, sincere, and workable.

This you can accept -- As you progress the difference will be apparent the comparison as between light and darkness. Those instructions, if you were one who had this experience, did not work the eternal miracle, self realization - and the accomplishment of your cherished aims. These will.

Comparisons are futile. These instructions through the weeks and months ahead will unmistakably reveal that there is no other extension course comparable to it. The instructions of The Order of The Essenes compose an educational course in its purest sense. To impart knowledge is one thing - To teach the use of it and create a "consciousness" is quite another.

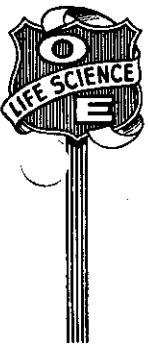
Like James, you may well ask "Who, then, in the midst of the ceaseless pandemonium of schools, and creeds and cults has the truth?" The answer --- "He who lives it. He who practices it." How to practice it and how to live it is not mere knowledge - It is wisdom.

Each individual must learn for himself or herself the true value of our course of instructions. What you get out of them depends upon what you put into them. It's just the basic law in action.

YOUR INSTRUCTOR

J. Hamner Davis

Enc. 9



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 9 **Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

Although we have many times passed through economic storms, and have witnessed fundamental changes in our conception of life problem solutions, the never changing laws of nature are operative, and the ancient fact of life remains, that purposeful people, who know what they want, and intend to get it somehow, sometime, always have a considerable edge over casual, contemplative people who rather like the world in general, and would be mildly pleased to have life drop something nice in their lap some day.

. . . . THOUGHT GEMS

We can all see what we look for. Six people look at the same woodland stretch. The artist sees a scene for a beautiful painting; the geologist sees the rock formations and the history of the soil; the farmer sees the amount of clearing necessary to change it into fertile fields; the huntsman sees the possibility of game; and the child sees it as an enchanted playground. — They all see the thing they look for.

●

"Men at some time are masters of their fates. The fault, dear Brutus, is not in our stars, but in ourselves that we are underlings."

●

You never can tell when you think a thought
How far its intent may reach.
The very best things in our lives are wrought
By thought, that did not find speech.

You never can tell when you kindly do
Some deed that will helpful be.
How far its effects may go, wand'ring thru
The lives that you never see.

You surely can know that unyielding Law
Runs through the affairs of man.
And renders to each (and without a flaw)
Results that are in the Plan.

—John Willis Ring.

Exploring the Subconscious

We are from now on going to have much to say about the subconscious and therefore deem it of importance to you that you understand it is a natural functioning part of your real being—whether you realize it or not.

Get this picture; you can plant or permit to be planted in the subconscious a thought, idea, plan, vision, impression or feeling, and it grows just as though you planted a seed in a garden, or inserted a bud, as we have in these Instructions illustrated by buds in the citrus family—(oranges growing on lemon trees, etc.)

You can plant the seed—that is called auto-suggestion. **You**, the conscious you, just talk to or command or hold in mind as a good idea the thought, with insistence that it must have your attention or must be remembered, or must have an answer.

If some one gives you an idea by statement, command, suggestion, or if you get it from newspaper, book, or even the impression from the acts and manners of another and the idea or impression is acceptable to your conscious mind and you are moved or swayed by them—if they make a favorable imprint, they are suggestions.

So your subconscious can be reached by suggestion or autosuggestion, and will respond—or sprout the seed, or nourish the bud. How vitally important this may become to you we shall soon learn.

We have told you that the subconscious presides over the activities of your whole physical being—your blood circulation, your digestion, your secretion, elimination, reproduction—yes, all the vital processes.

If you have not otherwise been instructed, you have just imagined that by birth, and with the first breath, a piece of machinery was set in motion and just keeps running automatically, that you are a sort of clock that was wound up at birth and runs down at death.

All persons of any scientific training, observation or experience know that every action and movement of your internal organism, except some chemical changes, is effected by your will, manifesting on the subconscious plane. All life action is mind action—mostly subconscious mind action. It manifests in some form, some degree or some phase.

In fact, from the instant that the cell-germ of a human organism comes into being, in the mother's womb, the entire individual is present—the real you. Life and mind are not for one instant separated.

By no physical law or theory—by no mechanistic theory can the marvelous life processes be explained.

The medical profession and the scientific world accept this statement, "The action and regulation of no part of the human body can be satisfactorily

explained without conceding a mental element which does, and if conceded, satisfactorily explain all phenomena."

You have no doubt seen references to such phrases as "mental healing," "mind cure," "mental therapeutics" and "the power of mind over matter." The true condition is "mind over mind," the conscious over the subconscious. The condition may be readily demonstrated and manifested by you or by any one willing to take the pains and make the effort. There is no doubt but that the conscious mind positively can and does influence the subconscious—the regulator of life processes.

We must get this thought, so that it will be stored, indexed, classified, and ready for relation to other matter to follow in this Course. The best method is to have you here and now manifest.

You have every day of your life a flow of saliva in your mouth, which is taken into the system, and when you learn it amounts to about a quart a day, you realize that the conscious mind is not conscious of the fact.

We are here and now going to describe to you a certain physical operation. You know that it is a word picture. You are going to get it by reading. Your conscious mind will clearly see what we do by that word picture. Now note carefully what the subconscious mind does, and what physical thing happens to you.

Note! We take a nice large ripe lemon. We

lay it on a table, and take the palm of the hand flat and press on it and roll it and break up the inner segment arrangement, so that the juice can practically be felt by squeezing it.

We take a sharp knife and cut this lemon and the juice just spurts out.

We take one half of this lemon and put it to our mouth and we suck the juice of the lemon. You can see us sort of curl our upper lip from the acidity, and you can see us swallow the juice with a sort of gulp, and sort of click our teeth, as if on edge.

Well, what happened? Did you taste lemon? Did your mouth flow with saliva—mouth water? Did your teeth get on edge? Did you gulp too?

If we knew your favorite food and by word picture brought it clearly and vividly to your conscious mind so that you could just smell it cooking or could mentally just see it ready to eat, your mouth would water and your gastric juices and digestive fluids would start flowing—no food present—nothing physical touched by you,—just a mental picture, and the subconscious does it.

“Here is a tremendously important and vital fact: Each atom of your body, each cell, each drop of your blood contains the life principle and each is you in miniature! Each contains the subconscious mind! If this were not true, then it is obvious that the physical and the mental would be disassociated and each would be individually governed by its separate laws. Now we have already demonstrated

in these Instructions that the physical is governed by the life principle operating with its own laws."

The real mind of man functions in every cell of the body, but you are in your present state of understanding conscious of it only when it functions through the brain.

Just what is the physical body?

The average human body, reduced to commercial products would produce enough fat to make seven bars of soap, enough phosphorus for two thousand matches, enough lime to whitewash a small chicken house, enough iron for two small nails, about two pounds of sugar, one large dose of magnesia, six teaspoons of salt, a small amount of sulphur and ten gallons of water — intrinsically valued at thirty cents.

Blood corpuscles of the human body normally die at the astonishing rate of twenty million per second. With every voluntary or involuntary muscular action, thousands of them perish. That which contained mind becomes inert—it becomes matter, and the human system eliminates it. We repeat all life action is mind action. Life and mind are not for one instant separated.

So to us, nothing more amazing, and few things more disastrous than ignorance of our self-hood, the woeful lack of self realization.

Enlightenment, raised to the tenth degree, awaits him who would enter within himself, and shut

the door upon the external, or worldly physical things, and explore the secret mansions of his inner being. This calls for thinking—and we are reminded of what Marie Corelli wrote—sounding a call for thinking, "Will you, to begin with, drop your burden of preconceived opinions and prejudices, whatever they are?"

Will you set aside the small cares and trifles that effect your own personality? Will you detach yourself from your own private and particular surroundings for a space and agree to **think** with me?"

"Thinking, I know, is the hardest of all hard tasks to the modern mind. If you would learn, you must take this trouble. If you would find the path which is made fair and brilliant by the radiance of the soul's imperishable summer, you must not grudge the task of thinking. If I try, no matter how inadequately, to show you something of the mystic power that makes for happiness, do not shut your eyes in scorn or languor to the smallest flash of light through your darkness, which may help you to a mastery of the secret."

"I say again—Will you **think** with me? Will you, for instance, think of life? What is it?"

. . . THOUGHT GEMS . . .

The difference between an optimist and a pessimist—

An optimist sees the problem in a difficulty.

The pessimist sees the difficulty in a problem.



We may all possess wisdom if we are willing to be persuaded that the experience of others is as useful as our own.

Section 2 Instruction 9

In this day and time we are hearing much about vitamins. The foundation of the word vitamin is vita, which implies life.

We hear a great deal about vitamins A, B, C, D, and E. It is not our intention to go into the study of foods to too great an extent but everyone ought to know just a little something of the effects of the various vitamins and eat carefully that they may observe the laws of nature and thus attain perfect health.

Vitamin A preserves the cornea of the eye and is helpful in giving perfect eye-sight. It also has a very material effect upon the delicate cells lining the body and also prevents what is commonly known as tonsilitis and prevents what are commonly called abscesses. This is just a general broad statement of the value of Vitamin A. A few of the better known sources of Vitamin A are butter, milk, cream, egg yolk, and tomatoes, and especially raw carrots.

Vitamin B builds up a resistance to fatigue and many diseases which effect the nervous system and when the nervous system is in poise, irritability, and what is commonly called the jitters are avoided. The better known sources of Vitamin B are wheat germs, rice polishings, whole corn products, whole rice, wild rice, milk, oranges and other fruits.

Vitamin C is valuable in preventing pyorrhea, sore mouth, loosening teeth and scurvy diseases. The dictionary defines scurvy as a condition of

anaemia and prostration characterized by livid soft spots and mucous bleeding. The better known sources of Vitamin C are lemons, oranges, grapefruit, tomatoes, tomato juice, cabbage raw, apples, pineapples, onions, lettuce and grapes.

The actual cause of rheumatism has puzzled physicians for generations. Is it due to infection? Yes, clearly in some cases. Is it related to allergy (sensitivity) to certain proteins? Possibly. Is it dependent on the failure of a vitamin, the absence of a substantial quantity in the blood? Perhaps.

There is considerable evidence to prove that while infection plays the basic role, yet it is not alone responsible; that a deficiency of Vitamin C (ascorbic acid)—the lack of which brings on the disease called scurvy—may be a determining factor. Changes about the joints which are almost identical with those of rheumatism or rheumatic fever have occurred whenever chronic scurvy is followed by a bacterial invasion.

Recently far more accurate tests have been devised by means of which the normal blood level of this important substance can be measured. As a result numerous studies have disclosed that there is a close link between too little C in the blood and rheumatic fever. In fact, ascorbic acid clearly is needed when an insufficient amount is found in the circulating fluid. Why? Because the patient with lowered resistance is predisposed to infection. In other words, it becomes our job to see that every

child receives enough vitamin C, otherwise he becomes susceptible not only to rheumatism but to many other maladies.

Vitamin D is essential in building up the bones, the nails, and the hair. It is absolutely proven that Vitamin D can not only come from certain food sources but by direct exposure to sunshine. Some of the better known sources of Vitamin D are figs, dates, and the green tops of many vegetables such as turnip greens, spinach, beet greens, as well as from butter, cream, milk, malted milk and the yolk of eggs.

It has recently been demonstrated that Vitamin D cures a great majority of cases of arthritis. In arthritis cases "Ertron" is used—This is made from the organic chemical Ergosterol—but instead of being irradiated with ultraviolet light, the orthodox way, it is made by a process of shooting a powerful current of electricity through ergosterol vapor. Ertron should be administered under a doctors supervision, although it has been demonstrated that you can give an arthritic up to 400 times the dose needed to cure a child of rickets—give them daily for months with no harm other than nausea in a few cases.

The human body requires Vitamin E for procreative vitality and for the vigor of the body and the mind. Some of the food products rich in Vitamin E are corn, rice polishings, and whole wheat, also water cress and dates.

When greens and spinach and butter beans and other leafy vegetables are cooked by boiling, a large part of the vitamins or vitamin content is in the water in which they are cooked. In the South many of the people drink this water instead of pouring it off and it is termed "pot liquor."

Many people think that vegetarians are fanatics and that their fad is without sense or rhyme or reason—but there is much of value to be learned from vegetarians.

The whole trick in eating is to keep the blood alkaline if possible which is accomplished by avoiding foods largely composed of meat products. If four-fifths of the diet of persons came from the fruit and vegetable list we would find people with clear skins, splendid complexions and abundant vitality and the attainment of 100 years of age would not be so unusual as it is today.

Heretofore in the course of our studies we have said that the human body is composed of sixteen ingredients. If we are going to have perfect health and perfect bodies—perfect balance in the human frame, we must know these elements, how much there is of each, and we must know the part each plays, and from whence derived, that we may intelligently appraise our own feeling and condition and then in a perfectly natural way give nature a chance.

Let us take a person weighing 150 pounds avoirdupois. In such a one in perfectly natural bal-

ance, we find the most abundant element to be oxygen—96 pounds. It is not only the largest elements but the first essential of life, growth, energy, and intelligence.

The sources of oxygen? You breathe it from the air—sixty barrels of it a day—that is why deep breathing, as we have heretofore instructed you, is important—yes, vitally important. Another source? You drink it with your water which is (H_2O) two parts of hydrogen and one part oxygen as you have been told. Other sources? The fruits, vegetables, and other foods you eat all have some oxygen.

All vegetation actually gives out oxygen when in sunshine and this is probably the chief source of the life-giving oxygen which constitutes some twenty percent of the air we breathe. The radiant energy of sunlight enables growing vegetation to combine carbon dioxide (which is a product of combustion and is also given off from the lungs of living creatures) with water from the soil to form glucose and oxygen. The glucose is dissolved in the plant sap and is deposited as starch and cellulose. Thus does nature maintain a continuously balanced supply of oxygen.

Generally speaking, tired, pale people need more oxygen. In fact most of us need more of it.

Excessive amounts of oxygen in the body create quick tempers, excessive appetites, idealism or idle day dreaming (mostly morbid) mental depression and over perspiration.

The next largest element in this 150 pound person would be 27 pounds of carbon. This is essential for heat and energy and growth, and for the texture of the skin.

The principle sources of this element are the sugars and starches. Long life is almost certain if the sugars and starches come largely from fruits and vegetable sources.

Excessive amounts of carbon produce fat, acidity, heart trouble, and mental and physical laziness.

This 150 pound person we are chemically analyzing would next have 15 pounds of hydrogen. This element promotes growth. It is a cleanser of the entire system. Just generally speaking, it is the watery part of the physical structure which keeps the tissues soft and delicate, fills out the flesh, and performs a part in draining wastes from the body.

Any of these symptoms might denote the lack of hydrogen; dry skin, heating of the tissues, coughs, lung irritation, liver, tonsil and kidney trouble.

The sources of hydrogen are water and liquors of fruits and vegetables and any food of water content.

The next element of this 150 pound person is $4\frac{1}{2}$ pounds of nitrogen. It contributes the proteins, builds the tissues and produces the fats. It is more or less a regulator of the heart. A lack of this element causes acidity and disturbs the liver and

heart. Too much of it is not desirable as its primary function is the building of new tissue.

The principal food sources of this element are dry beans, peas, nuts, milk, eggs, cheese and meats.

This 150 pound person would normally have 3 pounds of calcium or lime. This element is a body builder, and essential for structure of bone, teeth, hair and nails. It is one of the chief binders of the mineral salts in the human body. This element gives endurance, body control, and lack of it causes one to tire easily and to suffer from fatigue due to nervousness.

The better known food sources of calcium are germs of grains, the skins and husks of cereals, oranges, lemons, greens and milk.

The next heaviest ingredient is one and one-half pounds of phosphorus. This element is well distributed over the entire body but particularly in the gray matter of the brain. It is for that reason that mental workers require a goodly amount of food of phosphorus content. It is also a potent factor in sex energy.

For food of phosphorus content we must go to the whole grains, including the germ and husks, asparagus, dates, raisins, almonds, egg yolk and the berries. A deficiency of this element spells dullness, fatigue, and faulty bone structure also.

The next element of this mineral man is 1½ pounds of chlorine. This ingredient dissolves fat,

increases glandular activities. It purifies the blood, and is highly important in the digestive processes and the maintenance of general vitality.

In excessive amounts chlorine produces dryness of the skin, a yellow color, enemic constipation and a suspicious disposition. A lack of it means a devitalized, sluggish, malfunctioning human machine.

Some of the recognized sources of chlorine are whole rye, whole wheat, olives, sea vegetables, (such as kelp), spinach, pears, butter, cheese and mutton.

In this 150 pound human structure we find 8.1 ounces of potassium. This is a highly important element, as it is almost as radio-active as radium. It plays a part in the healing of wounds—the building of muscle, and the elimination of the wastes resulting from food digestion. The lack of this element shows up in constipation—and weakness—chronic weakness.

Some of the food sources from which derived are potatoes, oranges, dates, figs, raisins, egg plant, turnips, grapes, cherries and all the greens.

Making up this 150 pounds we next find 6 ounces of sulphur. This is a powerful disinfectant and purifier, highly beneficial in cases of rheumatism, skin and blood diseases, and helpful to the digestive organs. It is classed a blood purifier. It imparts healthful elements to the hair, and vitality to the nervous system and the brain.

In cases of mental sluggishness and lack of ability to pay attention and concentrate—the lack of sulphur requirements might easily be a cause.

From the vegetable kingdom this element comes in string beans, cauliflower, mustard greens, dandelion greens, turnip tops and the berries.

The next element for consideration is sodium— $3\frac{1}{2}$ ounces. This is a cleansing agent, and helps digest food. The lack of it shows up in stiffened joints, catarrhal conditions, kidney stones, and rheumatism. One of its functions is to contribute alkalinity to the blood stream, and the neutralization of acidity with which most persons suffer unknowingly. It tends to relieve fatigue, and wards off colds and tends to create efficiency of effort.

Food sources of sodium are carrots, lima beans, tomatoes, squash, oranges and certain berries.

Baking soda, or bi-carbonate of soda, is inorganic and is not a source to be sought. Organic sources that come through the vegetable kingdom are the sources for this element in the human blood stream.

The next constituent element is flourine— $3\frac{1}{4}$ ounces. It is a strong antiseptic, tends to keep us young—essential to overcome tuberculosis, e:rysipelas, bladder and kidney stones, faulty bone formation and brittle teeth.

It is a requirement for normal health and for a part in the construction and cementing of the bony

structure. It likewise assists the muscles, spleen, and joints and works for physical energy.

Some of the food sources of this element are lettuce, cabbage, endives, cheese, milk, sea lettuce, and many kinds of green leafy vegetables.

While there are only two ounces of iron in this normal 150 pound person it is essential to promote youthfulness, vigor, and a clear mentality. It vitalizes the organic system by attracting and distributing oxygen to the blood, and feeding the tissues. Iron in food is much needed by thin, pale, and anemic persons.

Some of the food sources of iron are spinach, raisins, dates, egg yolk, oranges, lemons, asparagus and strawberries.

While the silicon content of our normal 150 pounder is but 1¼ ounces, it is necessary for bone and teeth, nail and hair growth. It adds brightness to the eye. If you have a sufficiency of this ingredient you need not fear tuberculosis, cancer or wasting diseases.

Silicon is naturally taken to the system from honey, pecans, peanuts, walnuts, pumpkin, parsnips, and onions.

Of magnesium there is one and two tenths ounces. Its function is to allay acidity, and thus furnish a defense against constipation, glandular weakness, sex weakness, forms of headache, forgetfulness, and brain and body exhaustion.

Apples, oranges, grapefruit, pears, whole wheat, coconuts and black walnuts will supply the element magnesium, if the body functions normally.

Manganese is but one fourth of one ounce, but it is potent as a purifying agent and neutralizer of body acids, and builds lining for the heart.

The higher functions of the brain such as thought and memory need its beneficial effects.

Coconuts, rye, peppermint, parsley, almonds, black walnuts are among the food sources.

Iodine too is but one fourth of one ounce, but without this perfecting chemical ever at work one would tend to lameness, numbness, goiter, varicose veins, colds, tumors, thyroid troubles, thick lips, and wrinkled skin.

An abnormality that might result from this lack would be extra sensory perception, or what is known as mind reading or clairvoyance—rare yes, but scientifically a fact.

Among the iodine foods that work for rosy cheeks and sexual energy are asparagus, mushrooms, sea foods, fish, shell foods, carrots, pineapples, whole rice, water cress and kelp.

. . . JUST TALKING IT OVER . . .

We sometimes wonder if our initiates reading these instructions get the full import—the full essence—the deeper meaning, as they go over these instructions.

Observation, reason, logic, and science teach us that there are universal laws. We could all observe the falling of an apple—but how many of us would grasp from the fact the law of gravitation?

Good things—and bad things—have happened in your life. How much time did you give to an analysis of all things which went before, that you might discover the cause—and perhaps lay down a rule or principle or law governing in such cases? Did it ever occur to you that too many good things, or too many unfortunate things were happening to you, for things to be governed by chance or luck? In the course of these instructions we are going to show to you that more so called miracles are happening daily in America than were ascribed to Jesus in his life time.

On every hand men of mediocre ability are becoming world leaders. They have grasped but a fraction of the possibilities of supermind qualities which existed in them and exist in you. They have had initiative—put their beliefs to work.

You have experienced a lifetime of events, and have worked out no formula for health, happiness, and success, which is never failing. These things are governed by laws, and you know them not.

Therefore, be not impatient if it takes time to sow the seeds of understanding. You can become master of your body and your affairs, but you must positively overcome a lifetime of objective thinking and learn to think in terms of the elemental and universal. Every sentence and every paragraph of these Instructions is weighted with meaning—it is up to you to dig it out.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ANOTHER DEFINITE STEP TOWARD ACCOMPLISHMENT

FOR YOU:-

To you the phrase - "The Truth shall make you free" has a familiar ring. There is behind it twenty centuries of recognition that it is literally true. This freedom is from fear, worry, and mental confusion - freedom from sickness and physical distress - freedom from lack and want. That is a sweeping statement but being demonstrated every day.

Everyone desires that happy condition. You do -- and mistake not - it was inspiration that directed your first inquiry to us, and intuition that prompted the acceptance of our invitation, so do not falter - follow through.

Perhaps you have the impression that we require a thesis every four lessons and feel that this is like going to school. We do have requirements that must be complied with. However some people are busy and don't have the time to do these things.

One hour a week reading and considering the instructions is all that some can devote to them. From them we ask only that - and from time to time they let us hear from them, assuring us they are following through so we will know that we are reaching the sincere and understanding. Certainly it will be the most pleasant and profitable hour of their lives.

Anyone who thinks he cannot spend an hour a week for self improvement - to the learning of the way to successful living is just fooling himself. They may make a living but not a life. The fact is they are the very ones who need this understanding most. Purposeful planned living is the way to a more abundant life.

Those who want to work for one or more honors we ask to be fairly regular with their reports. From these reports we will be able to judge if these students have the understanding that we require before issuing a Certificate. This is fair to you and to this Order.

That these instructions are different, are effective, do work untold benefits should be apparent, otherwise why would men and women in this material age contribute that others might receive them? They find pride and joy and real benefits in giving that which enables others to do for themselves. That is just one of the laws that works.

When your faith in yourself equals our knowledge of your potentials you will realize your cherished aims - and our sincerity.

THE ORDER OF THE ESSENES

S. Hammer Davis



THE Essenes

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Instruction 10 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

In the universal ever present creative substance, which we have heretofore demonstrated to the satisfaction of reasoning minds, there is the seed of every good thing—health, happiness, success — waiting to be brought into manifestation in the material world.

The impulse and form of this materialization must come from a mind supplying a pattern or mold into which life essence is continually pouring.

. . . THOUGHT GEMS . . .

Faith in the omnipresent pure substance precipitates that substance in body and we are transformed.

We are capable of forging on the anvils of the heart that greatest of all emotions—love. We give it—we respond to it—we are elevated by it. It is the one known effective solvent for human problems.

There are one-story intellects, two-story intellects, and three-story intellects with skylights. All fact collectors, who have no aim beyond their facts, are one-story men. Two-story men compare, reason, generalize, using the labors of the fact collectors as well as their own. Three-story men idealize, imagine, predict; their best illumination comes from above, through the skylight.

—Oliver Wendell Holmes.

Many of our streams of habit are canalized toward useful and desirable goals; others are like meandering rivers which always take the line of least resistance. The longer our life stream follows its aimless course, the deeper the river bed and the harder it is to cut through the enclosing banks.

Cleanse your mind of negative destructive things—doubt, worry, or fear—those pictures of want, and lack and illness with which you have flooded your consciousness! Do you picture yourself as one poor, sick, ailing, or in need?

Then that picture is the dam which holds back the healing and replenishing waters.

How can the good you wish to manifest destroy that dam when the everlasting fact of life is that what you think and carry around in your consciousness as being so, always out-manifests itself.

It is the law—and recorded in every life experience.

Research in the Human Field

Some one has said that man is "fearfully and wonderfully" made. We doubt if even the author of the thought realized the full significance of the "fearfully" part of his expression—of which we shall have much to say later.

The human body is a complex and highly integrated machine. It takes food, air and water and converts them by chemical and biological processes into flesh, blood, bone and energy. In the production of these it employs various chemicals of its own creation.

At this point we want to emphasize that actual chemicals are created in the body and that science is able to make artificially or synthetically some of these. The importance of this will be later emphasized in demonstrating that many and varied chemicals are formed by thought processes, moods, feelings and emotions—and that they do effect the material man in a direct physical manner. For instance, fear, worry and anger, purely mental attitudes, each manufactures specific poisons, chemicals, that can be segregated, and injected or administered to experimental animals.

We endeavor to fit our Instructions to the needs of men and women of this day and age, to modernize the ancient truths taught by the Essenes as abstract principles. We endeavor to give the life principles in a vital, dynamic, understandable form and illustrated by modern examples.

We know that this is a thinking, unfolding age,

but it has been halted, disturbed and shaken to its foundation by loose, objective thinking. It needs that which will help people to live a full life,—a return to understanding and the living of the truths each can garner from within his own being, and can demonstrate and manifest by being healthy, successful and prosperous.

Physicians and surgeons have been trained generally to consider man as just so many pounds of cell tissue, but the trend of thought is now directed to the mental aspects of mankind.

Doctor Alexis Carrel, surgeon, scientist and Nobel prize winner for his work in suturing blood vessels, has outlined the new conception in his book "Man the Unknown" in this manner—"Man is simultaneously a material object, a living being, a focus of mental activities. He is made on the scale of the terrestrial mountains, oceans, and rivers. He appertains to the surface of the Earth, exactly as trees, plants, and animals do—but he also belongs to another world, a world which, although enclosed within himself, stretches beyond time and space."

There was another remarkably notable passage in Dr. Carrel's book—Most medical doctors poo-poo the idea of cures being effected by mind, or mental healing, by prayer—faith cures.

Dr. Carrel consented to and actually made observations and studies and in "Man the Unknown" said, "Our conception of the influence of prayer upon pathological lesions is based upon the obser-

vations of patients who have been cured almost instantly of various affections such as peritoneal tuberculosis, cold abscesses, suppurating wounds, cancer, etc."

"The process of healing changes little from one individual to another. Often an acute pain—then a sudden sensation of being cured. In a few seconds, a few minutes, at the most a few hours, wounds are cicatrized, pathological symptoms disappear, appetite returns. The only condition indispensable to the occurrence of the phenomenon is prayer. But there is no need for the patient himself to pray nor even to have any religious faith."

"It is sufficient that some one around him be in a state of prayer."

We ask that you do not form any unwarranted conclusions from that quotation. We would prefer that you defer your conclusions until we get to the Instructions telling what is real—result getting—causative prayer.

This quotation is given at this time to illustrate the changing attitude of the present day professional men.

Dr. Carrel is by no means the only scientist we might quote. Dr. Titus Bull, the famous neurologist said, "Matter is spirit at a low rate of vibration. When a patient is cured, it is spirit in the cell doing the healing according to its own inherent pattern. No doctor ever yet cured a patient. All he can do is to make it possible for the patient to heal himself."

The Essenes principle is this—"Each has the power for potential perfection."

It is the purpose of this set of Instructions to give you an understanding of the physical you, that you may comprehend in a broad way the physical processes and how science is now applied to these processes.

In the human body are billions of minute cells and atoms. Literally millions of them die every second and are thrown off. The human body is continuously changing and renewing itself. Chemicals are being manufactured—poisons—nutritious elements—and all having their effects—positive effects upon health, vitality, appearance, feelings, actions, success, failure.

This study is not confined to psychologists nor to the medical profession.

The outstanding character since 1938 in research work in America is Chas. F. Kettering, the Director of General Motors research work. It was he who helped perfect the short wave radio machines which induce fever in the body because fever is nature's way of killing destructive germs in the human system.

That his work and studies are not confined to things that pertain to motors is evident from an interview in which he said that he considers the most important research problem in the world to be—"to find out why grass is green" because it is the fundamental problem of man's existence on earth.

It is the green in grass, in leaves and in plants which has brought to us, from the sun, all the energy we have. "Some little engine in the green of grass and leaf has the gift, unknown to man, of capturing energy from the sun's rays, storing that energy, building with it. Thence came in ages past, all the heat and power now stored in coal, wood, in oil and natural gas. Solve that secret and we shall know how to take power from the sun."

James Bryant Conant, former President of Harvard, came up from Chairman of the Chemistry Department. During chemistry days two major studies occupied his time. One—the study of chlorophyll, that mysterious green substance in plants, which alone among materials of the earth is somehow able to use the energy of sunshine to combine water and the carbon dioxide of the air into sugars and thence into starches. It is the only known process for transmuting sunshine into food and fuel, and the one chemical process on which all living things are vitally dependent for food and fuel.

Since chlorophyll is now well understood, chemists are able to utilize sunshine directly, without the aid of plant life.

His other was the study of the hemoglobin, which in all animals carries oxygen from the lungs to the tissues.

Certain biologically potent chemicals, known as hormones act in the blood stream and make the

body behave according to certain rules. Chemical secretions of the body known as hormones control the characteristics by which men and women differ in bodily structure, muscular development, voice, amount and nature of hair—in reactions, temperament, and personality.

Three of the known hormones have been synthesized in the laboratory, or produced artificially.

Chemists are trying to do in the laboratory what nature does in the body. Furthermore the chemical compounds that are made in the human body are without question often the result of mind action—conscious or subconscious.

One by one the vitamins are being synthesized or produced by artificial methods and their role in the chemical functions of the body analyzed and catalogued.

Enzymes, the highly complex proteins that make digestion, body oxidations and other physiological processes possible, can be formed out of inactive proteins by suitable chemical changes.

The first steps have been taken that may lead to the eventual synthesis of the blood itself, through the synthesis of porphyrin, related to both hemoglobin, essential substance of the blood, and of chlorophyll, the green coloring matter of plants.

Biological chemists are making startling discoveries. In the sixteenth century an observer noted that blowfly larvae or maggots in wounds seemed

to have a beneficial effect in healing. During the Napoleonic wars and in the World War I, the same effect was noted.

Following the World War a way was devised to use live maggots in treating extreme cases of a chronic bone disease, where conventional methods had failed. Dr. Albee, probably the world's greatest bone specialist, had cases that seemed to be miraculously successful.

Nobody knew why the maggots could heal where science failed. Biological chemistry has partly solved this mystery of centuries.

The secret of the maggot's healing lies in a colorless, odorless excretion containing allantoin. Allantoin was synthetically produced. The synthetic product was found to have the same healing properties as the secretion.

Allantoin on decomposition yields urea. Back in 1828 Wohler made a synthetic urea which was the same as bodily waste. That was the first convincing proof that organic matter can by man be created from inorganic matter.

Early in 1935 German chemists startled the medical world by announcing a new complex compound, in one form, a bright red solution known as prontosil, administered hypodermically; in another form prontylin, a white tablet to be swallowed. This compound attacks directly and kills blood cells destroying viruses, such as streptococcus.

The world is going in for research. The Order of the Essenes is a research organization.

It is now going out to the World to broaden its field, and by the help of many, it is hoped to continue its research in the human field.

Millions have been spent in Pittsburg by the Mellons, setting up the Mellon Institute for research in the mechanical and industrial chemical field, millions more have been donated for other research foundations.

Why, therefore shall not the benefitting masses contribute liberally for the greatest study—the study of man himself?

Research sounds formidable but on the contrary it is very simple.

Chas. F. Kettering says, "Research is nothing complicated. It may use a laboratory and it may not. It is purely a principle and everybody can apply it in his own life. It is simply a way of trying to find new knowledge and ways of improving things which you are not satisfied with."

"What are some of the things you would like to have? Why can't you have them?"

"Write down ten things that you don't like about your business, about yourself, or about the way you are doing things. (If you can't think of ten things, there is something wrong with your imagination and vision faculties)"

"Now try to work out some way of correcting

those ten things. If No. 1 is too difficult to solve, try solving the others, just as you put a word in a crossword puzzle. Each of these problems that you solve will make the others easier. You will be surprised when you find how well they fit into each other. If you do that, you are a research worker—(subject—yourself).

We are gradually laying a foundation for the understanding and the acceptance by you, the student, of certain principles, which without this foundation would seem unbelievable, theoretical, or unwarranted conclusions.

There is one basic fact in life which you must accept. That fact is that life itself is perfect.

There is a legend which tells of the Gods taking counsel together as to how to conceal from man the secret that he was really one of them. "Where can we hide it," they inquired of each other, "that man's daring and intelligence will not discover it?"

They arrived at a decision to hide it in man himself, as he would never look for it there.

The findings of psychology in respect to personality and happiness are largely a rediscovery of old religious truth. The time is at hand to modernize and broadcast in understandable form the ancient principles.

The mastery of life is achieved by the ceaseless practice of the mechanics which make up the art of living. A good personality is the result of practice, not introspection. We stress doing definite impor-

tant things, as the road to health, happiness and success. We do not want to seem to unduly emphasize thinking and self analysis. "Faith without works is dead," epitomizes the thought.

True, you must understand the mind, conscious, subconscious, and superconscious, but the mind is intended to think with, not to worry about. It is an instrument to live with, not to live for.

Every human being is endowed with an infinitely precious stock of attention power, but daily the mind is assailed and distracted by a thousand appeals and distractions. The dust storms of daily excitement and of continual trivialities, work for mind erosion—which is far more serious than soil erosion.

In this work your success, your attainment of your longings and desires, will largely depend upon concentration, meditation, determination, expectation and action.

For a moment contemplate in review—your physical body is ever changing and every twenty-four months you are practically one hundred per cent a different individual physically. Every new cell or atom or life unit added is perfect and without age; it will in its new home and new life form, conform to its surroundings; it will be endowed from the first instant with intelligence, mentality, character, consciousness,—it will be stamped with the real **You** trade mark, and thenceforth subject to the chemical and biological changes; it will re-

spond to, and its destiny be subject to your thoughts. It will make up one of the billions of the component parts of your subconscious; it will ever work towards perfection, unless guided or influenced for imperfection—it will observe the unchanging and unchangeable laws of unity and harmony; it will die, pass on and change when the law is violated; it will ever keep its contact with universal intelligence, the omniscient, from whence it came.

Everything is included in a ceaseless interaction of cause and effect. Nothing can escape nor set aside the law.

“Whatsoever a man soweth, that shall he also reap” is as true in the invisible realm as in the field of agriculture. No one can deny it, nor can one cheat the law, and no one escapes it.

If one would come to know the greater stranger—himself—let him enter his own closet and shut the door. There he will find his most dangerous enemy, and there he will learn to master him. He will find his true self. There he will find his truest friend, his wisest teacher, his safest adviser—himself. There he will find abiding within himself the Holy of Holies.

Finally, from weakness to power; from sickness to health; from discord to harmony; from failure to success; from misery to happiness—all these positive developments are for you to demonstrate.

Section 2 Instruction 10

In the course of these Instructions you will come to realize the almost magic-working possibilities, which can result from meditation, concentration and affirmation.

Before you arrive at that stage however, you must be conditioned, prepared and instructed upon the subject of relaxation, so that satisfying results may be attained, easily, simply and always naturally.

We shall shortly instruct you in simple exercises which will enable you to relax and having learned them, you will possess that which will induce sound and vitality restoring sleep.

Heart disease is under modern conditions, listed and catalogued as the number one cause of death. The cause of death which ranks in fifth place is cerebral hemorrhage.

Proper relaxation is a potential preventive of these two most frequent causes of death. It is not a new idea that high blood pressure is due to nerve tension. This nervous tension is a product of civilization. Indians who have never been in contact with civilization—such as today exist in South America, are in no way effected by it, and consequently, have a mortality rate of zero from heart trouble and cerebral hemorrhage.

The natural conclusion is that heart trouble and

cerebral hemorrhages largely result from high blood pressure, high blood pressure from nervous tension, and that nervous tension is but an absence of relaxation.

The vital importance, from the physical standpoint, of relaxation is therefore apparent. You are going to learn that proper contact with certain mental reserve resources, (omniscience), is prohibited to you, until you do relax. How vitally important therefore, to do the simple exercises given you, which we trust you appreciate, and appreciating, perform.

The aim and the object is to get the muscles and the mind to relax. This is probably the easiest form of "exercise" ever devised and unlike other forms of exercise does not require continuous training to stay in condition. These exercises teach a trick, one of the most difficult—to "let go" completely.

Once learned, this art is on hand for use at all hours.

The statements we make with respect to the benefits of relaxation are not fictions of the imagination but have been tested and proven by laboratory experiments.

Many of the subjects, learning relaxation in the laboratory, became partly insensible to pain from electric shocks, which always hurt when the subject was tense.

All of you have heard, or know, or read of

drunken persons falling from great heights and being unhurt or not seriously injured, or of babies falling great distances unhurt.

There has come about a saying "The Lord seems to protect fools and drunks."

Limpness—the state of being totally limp or relaxed, has much to do with these seemingly miraculous escapes from death.

Now just how do you learn to relax—let go—get limp? What are these simple, easy, exercises?

In the first place you lie down on your back. Surely that part is "Easy." Legs straight and not crossed. Arms by your side—eyes **closed**.

FIRST: Clench your fist—raise your right arm straight upward—stiffen every muscle in your arm. Now just think about how your fingers, and hand and muscles feel.

SECOND: Now, slowly unclench your fist, and relax your tension (SLOWLY), and finally let it fall limp to your side.

All the time,—get the feel of what is taking place. Observe in your mind's eye the change from tension to relaxation.

THIRD: Do the same thing with the other arm.

FOURTH: Now—the same thing with both arms at once.

It is quite important that you understand what this is all about. You clench your fist and stiffen

your arms to exaggerate tenseness or tension so that you are fully conscious of the feeling.

You "let go," get limp or limber and completely relax so that you get consciousness of the contrast and experience that feeling, and the feeling "in between." After a while you will learn to know that "feeling." Thus you learn by contrasts—and finally learn to relax.

NOW FOR THE NEXT EXERCISE.

FIRST: Flex your right foot downward, (just as though you were standing on your toes) stiffen the whole leg, just as though you were trying to reach out to touch something beyond. Study the feel of the muscles,—get a clear picture of the sensation of the stiffened leg and feet and toes.

SECOND: Slowly let your foot come back to a flat position and the muscles of toes and feet and leg relax,—and then study and make a mental note of just how it feels to have a relaxed limp leg.

That is the feeling you want to fix in the mental storehouse, so that on any occasion, and anywhere, you can relax and know that you are relaxed.

THIRD: Now do the same with the left leg.

In thus observing the feelings and change of feelings, start at the toes—how they feel,—next the instep and ankle,—how they feel, next the calf of the leg—the knee cap, the muscles under the knee,—the muscles from the knee to the hip.

In other words, this is a study in feeling—an

observation of change from one extreme to another, so do a thorough job of it.

FOURTH: Now, with both feet and legs at the same time, do the same exercise.

Keep your mind on your legs, but in the beginning when you do this you are going to be pretty tense all over but you will learn in time, not to get tense except where you center your mind.

The chest relaxation is learned by inhaling not too deeply and noting how the easiest breathing can be done.

You are lying in a position on your back. Breathe way down so that you can feel the lower stomach expanding, much as you learned breathing in the first set of instructions.

While you are holding your breath for a few seconds, you can tighten the muscles in the chest by slightly throwing back your shoulders, and lifting the intestines upward, then letting the breath out through the open mouth and when all of the breath is exhaled, force still more breath out so that you can really feel the need of breathing. After a while you will discover for yourself, how the easiest breathing can be done and at that point you will find the chest just naturally relaxed.

This may sound a little complicated, but after practice you can center your mind upon fully relaxing the chest so that there is no feeling of tension and you will have accomplished the trick.

Many, many people carry tension into the face, and by looking at them, you can see that their brows are wrinkled or that they have frowns, and their faces look tense.

The way to clear the brow of tension is by raising the brow, holding it for about a minute and then let go.

There will be a feeling of opening the eyes wide, but of course you are to remember that your eyes are closed.

After you have held the brow raised intensely for about a minute, just let it go back to normal, and then frown intensely and hold that for about a minute and then let go, and you will learn the feeling that takes place in going from tension to relaxation and when you have once learned the feeling you can clear the brow of tension at once, and at any time.

If you are given to frowning and have worked wrinkles in the brow, or forehead, it might be well to stand before a mirror and observe the effect of raising the brow and then relaxing and also observe the effect of frowning and relaxation and when you see in the mirror, the difference, you will just naturally learn the feeling when you are relaxed.

The exercise with respect to the muscles of the jaw and also the face, consists of setting your teeth together very firmly until you can feel the muscles of your jaw standing out, and then just let go and note carefully that the teeth became slightly sepa-

rated when you have reached the point of perfect relaxation in the face.

Throat and tongue relaxation is studied by counting aloud to ten very slowly, then repeat in a lower tone and keep lowering the tone until you are counting in a whisper.

In this exercise, as in other similar exercises, form the mental picture of the ease and comfort that comes with relaxation.

Many people's eyes are tense.

Remember that your eyes are closed—now turn your eyes as though you were looking as far to the right as possible and hold them there for about one-half minute—then let them go to a normal position as though you were looking upward. Then do the same to the left, hold it one-half minute and bring them back to normal, then do the same, looking upward as far as possible and then back to normal, then look as far down as possible—and then relax. While you are doing this, you will feel sort of a pull on the eyes and a restful feeling in the eyes when they go back to normal, looking upward. We repeat, you are not looking, because your eyes are closed, but you can tell that the pupil of the eye is tensed.

This exercise is good for the eyes and will strengthen them in time. When you first practice it, you may feel a little watering in the eye as though you were crying, but we learn that crying is sometimes beneficial by relaxing the nerves.

Many people are relieved by crying when they become provoked or angry, or when they permit a negative dangerous mood to control them.

After you have learned to develop and to control the feeling of relaxation, you should make practical application of your knowledge so that you may better realize the benefits therefrom.

If you drive an automobile and use your right foot to operate the gas throttle, and if you will investigate, you will find that your left leg is also tense.

This leg tension tires you and reduces the circulation of the blood. While driving, you should relax the legs frequently as already described.

When you are observing or playing games, you reach a point of excitement and if at some time, right in the middle of it, you discover you are tense, you can instantly relax, and you will find it very restful.

If you will occasionally observe your position while working, writing or studying, you will realize the tense condition of the face, chest and extremities. Then you should picture relaxation, breathe deeply, exhale slowly and completely eliminate the body tension.

One vital result of relaxation is its beneficial effect on the circulation which is materially retarded by bodily tension. Also the wearing of tight clothing should be avoided for the same reason.

The great value of relaxation is being taken advantage of by cigarette manufacturers, who often advertise "Relax and Smoke a _____ Cigarette."

Smoking cigarettes does no good but the suggestion to relax is very helpful and there are countless millions who really believe that smoking is the thing that relaxes them, when in fact, it is the suggestion that when they smoke they do relax that does the trick.

These simple exercises are merely given you so that you can really carry in your mind a picture of how you feel when relaxed, and to teach you a mind control of the muscles of the body.

In these Instructions, you learn that there are many people in this world who can control every function of the body, even to the beating of the heart, by concentration of thought upon that organ. These people have learned the method of control in the same simple manner in which you have learned to relax.

. . . JUST TALKING IT OVER . . .

First read the cover paragraph again, then consider this:—

You will shortly come to the realization that every thought which you project into the universal creative substance will be worked out in your body or affairs, just as you picture it.

How foolish and destructive therefore to project what you fear and do not want.

Is it not the more sensible thing to picture clearly the things or conditions you desire.

Knowing the law, faith in fulfillment will be yours and will add force to the projected mental image.

Think positively of good fortune, not negatively of misfortune!



. . . THOUGHT GEMS . . .

The electrons of man's brain are stirred to action by faith, and acting concurrently with the spiritual ethers, they hasten nature to produce quickly what ordinarily requires months of seedtime and harvest.

(This thought gem should be considered together with the reading of Page 5.)

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

MIND IS COMING
INTO ITS OWN

ATTUNE AND ATTAIN:-

The most powerful forces in the universe are the Silent forces, and with these we desire to acquaint you intimately. Beginning with this lesson we are going to lay down for you a MENTAL FORMULA for success, health, and happiness.

On the inside cover of Instruction Number 11 you will find this; "The world awaits the vibrant word. The soul of mankind yearns as seldom before the light that leads, the word that heals, and the act that soars."

In the full realization of the world's great need and the crisis approaching in human affairs, and the need for a sustaining influence, the Order of The Essenes is rapidly extending its sphere of influence.

The important thing is your understanding of that which will, here and now, produce a more abundant life for you. If you but realize to the full extent the truths in Lesson 11, and live and act accordingly, you will take giant strides toward your cherished aims.

No science has reached the ultimate, nor has Life Science, but it has reached the point where even the humblest can, by living the truths we teach, live successfully in the full sense of the term.

It is not strange, therefore, that those who benefit by these instructions, as they benefit, voluntarily give that others may be benefitted. They catch a glimpse of the world's need and take joy in helping spread understanding, and by a subtle yet understandable influence, they benefit thereby.

Essenes have given much to the world. This Order has much to give through you, whom we have selected as worthy.

We are deeply Sincere,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 11



THE **Essenes**

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Instruction 11 **Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

As you progress in this study, there will come upon you a strange and ineffable consciousness of power, of that something great, within the ever changing mortal body—not man power, but the power of the unchanged and unchangeable YOU, which is a part of universal power and ever in contact with the omnipotent and the infinite.

. . . . THOUGHT GEMS

When you step out of a warm house or office into the cold outdoors, take a deep breath through your nose and hold your breath. This serves to drive the blood to the surface of the body, preventing the initial chill. Keep your mouth closed. Do not talk until your body has adjusted itself to the sudden change in temperature.

Human problems are much the same—the weak seek strength, the sick seek health, the needy seek supply, the lonesome seek companionship, the tired seek rest. There is a great world seeking of relief from grief, worry, fear, and the host of negatives. The basis of the solution to all of these problems is the same. The source, the fountain source lies within each seeker.

Mole hills of difficulty look like mountains of disaster—passing clouds like raging thunderstorms, to those who are out of touch with the deep secrets of life and being.

If all the mental power now concentrated on the contemplation of the morbid were directed to bettering conditions about us, the world would be a brighter and healthier place today.

Be not a mental spendthrift. Learn to stand sentinel at the gates of your thoughts.

The world awaits the vibrant word.

The soul of mankind yearns, as seldom before, for the light that leads, the word that heals, the act that soars.

About Vision

The road to success, happiness and prosperity is of course, along certain definite lines of positive procedure, very simple—and very certain; but man generally is so entangled with the negatives, it presents the question as to whether we should first give consideration to the countless negative qualities, and their elimination, or take up the positive; a third procedure would be to take up one by one the positive steps and then give our attention to those habits, tendencies, traits, emotions, and mental states, which must be banished, that the steps may be made successfully. The third course we adopt as our mode of procedure. For this there is a deep underlying principle which you will come to appreciate, and adopt in your own life problem solutions—and in living the larger life.

You can make life an overcoming victory.

Did it ever occur to you that throughout the ages the human type, of all phases of life was the only one that was constantly progressing to greater and greater potentialities; that this was due to a mighty urge or force from within; that in the last analysis this power originates in the ability and capacity to vision, to plan. The faculty of imagination is a life force, a power which is a starter—a beginner—an exciter—a foundation builder, without which man is but a piece of flotsam and jetsam on life's sea.

Today we travel over land, over sea and through the air amid palatial surroundings. The countless

inventions and discoveries that made this possible without exception were the direct result of vision—first brain children—then realities.

If you were asked to give a one word description of the people who succeed, the outstanding characters of all time,—inventors, discoverers, industrialists—the accomplisners in every walk of life, what word would you use.

You could not use "honest." Countless millions are honest but failures.

"Industrious" will not do. You know many industrious persons who have worn out their lives without accomplishing anything worth while.

Go through your dictionary and test every adjective and only one will fit.

"Purposeful."

Yes, purposeful people are the winners in the game of life. Make the test if you will. In every biography of every man whose biography was worthy of print runs a thread of purpose. He had an aim—an objective—an ideal, born of the faculty of imagination.

We would today be savages—but for those who imagined better things and better ways of doing things.

If it be true, and it is, that an objective—an ideal—a purpose—a plan—a vision was the foundation stone of every worth while life,—are you not convinced that among the first positive steps to

health, happiness and success is to have a vision—that you may start the road of a purposeful life?

Those of us who live near great sea ports and busy harbors know that if a sea captain would mount the bridge of a vessel, and take it out to sea without a port of destination, without chart or compass, that he would be put in an institution for the insane.

When the Captain of a mighty vessel clears from port and points the bow of the vessel into the sea lane indicated by chart and compass, he knows his port and destination. He does not guess; he does not hope; he knows; he does.

Every turn of the wheel, every revolution of the propeller, is with the objective, the port of destination in mind.

The objective is the most important consideration in life. There is, in fact, no definite place in life for you while you are without purpose—objective—without a port of destination.

Is that thought going to fall from you like water from a duck's back, are you going to be aimless, purposeless, uncertain, wavering, vacillating and depend upon accident, hazard and chance. Are you, for one moment, going to concede that any vessel is more precious than your own life. Are you going to steer your life or drift on life's sea?

Are you going to be the Captain of your own ship and steer it to a sure harbor of health, happiness and success?

The possibilities for you are infinite. The consequences of your decisions now, will be eternal. Make a plan—have a purpose—as you advance you will set new horizons—but today and now you must determine to quit drifting.

Every thing in life indicates the necessity of this.

The architect or the inventor first builds up his work in the thought realm, in the field of imagination and vision—in the invisible, he then reduces it to paper; plans, specifications,—and from these it advances into the material realm. The within is ceaselessly becoming the without.—It can become so for you.

No matter what your position, within that environment lies the glowing paradise you seek. Here or nowhere is opportunity—and the first requirement is the exercise of vision.

“Forget the past whate’er it was
Your life is lived today,
For all mistakes that you have made
A price you had to pay;
Throw off all sorrow, sin and shame,
Adopt another tack,
The future lies within yourself,
Look out, but don’t look back.”

We are now engaged in laying down for you the first positive mental step; in hanging up a guiding star, the object of which is that you shall not go through life on a hit or miss schedule. We are seri-

ously dealing in mental chemistry. We are developing a formula.

Henry Ford was probably regarded as the world's greatest industrialist, and probably one of the world's richest men.

Henry Ford was a most ordinary fellow. He used to tend a boiler or machinery in a small plant. When a young man, after finishing his day's work, he used to work nights in a jewelry store repairing watches to earn his room and board. The day job he had at that time did not pay enough to meet those needs, humble as they were.

Thousands of men were better mechanics than he. Thousands were graduates of schools of technology, engineering and scientific institutions, and were better qualified to do the job he undertook.

What was the foundation stone—the reason for his climb—his success? **His vision.** We shall soon analyze it for its essence.

He was called visionary—a dreamer—a crank, but in this case, as it often times happens, our dreamer was infinitely more practical than those who laughed at him and even scorned him. The world's dreamers have given us the most practical things we have.

The vast industrial empire over which he presided in his later years was by no means the early vision which he cherished; time after time he extended his plans as he approached the lesser goals which he had set.

To have in the beginning held such a vast far flung picture as his later accomplishments, would have been idle dreaming—ineffective and like unscientific praying—without results.

Just what were Ford's visions that made his life change from drabness to golden; what was it that *made the glorious sun of achievement* come upon the horizon of his ambition?

He first visioned the making of a horseless carriage, so that people could by power—an internal combustion engine,—get about; a means for individual transportation that was fed only when in use; a more speedy and rapid means for the people of this earth to get about in.

When this goal had been reached, he set new limits to his ideals—to so perfect this automobile so that it could go "a mile a minute," and that he should be the first to do it, giving to the world faster and more dependable transportation. This goal he reached, but ever advancing the boundaries of his mental pictures.

Next in line was the idea of making them so rapidly, in such numbers, and so economically that practically every man could afford to own one. His was the picture of mass production—of line belt operation, making possible to the masses that which had theretofore been enjoyed only by the classes.

As this ambition came nearer and nearer to realization; and great profits began to come as the

natural consequence, he set new standards of wage scales.

Ever advancing horizons—ever new visions—ever new ideals, each step of progress calling for new limits for accomplishment. In his final years on this planet he was still learning, still searching for new and better ways of doing things.

If vision and purpose created one of the most colossal enterprises of earth and one of the most stupendous fortunes of all time, let us examine this vision for its essence, to see how it fits in with the known truth principles.

Examine carefully these life purposes, and you find not the longing to be rich, to **get** for himself vast wealth. These came, and always come, as a natural sequence to service. The law modernly expressed is, "He profits most who serves best."

This is not a modern law. The Bible contains it. "Give and it shall be given unto you; good measure, pressed down, shaken together, running over, shall men give unto your bosom. For with what measure ye mete—it shall be measured to you again."

In that first goal which Ford set there was nothing of selfishness; whatever money he wanted was to accomplish his aim to give to the world something he saw would be of inestimable benefit. He was willing to and actually did go without many necessities that he could put it into his project.

The very vision, the foundation to achievement, was in accord with the law, that in so far as you succeed in losing yourself in the service of others, in that measure will happiness and the worthwhile things of life come to you.

This principle should simplify the Bible passage, "He that seeketh his life shall lose it, and he that loseth his life shall find it."—A rather senseless statement until rightly understood.

We are engaged in the study of the master science of the human group. All that man accomplishes finds its motive, its mechanisms, and its organization in "mind." History is a record of the psyche set in changing circumstances, so it pays us to further note these "mind" pictures which have gone so far and done so much.

Study as you will his visions, his purposes, and always he was trying to do something that would make things better, that they might better serve mankind—that would make them lower priced so that they would be available to more people; that would enable others to share in the results.

There can be no other lesson, than, it is a great purpose which gives meaning to life, it unifies all our powers, binds them together in one great cable; makes strong and united what was before weak and scattered.

Forget yourself in all that you do; this is the secret of abounding happiness and success. Thus in the purpose or vision you create, plan to do

something, to create something that people need, require or will cherish; plan something useful or that will cause for some one pleasure, pride of possession, or will profit them, or save them from danger, inconvenience, or embarrassment or some of the unpleasant things of life.

Does not nature give all, without reservation and lose nothing; and the great majorities grasp all and lose everything.

. . . . THOUGHT GEMS

The genius is he who has intensified thought, made visions real—and has frozen clear observation into fact.



The most powerful forces in the universe are the silent forces.



When anxiety steps in, correct judgment passes out.



Calmness, poise, balance, mental serenity are essential to effective thinking. Face the light and the shadows will fall behind you. A worthy ambition is to possess a mind as clear as crystal, and as ordered as the stars. We approach that as we learn to contact omniscience, and it is omnipresent.



The more one knows—the more one simplifies. Life is made up of simples.

Section 2 Instruction 11

The perfect functioning of the mind can best be accomplished when physical perfection is attained.

Physical perfection, like any other accomplishment or thing worth while, must be earned.

There are countless instructions upon physical culture, many books upon the subject. All of them, so far as we have been able to observe, are excellent. So we are not going to go into elaborate explanations.

Certainly it is true that as you put forth energy in a physical way, greater strength is given to you. Most people, in modern conditions, do not think daily of their physical condition unless something is out of order and nature has, by some symptom or pain or discomfort, endeavored to notify the individual that some natural law has been violated.

Our request with this set of instructions is to begin to think in terms of physical perfection and do something about it.

Each morning, before you arise and drink the water as heretofore instructed, we now ask you to lie flat upon your back and center your mind upon the abdomen. Extend it outward by muscular control as far as possible; then draw it inward as far as possible. See how closely you can bring it to the backbone.

The first morning you need only do this about three times, the next morning four times, the next

five, and so on until you have performed it about fifteen or twenty times.

This need not be done too rapidly. This is a form of exercise of the intestines and inner organs of the body.

After you have performed this exercise, think in terms of lifting all the internal organs upward and toward the chest, which will mean chest expansion. In the first set of exercises you are not conscious that those organs within the abdomen are traveling upward. In the second set of exercises you want to feel and experience that they do go up toward the chest.

This you should perform the first day about five times and work up until each morning you are doing it about fifteen times.

After you get up, a simple form of exercise, which will work wonders, is to stand with the heels practically together and lift the knee of the right leg up until it touches the chest. Then lift the left leg (bending it at the knee, of course) until the left knee is close up to the chest as possible.

Start out by doing this about five times and work up one more time each day until you are doing it about fifteen times with each leg. This will work wonders in the matter of digestion.

Next, stand on one foot and bend the knee backwards and endeavor to kick yourself with your heel.

Then change over to the other foot and kick yourself with the other heel.

Do this the same number of times as suggested in the other requests.

Next stand with the feet about together, the weight largely on the ball of the foot, and then squat down rather slowly and then come back up to an erect position. At first you may have to use your arms to balance yourself but do not hold on to anything in doing it, unless, of course, you are too weak in the beginning to do it without some slight help.

Next, raise the hands straight above the head. Keep the knees stiff. Bend forward, endeavoring to touch the floor, and then come back to an erect position. You cannot at first touch the floor unless you have done it before, but after a while you will, with ease, be able to do so.

Next, with the leg stiff, kick as high as you can with the right foot and then with the left. Do this the same number of times as in the other instructions directed.

This will be enough exercises for the lower portion of the body except that you might rise on your tip toes and then let down gradually until your weight is on your heels.

For women this is particularly desirable because it gives trimness to the ankles and symmetry to the calf of the leg.

Next, clasp your hands together as high over

the head as you can reach. With the hands high in the air, bend sideways to the right and then sideways to the left, doing this the number of times suggested for the other exercises.

This, too, is particularly desirable for women as it is highly effective toward attaining a trim waist-line.

For an exercise of the arms, just double your fist and strike straight out in front of you, as though you were going to hit a punching bag or some object. This is called shadow boxing. Do this the suggested number of times with the right foot advanced and the left foot one or two feet behind the right. Next, put the left foot forward and the right behind and do the same exercise.

In the above exercise you strike both with the right and the left hand in each set of exercises. In one position your right hand is reaching farther and in the other, the left is reaching farther, on account of the position of the body.

Next, double your fist and bend your elbows and rapidly, with both hands at the same time and with considerable force, strike as though you were going to hit one fist with the other but let your hands pass each other. These blows are inward.

Next, with the arms even with the chest and the fists together, throw the arms back as far as possible. This gives exercise to the back muscles and to the chest muscles.

Next, throw the head forward as far as possible, then bend it backward as far as possible.

Next, turn the head to the right and then to the left.

All of these exercises the same number of times, starting gradually and working up to fifteen or twenty times each morning.

The whole set, when you reach twenty exercises, will not consume ten minutes of time but certainly will add years to your life.

Do not get a misconception. With your breathing exercises and your physical exercises and your drinking of water, you will not consume much time. In a short while it will become a habit.

Do not be too lazy or too much in a hurry, to meet other engagements and neglect these simple exercises because you will be able to fill the other engagements more creditably.

You say you want strength and health—are you willing to give fifteen minutes a day to attain it?

You are facing a test of your sincerity.

No one can doubt that physical strength comes from giving of your strength—exercise.

It is the same law—as you give, so shall you receive.

In taking exercise, feel—have faith—and mentally see your ideal of perfection. It helps mightily.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

DISCIPLE OF TRUTH -
ACTION IS FAITH EXPRESSED.

A HELPFUL SUGGESTION: -

There are a number of elements in our mental chemical formula of success to be revealed to you, but you have learned the first step is a plan and a purpose. So we suggest that you begin each day preparing a little plan for that day before you start out.

If you have fixed upon yourself the habit of getting up in a hurry, eating breakfast and leaving in a hurry, we suggest that you break that habit and get up just a little earlier and think through the day, so far as possible, on how you can be just a little more efficient, a little more systematic, a little more time saving, a little more energy saving, and a little more purposeful.

There is no lazy way to truth. It means self-discipline; it means that you must put aside a certain amount of time to be by yourself and with your own thoughts and for the study of this course.

Tomorrow try this - a smile, an encouraging word, a helpful suggestion, a thoughtful expression of appreciation, a sincere compliment, an unselfish act -- things you are rich in - give! The harvest will be immediate. Raise your head just a little higher, throw your chest out, take firmer steps when you walk. Why should you not? You are going to learn and appreciate that you are one with the infinite and are a creator, and hence have infinite possibilities.

Instruction Number 12 accompanies this letter. It is another step to self realization, to purposeful living, to the attainment of your ideals.

It must be so! You were not mocked by an all wise creative principle by being given the faculty of vision, and then denied the ability to materialize that vision.

There is therefore every incentive to apply yourself earnestly - to become a disciple of truth, and a seeker of wisdom.

It is the way! The green light is on. Follow the road of understanding.
- You will arrive.

Your Companions on the Way,

THE ORDER OF THE ESSENES

Enc. 12



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 12 **Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

Every great leader, from the dawn of civilization to date was a dreamer — so intense in their dreams that they could see, feel, and grasp and utilize things in their mental and spiritual form, before they had been transmuted into physical form.

The practical dreamers are the pattern makers and mold casters of civilization.

. . . . THOUGHT GEMS

In studying "you", there should be certain deep truths of human experience and life revealed to you.



Fortune loves not those who hesitate. She never turns toward those who refuse to dare.

Daring, rightly understood, is the source of so much success that the timid covet it, and attribute it to luck alone.



The jealous man poisons his own banquet, and then eats it.



The greatest trouble with the world is that a great majority of people are trying to make something for themselves, instead of making something of themselves.



The way to wealth can be put in three words: — believe — give — receive.



The life of the human body depends upon the circulation of the blood.

The economic life of any nation depends upon the steady circulation of goods and services.



Optimism is to the individual what the sun is to vegetation — consider this thoughtfully.

It's Simple - - It Works

"As a man thinketh in his heart, so is he."

"In his heart" is a vital part of the truth in that statement of truth, — not that the heart is a thinking instrument — but it means one must feel deeply — must think feelingly.

The mechanical process so to speak is this — The thought comes within the range of focus of the cells of the body — and when the cells of the body have the picture implanted on them, given by the thought, the life processes out-picture that thing and attract to themselves the potentials for realization.

It is for that reason the vision, plan or purpose must have clear-cut, definite outline and detail. The vision must be so alive, vital and dynamic you can just shut your eyes and so to speak, see it in the mind's eye actually existing. You can just live it in the imagination. Its reality will take form — doubt not — because nature, the life principle, the creator is not in the business of mockery. It did not give man the faculty of visioning and deny to him the ability to bring about those things he visioned.

From what has gone before, do not get the impression that visioning alone is the whole of the formula. Neither are you to rest with the impression that day dreaming, idle wishing for this blessing, or good fortune and then for another, like observing fleeting clouds in the sky, is vision.

The kind of vision we are talking about is not just something general like wishing to be rich, and racing of with a picture of spending, giving, or getting pleasures or fine raiment, and then walking from the reverie and saying, "Well, those things are not for me."

One might be so mentally bankrupt that they could not think of something to be desired, in concrete form and outline, but it is doubtful unless they are insane, and let us assure you that if you have pursued our teaching from the beginning, even to this point, understandingly or half understandingly — you are not insane or mentally bankrupt, and some day it is going to flash across your mental horizon that you are a creator — and once having started with a vision, a plan, a purpose, and then brought it into being, you are going to go on creating, advancing your visions, and creating in the material, — and what is more, to those without understanding, it is going to be "a miracle".

Let us take just one simple, first step case and show you how it works.

A young lady was a telephone operator. She was with a dairy concern and received a small salary, she always had a "feeler out" for another switch-board that paid more money. She thought her employers mean and stingy because they did not pay more. Her whole thought was getting more for herself — rather selfish when analyzed.

Here was her approach to us — "If we were so sure we could make people healthy, happy and pros-

perous, show her how to get more — and getting more would make her happy.”

Telling her “that the world was built around the law of compensation, and that everything she wanted was an effect, and that to bring it to pass had to have a cause preceding it, and that cause and effect were in her case, a matter of giving first,” did not seem to register.

“That is over my head”, was her impression of that.

Bible quotations innumerable to the effect that as you give, so shall you receive met this reaction.

“Yes, that is good Sunday school conversation, but what have I got to give, I have not enough for myself.”

“All right, young lady, you are very matter of fact. You doubt — but in spite of your doubts we will bring you to a realization of just what those things mean — self realization — if you will faithfully do what we tell you to do. Agreed?”

“Well, just what is it you do on this telephone?”

“I take orders over the telephone; I connect outsiders with those they ask for in the plant or office; I answer questions; I quote prices; I take complaints; I make out the orders to the delivery men.”

“Now just what is it your company handles?”

“Milk, butter, buttermilk, eggs, ice cream, cream, etc.”

"Is it a large concern?"

"The biggest in the business. They could afford to pay me more. They operate twenty-five trucks and delivery wagons, do a wholesale and retail business."

"And it is run by human beings?"

"Of course, it is."

"Now, if that was your business, young lady, and some one called to do business, you would talk pretty nice to them, wouldn't you?"

Yes."

"If you are talking to a dear friend of yours over the phone, your voice shows your interest, it is friendly, it has a vital tone and pitch. You can talk sweetly and gently, can you not?"

Yes."

"Do you realize that people who call on that phone are often friends of your boss? Are you aware that some person from that plant meets and does business, with practically everyone who calls over that phone?"

Yes."

"Well, now suppose that first one and then another should tell your boss that his phone operator was awfully pleasant, had "a million dollar voice," and was a big asset to the business, do you think that would be a help if you came to the necessity of "asking for a raise".

"It sure would."

"Suppose that all the customers who called got to telling the route men, or others from your institution that they liked the voice of their operator. They liked to do business with her, and asked, "who is she?" "What's her name?" Don't you think that they would probably tell you? Would you like to have people saying nice things about you?"

"Furthermore, is it not likely they would get talking among themselves about it, and that they would more than likely let the higher ups know about it? Granted."

"Young lady — This is your vision plan and purpose for this week."

Here is what you do:"

"Paste on your switch-board — so you can see — so you can't help but see it, a slip with these words on it, "Making Friends". Now put into your voice and manner all you have this week, and come back next week for further instructions."

The next week a smiling young operator showed up, "Well, what's next?" she asked.

"Young lady, you are wearing a smile you didn't have with you last week. Why the smile?"

"Maybe this thing is going to work. The boss saw that sticker on the board "Making Friends" and asked what that was. I told him there was an outfit that said they could make me the best phone operator on earth, and I was trying it out. That I was to picture myself as the good-will ambassador of this con-

pany, and that was up there to put me on my P's and Q's and try to make a friend of every caller — even the complainers. He liked the idea, but didn't offer me a raise."

"Splendid, young lady! He will."

"You say your firm handles butter; Is it good butter?"

"The best there is — sweet butter and creamery butter. It ought to be — they charge top price."

"Does everyone who orders, order butter?"

"Lord, no! I go whole days without a butter order. The most orders are for milk, cream, or ice cream. I don't believe most of them know we sell butter".

"Your instructions for this week are: First, to keep that smile. Keep a smile in your voice. Next, paste up on the board this sign — "Helpfully suggest butter." Now, when any housewife calls up to order milk or cream or something else, just put yourself in the frame of mind of being helpful, perhaps she needs some butter, and if it comes with the milk or cream you might save her a trip to the grocery, or phoning for it. So, say, after taking her order, "Mrs. Smith, (or Jones or whatever her name is), have you ever had any of our butter, you know, we have the very best. I am sure if you let me send you some with the milk, you'll appreciate it." Or something tactful. Don't be thinking about selling her something. That's the poorest salesmanship on earth. You think about

helping her. It probably will be helpful to some of them, and they might drop the remark that you have such a pleasant voice, and are so helpful with suggestions, and that won't hurt you any."

"That is your vision for this week. Return next week."

The next week a very radiant young operator appeared. "This is a good game; I like it. I believe this thing is going to work," were her opening remarks.

"What makes you think it's going to work," we asked.

"Well, the plant foreman happened to be at the desk one day when I took an order and then opened up, "Mrs. Cortright, have you ever tried any of our butter. You know we have the best. Perhaps you have never tried sweet butter — no salt in it — perhaps if I send a pound with your cream, you'll be delighted." "Well, I wrote butter in the order.

The plant foreman said, "I like dot, you is the first operator we haf dot do dot."

"I am sure he told the boss because this morning the boss came into my stall and said, "I note that this week you got twenty-seven orders for butter." I did not even know how many I had gotten. I am sure he saw my sticker "Helpfully suggest butter." You know, I was wrong about those folks in that place. They are just awfully human and very pleasant to work with. Give me another sticker — this is getting exciting."

"What kind of cream does your firm sell?"

"Coffee cream, whipping cream, any per cent cream you name."

"Do you like whipped cream on strawberries or other desserts?"

"Do I? Nothing better."

"Don't you think you can put your heart into suggesting to those who call, whipping cream — and how to use it?"

"Just watch me."

"Your sign for this week is 'Whipping cream for the pleasure of our friends'."

The next week a stately, radiant, vibrant phone operator called with the greeting, "You win, I got a ten dollar raise and I never asked for it — and did I bring them in the fold on whipping cream. I sold fifty-four pints and that is some whipping cream to pick off the wire. It went in half pints mostly."

That young lady got two raises within the year — set new standards of refinement for herself and reached them. We will not here follow her career but it is a story of self-realization and of accomplishment — visions within reach, quickly reached and new horizons ahead — for now she knows more of the science of mental chemistry.

How simple and direct! It always works. Here is another first step case.

A certain young lady came to us, stated that she was employed as an office clerk, temporarily, at a salary of \$10.00 a week, that her father was a carpenter and had but temporary employment, and was not engaged over three days a weeks. She stated that she was a graduate in beauty culture, and that she had an ambition to own a shop of her own, but she did not have a dollar with which to start it.

It was at some length explained that if she sincerely had that desire, she could have a beauty shop of her own. She was directed that the first thing to do was to find a location where she wanted to have her shop and, having selected the location, she was to make arrangements to rent it just as though she had plenty of money with which to pay the rent. That was the first step.

Next, that she was to see the people dealing in supplies and equipment for such places, and was to explain to them that it was her intention to open up a beauty shop, and that they would have to furnish supplies and equipment, and that she would pay for it on terms as she opened the shop and made the money.

It was carefully explained to her that at no time should she ever let a doubt enter her mind but that she was going to open the shop, and that she was to act just as though failure in the undertaking were impossible; that at no time was she to practice any deception. She was to assert positively that she could open this shop, make a success of it, pay the rent, and

pay for the equipment, just as she agreed. It was explained to her that landlords naturally want a good tenant for any vacant location; that her faith in the project would be contagious, and the right kind of landlord would wait and be helpful in the matter of rent.

It was suggested that her father could help install the equipment, make such signs as were needed, make benches, stools, cabinets, or whatever was necessary along that line in the equipment of the shop. It was explained to her that the secret of the whole thing was to first have a definite picture in mind of herself installed in a shop and doing well, that when she made the arrangements for the place it would localize the picture, that she must confidently expect to carry through and never have a doubt nor a worry about it; that she was to persistently carry through every detail.

This young lady was not heard from again for nearly ten months, and this is her story at the end of that time as she told it to us. "There was something about the instructions given me that just filled me with confidence, and I went out and found a place where I was sure I could do a nice business. I explained my situation to the owner of the property, and he took quite an interest in me and encouraged me, and was perfectly willing to let me move in, confident I would make a success and pay the rent.

This place not only had a location for my shop on a main road, but a house in which we could live in the rear, and the rent of both was \$50.00 a month.

The supply people were very kind, and thought the location a very good one, and that I would succeed. They encouraged me, and gave me such materials as I needed to start.

Daddy took quite an interest in it and made me some very attractive benches and seats and a little desk, and helped me paint and fix up the shop, and I opened up. I have my books with me, and I want to show you what I have done." The first week she took in about \$18.00, the next week about \$26.00, the next week jumped to \$40.00, and it varied between \$40.00 and \$90.00 a week.

It seems that her father all this time had no work, that she was the support of the family, paid the rent, had paid for her shop and equipment, and was doing well. She expected her father very shortly to get a permanent position which had been promised him, and that she was then going to undertake to buy a home.

This is but a short and simple narrative, and is not, perhaps, tremendously important in the scheme of things; but certainly, it was vitally important in the life of this young lady.

Having pursued the story to this point, you can analyze the instructions given her, and you can fit together the formula used by her. The strange part of it is, that when no element is ever left out and the formula is followed in every detail, it always works.

Section 2 Instruction 12

It has been suggested to you how important are the pores of the skin.

Most everyone realizes the importance of cleanliness. When you realize the great amount of water that passes through the system and comes out through the pores in the nature of perspiration, and when you realize that this carries more or less of the waste of the human system, you can more vividly appreciate the necessity for baths.

The request with these instructions is, like most of the others, quite simple.

At least once a month we suggest a hot tub bath, just as hot as you can stand it, in which has been dumped at least two and one-half pounds of epsom salts. Epsom salts for bath purposes can be purchased at the drug store very reasonably. It is our suggestion that in this hot bath, as hot as you can stand it, that you stay at least ten or fifteen minutes.

The object of all this is to open the pores and keep clear one of nature's avenues of Elimination — Physical life is a matter of water, food and elimination.

After the bath you will probably find that the water has a slight tinge of yellow or brown and possibly a slight odor.

After taking one of these epsom salts baths, if the weather is cool or cold, do not go outdoors too quickly. If you do intend to go out, it would be well

to rub the body with rubbing alcohol, which will tend to close the pores. After such a bath you will experience a feeling of lightness.

This is but one step in preparing the physical body, which is of prime importance in the consideration of health and health is a necessary step to happiness and mental health.

Just before taking this epsom salts bath, if you will drink two glasses of water, as hot as you can stand, it will aid materially in getting the desired results..

After taking the bath, if you can take a rough Turkish towel and rub the body until there is a pink glow all over, you will find that a splendid circulation of blood has been set up and that it has been brought to the skin surface.

The proper circulation of the blood is one of the most important bodily function. Exercise is largely beneficial by reason of the fact that it speeds up the circulation of the blood. Whatever healing power nature has given to the human set-up is largely distributed through the blood stream, which might be termed the "life stream"

The value of osteopathy is largely due to the fact that by the rubbing, massage and manipulations, the circulation of the blood is aided.

The value of Turkish baths or hot baths or Swedish massage, lies in the fact that it opens the pores

of the skin and aids in waste elimination and blood circulation.

There is another thing in connection with this hot epsom salts bath. It aids in relaxation and the soothing of tense nerves.

The ideal conditions under which this bath should be taken is in the evening, before retiring, and then retire, letting the flow of perspiration from the heat absorbed by the body, continue while you are reclining and relaxing.

. . . . THOUGHT GEMS

Character is like a tree, and reputation like its shadow. The shadow is what we think of it; the tree is the real thing. —Lincoln.



No one doubts the operation of natural laws in the growth of life around us. We see these laws at work, and accept them. We look at the miracle of seed in the ground, at growth and harvest, and say "laws of nature", and work with them. We look at the stars, observe sunset and sunrise, and mark the coming of an eclipse without fear; for we know that dependable laws of nature also govern these things. But when we come to our mental world, in spite of evidence to the contrary, we stop short, frightened, and doubt the existence of laws; and we attempt to pattern our life on the doubt, instead of the fact.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

LIFE IS CHANGE.
IT CAN BE FOR THE BETTER

FOR YOU: -

You will be interested in Page 13 of Instruction 13 which accompanies this letter. - Jesus was an adopted son of the Order of The Essenes.

This we know from communications of contemporaries of Jesus - letters between members of the Order. There is nothing remarkable about this knowledge. We know much of Socrates from the writing of Plato and others. Socrates antedated Jesus four hundred years.

In those days the Essenes adopted and brought up many young men. If an adult desired to belong, then as now, he was prepared for three years. Much of interest along this line will be revealed later. The important thing at this time is to show you the way to accomplish your cherished aims.

From the ancients much wisdom has been preserved. Doubt not, the need of it will be apparent in the era we are now entering.

Mencius has given us this: "If a man love others and that love is not returned, let him examine himself as to his love of others. If he rule others but his government is not successful, let him examine himself as to wisdom. If he is polite to others but they are impolite to him, let him examine himself as to real respect for them. When by what we do we do not achieve our aim, we must examine ourselves at every point. When a man is right, the whole empire will turn to him."

The way of right-ness, right-use-ness, we can point - but each must travel the path to attain and accomplish. Be faithful. The road is interesting and enjoyable. There are many flowers and much fruit to be gathered along the way.

It is easy to see that men can discover a physical power, like electricity, and make it available to all, but no man can discover and make available to another, spiritual power.

The use of spiritual power is an individual matter. Each person must make his own contacts, but we can and do help you to attune yourself, so that you will be able to "bring in" these things, just as you attune your radio to far off stations.

After reading Lessons 12 and 13 we trust you will begin to work for a planned life. The next instruction will give you another essential in the formula for attainment.

The secret of creative thinking is to have your mind in league with Infinite Intelligence - You are creating the bond.

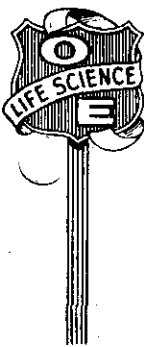
Faith! Friend,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 13



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 13

Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

The objective side of man has a wonderful power to inspire and to encourage the subjective side; to arouse the subconscious mentality where all latent power and possibilities lie.

Deep within man dwell slumbering powers which would revolutionize his life, if aroused and put into action.

. . . . THOUGHT GEMS

The commonplace public scarcely understands the idealizing principle.

●

Sportsmanship. — Never laugh when you win, and you will never have to cry when you lose.

●

Confidence is a foundation stone. It has performed miracles in every line of endeavor.

●

Fear will fill with poison the golden cup of life.

●

Obstinacy is egotism, firmness heroism.

●

Your experience, rightly viewed, must teach you that seeming failure seems to point the way to greater success.

●

Establish an ideal, and you polarize a magnet which will draw you to its realization.

●

To doubt your ability is to attract failure. If you hold a skimmed milk opinion of yourself, you cannot expect others to hold a whipping cream opinion of you.

●

It is our endeavor to adapt to the comprehension, reduce to understanding, some of the starry truths which shone in the past, and gleamed dimly through the darkened knowledge of later disciples, laboring to revive the embers of the fires which once burned.

"For a Planned Life"

You will, upon self analysis, realize how easily the mind wanders — fails to hold a train of thought.

In this matter of a vision you must come to appreciate the great value of a fixed purpose, a central theme around which your thoughts can cluster, and to which your life units can bring substance.

Scattered thoughts like scattered seed can not bring a bountiful harvest.

Wheat, oats, rye, barley, and millet sown together would make a crop difficult to harvest.

An ideal, a definite goal and an overpowering purpose eliminates weed seed from the mind.

What is ambition? Is it aimlessness? Or purposefulness?

Do big game hunters use scattering bird shot?

Do sculptors just whack away at the marble, or have they models?

Thoughts must have a focal point — the vision, the plan, the purpose give that to which the thoughts will direct attention — bring the thoughts into focus.

A picture taken with a camera out of focus is hazy in outline, and indistinct. The more out of focus, the hazier — the more nearly in perfect focus, the more distinct in detail is the picture.

Vision is one of the life essentials. Ella Wheeler Wilcox beautifully expressed it, "Choose thy destiny" in this poem.

"We build our future thought by thought,
For good or bad, and know it not,
Yet so the universe is wrought.
Thought is another name for fate,
Choose then, thy destiny, and wait —
For love brings love, and hate brings hate."

We cannot leave the matter of vision, of the necessity for a purpose, a plan, without further consideration. It is the cornerstone of accomplishment.

From what has gone before you should grasp that you should make plans at first well within your power of accomplishment. Do them — surmount them. When you have risen a degree, it creates confidence; it develops power, it gives courage, it steels the sinews and the mind for greater effort. Then try the larger tasks.

The matter of having in mind an ultimate goal is well, but that you will change and advance, when once you reach it, as Henry Ford did.

One important natural law that should make you realize the importance of a vision or purpose is this: — Life moves from within, out, the germ of vitality is always at the center, not on the surface. All nature teaches that law — the tree — the plant — the fruit — the animal gather growth from within. The acorn,

from which grows the oak, contains within it the plan in every detail of trunk, branch, leaf, and fruitage. Nature did not give it mentality as it gave man — but just implanted the one vision — a life purpose.

No architect would be so foolish as to attempt to build a house without a plan. First of all, he decides how many rooms are wanted, then he proceeds to arrange the rooms conveniently and surrounds them, as a group with a pleasing exterior. He next calculates the quantity of material of all kinds that will be needed in constructing the house, and ascertains the cost.

We mortals, however, attempt to build a life and a career while giving but scant attention to the kind of life we want to build or the sort of career we ought to achieve. Furthermore, we seldom sit down and, in all seriousness, estimate the kind of material needed in our lives in order to build them adequately for the chosen career. Man succeeds or fails in proportion to what he has incorporated into his physical, mental, and spiritual edifice.

Wisdom pleads for the planned life, and for the plan to be worked consistently and continuously.

There is no possibility of side-stepping responsibility here, or of "passing the buck" to somebody else. You need not lay failure at the door of hereditary traits, environment, associates, or anything else. You alone are a success or a failure as you have builded into yourself the materials out of which either is made.

Nobody has the power to put into you one single trait of character. No one can change your traits unless you permit it. You are an individual free soul, and you are exactly what you have made yourself. You are, in a much larger sense than we are accustomed to think, your own maker.

What about the future then? Are you looking ahead and planning to make that future all that you would like it to be? It will be only what you make it — nothing more, nothing less.

Naturally, if one is creating visions, or making plans or working out a purpose — they are for him or her. The plans of our phone operator were "to get a raise" — but you noted how it was done.

Proper visions, for your accomplishment, are not to be classed as selfishness.

Selfishness is of several varieties. There is the selfishness which wants something — money, land, power, anything — and wants it to gratify a personal desire, to elevate itself above others, to satisfy material ambition or greed or lust. That kind of selfishness is destructive; it rides rough shod over the rights of others; it cares nothing about how it gets what it wants so long as it gets it. Law, morality, justice, all become obscured in the vision of the materially selfish man — the man who always "looks out for number one", who thinks of himself first, last, and all the time. And his selfishness works his own destruction in the end.

Then, there is the selfishness that wants the same things which the first selfishness wants, but for a different purpose. It wants money in order that it may be put to use in making others happy, it wants power for the purpose of making men better and the state more perfect, it wants a big business so that it may give employment to large numbers and smooth their rough environment and supply needed goods to the largest number at lowest cost. That sort of selfishness is wholesome, commendable, worthy. It is also constructive and its reaction on the man is to give him greater power and happiness.

In each case the man is working for *SELF*. That is the point to be made here. No matter what you are doing, who you are working for, what you are selling, you are in business for yourself.

Now, let us again take a specific case, that we may get a proper conception of just how a vision works out in practical life.

This case is of a young man — working on a small salary as a packer and shipping clerk in a wholesale notions and dry goods house.

He was discouraged. He was not getting ahead. He had his friends trying to help find him a better job — more pay. He had heard through one of them that there was a society or order that claimed they could help people attain health, happiness and success.

We cannot take up too much time in the detail of case records, but in as much as he is President and

general manager of that concern, there is probably much value in giving the high spots in his case. His advancing visions are illuminating.

It was learned that he was with a good firm — enviable reputation — numerous well paid salesmen on the road as traveling men.

He was convinced that it was not another job he wanted. His first vision was set upon becoming one of the salesmen on the road. He first had to get the job of inside salesman.

He was given the hint of even greater possibilities, by being told that the majority of high salaried executives came up through the ranks of salesmen.

That men spent years studying to be doctors, lawyers, engineers, and professional men he knew, but he did not until painstakingly told realize that a good salesman is "a lawyer influencing the mind of man, a preacher in his sense of right and wrong dealing, a physician diagnosing and prescribing for business ills, an engineer building business enterprises, a teacher educating his customers, an architect constructing ways of making goods build better business, an artist painting pictures of profit and pleasure and happiness, a musician singing a song of optimism and success and harmonizing the discordant players among his prospects who are out of tune."

He was told there were any number of books and correspondence courses on salesmanship and to begin to study the subject. He joined a night school class.

That immediately he was to get a magnifying glass — a good strong and powerful one, and was to begin examining every piece of goods his house sold — to count the threads per square inch — and that he was to ask the boss for any literature or catalogue put out by the different makers, — and was to get a book from the public library on weaving cloth, and that his job was just to know the goods the house handled up one side and down the other, and all he could learn about the companies making the goods.

When he asked the manager for the catalogues, the manager found out he was studying the goods and about his magnifying glass and that he was fitting himself to be a salesman and from that minute on marked him for observation, and often asked him questions about the different materials. These questions brought rays of happiness, because he knew that he talked intelligently and understandingly and it gave him a feeling of satisfaction to have his superior giving him attention.

The day shortly came when he was made an inside salesman. He kept up his studies — soon it was apparent that the customers calling to make personal selections and purchases seemed to prefer to deal with him.

He knew of the weaves, the dyes, and so many interesting things about the goods, and talked so intelligently that the customers had confidence in the goods.

This house carried one line of shoes. He took up the study of them, and the sale of shoes began to jump upward. One day one of the customers remarked to the manager, "That is a mighty good shoe you sell. I don't see how it can be sold at that price."

The manager asked what made him think so.

"Man, look what goes into it and where it comes from. Young Nichols told me all about it."

When the customer left the manager went over to Nichols and remarked that he personally was not as well posted on their line of shoes, as he thought he might be, and asked if he knew much about them.

Nichols picked up a shoe with a patent leather vamp and dull leather top and explained:

"The vamp is made of Russian horse hide, tanned in New Jersey with bichromate of potash. The top is in all probability of goatskin, grown in South America and tanned in Philadelphia with gambier brought from the East Indies. Wood oil from Michigan renders it soft and pliable. The brilliance of the patent leather was obtained by polishing with a composition containing lampblack from New York, turpentine from North Carolina, linseed oil from Ohio, dammar from New Zealand, asphalt from South America, benzoin from Sumatra, benzine from Pennsylvania, amber from the Baltic Sea, sandarac from Africa, mastic from Greece, and Cuban Lac.

"The heavy sole came from the back of a Texas steer, tanned in Kentucky with oak bark from Tennessee. The sole is stitched to the welt, the welt to the insole and upper with linen thread spun in Scotland. This thread is strengthened with wax made from rosin and tar extracted from the pines of Georgia and South Carolina. The cement which holds the thread channel around the edge of the sole owes its origin to Brazilian rubber tree sap. The leather for the box toe was hardened by shellac hailing from Siam. An Australian kangaroo furnished the hide for the tongue. The polish on the sole is due to a coat of bayberry tallow from the West Indies, mixed with honey and beeswax from Florida and turpentine from North Carolina. Tragacanth from Persia cleaned the top and tongue.

"The twill for the lining was made from cotton grown in Mississippi, woven in Massachusetts, stiffened in Philadelphia with paste made from Kansas wheat flour. Thread spun from Sea Island Cotton supplies the top stitching. The felt heel pads are made from the wool of Ohio sheep, felted in a New York town, distributed in Boston, glued to place with gum arabic from Egypt. The shoelace is made from cotton grown in Louisiana, woven in Massachusetts, colored with logwood from Yucatan, aniline blacks and other chemicals. Iron ore dug in Sweden supplied the nails that fasten the heel to the shoe. The lacing hooks and eyelets were fashioned in Connecticut from a combination of zinc from the mines of Joplin and copper from the Lake Superior regions. Agatine covers and gives them

their darkened gleam. Silk from China provides the tag, made in New Jersey, embroidered with the name of the maker of the shoe."

Shortly thereafter Nichols was on the road.

This case history should be an object lesson to you of the simplicity of vision.

Where you are, and now, you can have a vision of doing something in a better way — a conception of yourself as a better individual.

Just look back at the best thing you ever accomplished, analyze the beginning.

You observed the law, though you knew it not, you went through the processes of the boy — who got his first bicycle, gun or watch, we described early in these instructions.

It all started with the mental picture — vision — and then was followed by the other steps in the natural law, you will learn about in the days ahead.

. . . THOUGHT GEMS . . .

You really have something when you arrive at the stage where you can view your trials and troubles as blessings in disguise — recognize stumbling blocks as stepping stones, and look forward with joyful expectancy for the great good fortune which you know they fit you to grasp and enjoy.



Mental self command — the habit of constructive thought direction is more important even than physical soundness.

Section 2 Instruction 13

To those familiar with Bible history, and who have given consideration to the life of Jesus, there is one thing that stands out prominently, and that is there are eighteen silent years. Of this period of his life the gospels give us no clue.

That during this period he must have been a student cannot be questioned because many scriptures were in circulation at that time; these have been restored to us, and we now have some of the sources from which came many of his thought gems.

You will appreciate the fact that at that time there were not many books, there being no printing presses nor known methods of duplicating or reproducing manuscripts.

Likewise it is evident that there was a class apart — the learned class. Also that most of the instruction was oral — by preaching the gospel (truth) — very few could read.

You can well imagine that the manuscripts, writings, gospels, psalms, stories or books or whatever called were results of long and difficult labor and were precious. This being so, they were in the keeping of some select or chosen few, and that these chosen ones had some kind of society, fraternity or order, and that within these organizations were kept the writings and the handed down knowledge. Such was the order of the Essenes.

As a matter of knowledge, we should know something of the history of the Bible — the Christian Bible as used today.

In the fourth and fifth centuries, more than three hundred years after the death of Christ, there were church conventions or councils, and from all the Jewish and Christian Books and manuscripts which had been preserved and in use, they selected those to which they would give approval. It was a matter of voting upon what should be known as the Holy Bible.

This matter of selection took time, discussion, and debate. Each locality naturally had its preferences. The sections that had studied, discussed, and had used one as its text and gospel, naturally were ardent advocates that their book should be included.

It probably took on the aspects of a modern day political convention. There was much controversy as to whether the Apocalypse of John, which we now know as the Book of Revelations, should be included, or the Book of Enoch, which was nearly two hundred years older.

Among the books in use in the life time of Jesus was the book of Enoch and the Psalms of Solomon, neither of which is now included in the Bible, but by the Disciples and early church were considered just as authoritative as Genesis or the Psalms of David.

Among the books in the days of Jesus, which we now have and which we can tell influenced him, were the Assumption of Moses, The Martyrdom of Isaiah,

The Story of Ahikan, The Letters of Aristeas, Fourth Maccabees, First and Second Enoch, The Testament of the Twelve Patriarchs, The Book of Zadok, and the Psalms of Solomon, and doubtless others, which have been lost entirely.

Many of the teachings and examples used and the principles illustrated could only have been taken from them — there is just too much of it to be any possibility of another source.

This is not a charge of plagiarism. These books were a part of the sacred scripture of that time, and just as ministers of today quote from the Bible, he was quoting, no doubt, and his hearers were more or less familiar with the fact he was giving the teaching on the authority of the text of those Books.

These manuscripts or books from which Jesus took his texts and which doubtless constituted his library so to speak, have been discovered. One of the manuscripts of the Book of Enoch is in the Royal Library of France. Another is in the Bodleian Library at Oxford. A goodly number of other Ethiopic manuscripts of the Book are in the Library of Princeton University.

The Testaments of the Twelve Patriarchs is known to have been written a hundred years before Christ was born. It exists in Greek, Slavonic, and Armenian manuscripts, and English translations.

These formed a background for the famous Sermon on the Mount. From these, Jesus and Paul

repeated phrases and verses, and adopted bodily the doctrines and theology.

These books or manuscripts are known as Pseudepigrapha, which in Greek means "falsely signed writings".

The reason for this is that all writers of the Pseudepigrapha did not claim originality but attributed the authorship to some noted Jew of long before.

The fact is that the very phrases of these old books were a part of the vocabulary of Jesus.

. . . THOUGHT GEMS . . .

Greatness is not the gift of majorities. It cannot be thrust upon any man — men cannot give it to another.

Men can give place and power, but not greatness — greatness is from within.

●

Truth can no more be seen by the mind unprepared for it, than the sun can dawn upon the midst of night.

While the world lasts, the sun will gild the mountain top, before it shines upon the plain.

●

This work is supported by the voluntary offerings of those whose hearts tell them what to do in return for such help.

●

Socrates was the first to utter the two golden words of wisdom — "Know Thyself".

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE BIRTH OF AN
INSPIRATION

FOR YOU:-

The fourteenth lesson is sent you herewith.

The last leaf on the uppermost branch of the largest oak tree is composed of life cells that are bathed and have their being in moisture.

The reason that moisture is constantly brought to that uppermost leaf and branch is that it is giving off moisture, thus in a sense creating a vacuum and helping to draw the fluid from the soil through the roots and the trunk and branches of the tree.

If the tree depended upon the moisture that would be pumped up by the roots, it would be a stunted pigmy of a tree.

All good things of life are open to you -- Health, happiness, and success, - but they will not materialize until you give off, and keep giving and thus clear the channels, so that the good things of life can come through and materialize for you.

If you fail to express and to use the faculties and powers that you have, there is no channel by which the better things can reach you.

Suppose that an athlete, after long training, would get very powerful and would then say, "I am going to quit exercising, and save my power and strength," he would from that minute on begin to weaken.

The same rule applies in mental, spiritual and emotional power.

You must give that you may acquire, is a very realistic law.

We ask you to give earnest study to this set of instructions. It is a very material part of the foundation for your future understanding.

After studying it, answer to your own conscience. Have you a real, vital, clear-cut, definite desire? Is it a burning desire, - a longing? Will life be incomplete without it? If so, it is in process of manifestation.

Where you are and in whatever you are doing give your best - create a need, a vacuum, - and a life principle supplies it.

Where a need meets a desire to help in its fulfillment an inspiration is born.

We would be your inspiration,

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 14



THE Essenes

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Instruction 14 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

Few people realize the force that exists in a vigorous, perpetual affirmation of the things we long to be or are determined to accomplish.

Great things are done under the stress of an overmastering conviction of one's ability to do what he undertakes; under the tremendous power of the affirmative, expressed with unflinching determination.

. . . . THOUGHT GEMS

Think; do not be content in playing at thinking.

Your brain will enjoy the exercise involved in real thinking.



That's the law. — A good thing to remember is that you can actually think into existence the kind of home and associates you want. All you have to do is to fit yourself to receive those gifts. Your own fineness will attract fineness. By giving the best of yourself to others, you will compel them to give the best of themselves to you. That's the law.



There are 2000 known varieties of bacteria and germs — of these only about 100 are believed to be dangerous. The remaining 1900 kinds are vital to life in one manner or another.



If the fullest attainable strength is sought, special attention must be given to spinal development.

The spine from the base of the skull to its lowest lumbar vertebra must be kept properly aligned and in vigorous condition.

When the spine is maintained in a vigorous condition, all the great vital organs are stimulated.

The energy from what might be termed the human storage battery passes by telegraph wires — the nerves — through the openings in the spine to heart, lungs, and all the other important vital centers.



Make one single day a success. We live in one perpetual now.

"Wanting vs. Wishing"

We have assured you that you could attain health, happiness, and success. We have set forth on the undertaking to show you how to attain these things.

We are, in the course of events, to give you the complete mental and power program.

For the time being we pass the first step in the formula. You must know what you want, and must so know it that you can visualize in detail yourself as having attained it, and live mentally the complete accomplishment. This thing that you vision can not be some starry eyed dream of changing form, something indefinite that to the minds eye has hazy, fuzzy outline.

The next step, — and be not discouraged — there are not many, — is to want the objects and objectives of that vision.

That sounds easy enough but let us examine and see if you have really wanted anything recently, in the true sense, and in accordance with the meaning in this mental formula.

It is not doubted that you may have had wishes, that you have wished for many things, — wishing is easy.

Think back to childhood when you got that gun, bicycle, watch or ring. Remember how you dreamed of it, could just see yourself with it, and how you longed for it with all your heart and soul. You just

knew there could be no happiness without it; — it was the one object in life. You wanted it so badly that even a thought of not getting it was painful.

Have you lost that childhood art of wanting? — again — “You must become as little children.”

Wanting a thing is not all the secret of accomplishment by a whole lot, but it goes a long ways.

Have you, we ask, ever failed to get anything you wanted in this way? “Wanted it badly enough to go out and fight for it, work day and night for it; give up your time and your peace and your sleep for it?”

Desire of it made you quite mad enough never to tire of it; and you held other things tawdy and cheap for it —

Gladly you fretted for it, planned for it, lost all your terror of God or man for it —

You simply went after that thing that you wanted with all your capacity, faith, hope and confidence, stern pertinacity.

Neither cold, poverty, famished and gaunt; or sickness, nor pain of body, nor brain turned you away from the thing that you wanted.

Dogged and grim, you besought and beset it.”

This world is full of wishers but it has few concentrated wanters. Wishing this at one moment, wishing something else the next, wishing for this today and that tomorrow — is just not scientific. It does not

focus the picture upon the billions of cells of the body; it does not give a long enough exposure for the atoms to register it and start any chemical action.

What would you get, if you took a photographic camera, and kept shooting under exposed pictures, one right after another on the same film or plate?

Now, don't fail to realize that every cell of the body is a sensitized unit and subject to impressions given them by the mind, the feelings and the will, just as much so as a photographic film or plate.

There is far more to wanting in the true sense than at first appears. "Wanting a thing" or "Wanting to do something," you will readily recognize is a matter of feeling — very strong feeling — toward the object or vision which was created by thinking.

Naturally you are not going to want a thing badly unless you have an affection for that object. It is a matter of liking it — and that "like" growing into a "love" for it — so you can appreciate that this wanting business is an emotional affair.

Now, if you are rather a cold individual, lacking in emotional feeling, you are lacking in something that is essential to success, health, and happiness, but this emotional feeling — this wanting is almost a natural instinct and can be developed, even if you have almost smothered it, or are luke warm in "wanting".

It takes steam to make steam propelled machinery function. It takes 212° Fahrenheit to create steam,

nothing less will vaporize the water nor push the pistons. It is just so in the matter of wanting — you have to be steamed up.

Synonyms might help you get the picture of this feeling that must be generated. "Long for", "crave", "hunger for", "thirst for" — (the last two figuratively speaking.)

A desire — a want — a longing — a craving — is a far different thing from a wish, or a day dream that floats idly by. Wanting has vitality — life — power behind it..

A dynamic, powerful, positive, and definite wanting is a creative force that gives form to the inner cells, atoms or units of the system — these in turn give form to the invisible fluid all about, a sort of wave length as we term it in radio, and that form finds its way to the brain or brains, tuned to or sympathetic to the vision, as surely as the magnet attracts that within its field of influence.

"Wanting" is a form of power. It propels or projects the vision behind that intensified desire; it unifies and makes cooperative the cell units — which attract to themselves all that shall be necessary for the realization of that desire; it sends forth the message and demand to all sympathetic or attuned elements, to find a place in the new scheme of affairs in accordance with the vision; it causes radiation; it makes the personality dynamic, and sets the house in order for

communicating to all other individuals, within the field of influence, this purposefulness.

When we say "wanting" is a form of power, we mean just that.

You do not create power. Power and the source of all power has always existed, and is universal. You just adopt it, direct it, modify it, and apply it.

When you learn to open up the avenues within you that this universal power may flow into you and through you, and by the proper physical and mental attunement, you give proper direction to the human mechanisms, you will be in the center of the high road to health, happiness and success.

Let us see if you realize that all power, and the source of all power is and has always been here.

Very early in this course we endeavored to impress upon you and illustrate to the satisfaction of your reason, that all things are present here and now. That you cannot destroy nor can you bring a new element into being. You can change but not destroy. You can combine and create new forms from that which already exists. Let us stop to examine power in the mechanical field.

You want to propel a locomotive. You put water (two parts hydrogen and one part oxygen) in the boiler; you want to create steam to propel the pistons, which turn the wheels — you take coal, and burn it under the boiler. Coal, you learn from geology, is a

substance created in the natural laboratory of the earth. It represents other things which have undergone change, and it stores power, but the power was here.

Again you take steam, create power which by proper mechanism propels a dynamo and electricity is created, this goes out over copper wires. Men attach motors and run lathes and machinery — others put it through bulbs and create light — others use it for radio power, others for motive power — others to convert into ultra violet rays, others to heat, — to cook.

It is all power, but has been given different form and has been subject to various adaptations and uses.

Have you ever heard of some individual of great personality or energy called a "power house"? Well, it is literally true that you are a power house and when self realization takes place, when you come to the appreciation that you have within you all that any saint, savior, or sage ever had, that you are "one with the Father" — that all power can flow through you, then you will be "born again".

Generally speaking — you think, you feel, you will, you act.

Of these "the feelings" are the more potent in power generation. They work in conjunction with the other three.

A man having thought of a thing, and his feelings or emotions being aroused, he will generally will

to do something about it and act in accordance with that "willing", unless some of the negatives of his being, (and incidentally the negatives are self created and can be overcome) interferes.

Wanting, as we have pointed out, follows after liking or loving a thing, you step up one step and want "to lay hold of it".

We have stated that "wanting" is one of the emotions, and that it is power.

"Emotion" is an English word taken from the Latin prefix "E" which means "out" and the Latin verb "moveo" meaning to move, so you see it carries the idea of moving — or motive power — or power. (and from within out).

From what has gone before, do not draw the conclusion that we suggest or advocate emotionalism in the accepted sense of the word; sickly sentimentality — abnormal losing of the feelings — a display of maudlin sentimentalism.

A person who wants a thing in the true sense does not display sentimentalism; it is too deep and too serious an affair to wear on the coat sleeve. It has something of sacredness about it. It is your own deep longing; your own mental offspring, to be cherished, nurtured, fed, and to be nursed through to maturity — to budding and to fruition.

"Wanting" is a fundamental thing. Animals have wants. They want food — to preserve life — well being — to propagate.

Man has, in addition to fundamental animal desires, an intellect to direct his "wanting" into many complex channels. Animals have instinct — man — intellect.

Impress upon your subconscious mind how important is steadfast wanting.

We give you this assurance; that under the influence of intense desire, your mind, your intellect, your thought processes, conscious and subconscious will actually contact the super-conscious, the omniscient, and rise to degrees of vigor, and heights of accomplishment, that will seem almost unbelievable, and will give you thrills of self-realization that will lead to an inner understanding of the true concept of the religious and metaphysical teachings of the "divinity of man" — of "oneness with the Creator" and other similar teachings and lead to self confidence — and confidence in the fundamental laws and principles, which are ever working for perfection — and in you, if you will just not interfere or interrupt by the errors you so blindly commit.

You are a better individual than you have ever dreamed of. You have infinite possibilities — all the powers of the universe are set to aid you, if given half a chance.

So set about getting a purpose in life — a life plan — or a three year plan — a vision into the future.

Having that — think of it — think of the details and the steps to accomplishment. Put down on paper everything that would help — every essential — and

then "set your heart" upon it, quietly — by yourself, alone, in the privacy and sanctity of quiet peaceful surroundings; want it — long for it, crave it — pray for it in this way, "I am given the understanding and the ability to do this. To my subconscious mind I give the problem of guidance." Don't talk about it. Keep it as your secret — and you will learn that this gives added powers.

Remember — all power is God power — we do not have the ability to see this power yet we behold its manifestation in the growth and expansion of all living things — What we seek in His name will be ours.

Section 2 Instruction 14

Should we again make the statement that eight out of ten surgical operations are unnecessary, those who have followed these instructions carefully would recognize it as a repetition. But that is the first sentence used in a magazine article in April, 1939, written by the late Rex Beach with respect to the work of Dr. Edward Spencer Cowles of New York.

It seems that when a physician uses, in his every day practices, the knowledge which is common to all those in this organization, that it is a sensation and they are called "miracle men."

In the interview with this so-called modern miracle man, Dr. Cowles, he was quoted as saying:

"Many people suffering from stomach troubles,

appendicitis, heart disorders and other common diseases are not sick at all, in the usual sense of the word. Those affected organs may be perfectly sound even though the pains are actual and the symptoms so real that an X ray will often reveal them.

"Worry, anxiety, emotional strain, the wear and tear of modern life tend to reduce nerve-cell energy and frequently lower the cell's resistance to the point where bodily functions are seriously disordered. This fatigue of the nervous system can imitate all sorts of diseases; it can cause blindness, deafness, paralysis, crooked legs and withered arms.

"Those complaints can be cured and the patient can be restored to health by raising the nerve-cell energy to normal."

These statements were made, casually enough, by Dr. Edward Spencer Cowles of New York.

The article is a most interesting one, especially to a student of such things as the reader of this set of instructions is supposed to be.

I quote another passage from this highly interesting article:

"The nervous person doesn't merely 'think' he is sick; his neurosis isn't just an exaggerated form of jitters which he can snap out of if he has the will power to try. He suffers from a definite physiological disturbance, an actual chemical change inside the nerve cells. That change affects the normal functioning of his body and mind alike."

We have long since learned that certain mental states will produce actual poisons which are deposited in the system.

Under our study of truth, we find that this poison that was in the system came about from the thoughts, the moods and the emotions, and that it does actually work a physical change.

One of the interviews quoted in this article is of interest because it shows the extremes to which one can go and the dilemma in which one can get where there is a lack of control of the mental and emotional processes, as set forth in this article:

“One woman said, ‘Seventeen years ago, after an illness, I began to experience fear. I became afraid of everything: afraid of people, afraid to go outdoors. When I went out I felt as if the buildings were going to fall on me.

“‘One doctor diagnosed my case as heart disease and put me to bed for weeks; another found I had stomach trouble and sent me to the country. I got no better, so I tried a nerve specialist. He found nothing wrong and told me to forget it. Forget it, indeed! I got so I could think of nothing else. More than once I telephoned my husband that I was dying and for him to come quickly. I really thought I was, and so did he.

“‘Another physician advised me to have my teeth out. No improvement! Still another removed my tonsils, but I was as bad as ever. I consulted fifty-seven doctors in sixteen years. Six of them found I

had heart trouble and cautioned me not to exert myself in the slightest. I lived in constant dread of dying at any moment. I was a burden to myself and my family. I would have been better off dead. No one can understand what I went through.

“‘Finally I read about Doctor Cowles’ clinic and went there, or rather, I was taken there, for I couldn’t go anywhere alone. That was a year ago. He examined me carefully and told me there was nothing wrong with my heart. He explained what ailed me and I took his treatment. “‘My fears left me and so did my symptoms of disease. I go everywhere now; I do everything. I’m well and happy. The world is a lovely place to live in. But I lost sixteen years!’”

One more interview from that article and we have a picture of another mind uncontrolled:

“I began to have stomach trouble nine years ago,” volunteered another patient, a younger woman. “With it I developed the same fears you’ve been hearing about. No medical treatment relieved either my mental or my physical distress and finally I was advised to have my appendix removed. That did no good.

“Then I was psychoanalyzed. All that did was to fill my head with such horrid ideas of sex that I couldn’t look anybody in the face. My stomach remained as bad as ever and so did my fears.

“Next the doctors advised me to get married. Fortunately, for me, the young man I was engaged to loved me well enough to risk it — but I made his life a hell.

"Eventually I became convinced that I had cancer but that the doctors were too kind to tell me. I turned to diets. I went to a sanitarium and fasted until I grew so weak they had to force me to eat. At last I was told that having a baby would surely cure me.

"Well, I felt better until the baby was born; then I became worse. I was tortured with fears for him as well as for myself.

"My husband heard about Dr. Cowles and brought me here. I'll never forget how I felt when the doctor promised that I'd return alone on the subway. I had not dared go in the subway for years. Why, it took all of my courage to go from one room to another. But Dr. Cowles gave me some medication; he quieted my fears and — I went home on the subway. "Alone!"

"Surely no medicine can act as quickly as that?" I said.

"In a case of this sort it acts almost instantly," Doctor Cowles asserted. "I employ only a mild tonic sedative to quiet the emotions, reduce the irritability of the nerve cells and restore their energy. Then I explain the nature of the patient's fears and make such suggestions as will aid him to throw them off."

"One treatment didn't cure me," the woman confessed "but I improved rapidly and in a few weeks I was perfectly normal for the first time in nine years."

The substance of the interview with this doctor, who recognizes the power of mind and emotions, is

contained in this short quotation from that article:

"Fear, Dr. Cowles asserts, is the most prevalent and the most sinister disease we have; it is on the increase and millions today exist in a land of terror from which they see no escape. Nearly everyone suffers from some manifestation of it."

The form of treatment given by this so-called miracle man is explained in the two paragraphs following, taken from the article:

"The medicine employed is harmless," he explained. "It is taken by mouth and merely quiets the nerve cells, refunds their energy. It tends also to reduce the emotions and opens the patient's mind to suggestions. He then lies on a couch and relaxes. Firm hand pressure is applied over his eyes and at the pit of his stomach, which further reduces irritation. Meanwhile,, suggestions to that effect are given. Next he gets up and sits in a chair and it is explained to him precisely what causes his fears. He is made to understand that the thing he fears is internal and not external; that he's not actually afraid of the subway, for instance, but of the violent emotions it excites in him. Then he is made to do the very thing he's afraid of doing. We compel him to 'go against' his feelings, to drag them out into the open and analyze them. It's amazing how quickly many people respond." To show how few people really recognize the principles taught in this organization, this experienced author had this to say:

"This clinic ministers to the most prevalent and

the most menacing disease from which humanity suffers — fear. Surely, after sixteen successful years, it can't be called an experiment."

If you are a true student of these Instructions and have had any such fears, as above described, they are gradually dropping away from you for the simple reason that you cannot fill the mind with the positive truths of nature, and carry a mind load of fears at the same time.

What Dr. Cowles does, you can do, with understanding born of the knowledge to be gained in this course of study.

. . . JUST TALKING IT OVER . . .

As we live our lives day by day, we create our selfhood. The thoughts we permit, the visions we hold, the interests we cultivate, and the things we permit ourselves to enjoy, determine whether that inner thing we call "self," shall be a source of pain or pleasure, productive or destructive.

In the course of these teachings, you will find, if faithful, that you are remaking yourself — you are experiencing a rebirth. Then the Bible expression "Ye must be born anew" takes on meaning.

The self one develops inwardly, rather than the

fortune one has outwardly, determines whether one shall live in peace or in gloom. The striving should be that you have for your inner companion a self which possesses poise, strength and high purpose. "Every resentment you encourage, every grudge, every despondency, every conceit, tends to break down the selfhood. Every self-mastery, every high fortitude, every facing of naked truth, is an upbuilding process of selfhood".

"Great souls set out to make the spirit supreme and the body its subservient instrument".

We would give to the world thoughts by which willing men and women can make themselves masters of life.

True, the world is full of suffering, and likewise unnumbered millions are devoted to overcoming it. The answer lies within the individual.

Speaking in a very material way in a very materialistic world you doubtless desire health, happiness, and success — money. These things are for you and are attainable.

You took years to acquire the ability to read understandingly — for a general education. Over the years you have acquired physical, mental, and emotional habits. They are not going to be changed in a day or a week or a month.

If you are not happy, healthy, and successful, you carry about with you the proof that those habits have been wrong in whole or in part.

In the usual course of events you have been ac-

quainted with us but fourteen weeks. We have but given you a ground work for understanding.

It rests entirely with you how happy, healthy, and successful you become. Keep in mind that if you do not attain these things you will prove a disappointment to us.

We mean precisely what we say when we give you the assurance that health, happiness and success are possible for you.

Constance J. Foster in an article telling of a healing of her son in "Faith" beautifully shames the doubter in this manner.

"What you prepare for, confidently expect, and think about most, you get. It may be trouble, or it may be joy. It's up to you."

We know very little about this dynamic power as yet, but we are learning more all the time.

It is rather like short wave radio except that it operates outside the bounds of time and space. Each one of us is a sending and receiving station for vibrations of electrical impulses whose tremendous power we are only beginning to use constructively.

You want love, and you haven't it? Then your dominant thinking has not been love, but something very different. It has been self-pity, or an underlying hatred for something or someone, or vanity and self-love. For the law of love is mathematically exact. Love and you shall be loved. It is as simple as that, and as certain.

Money? You have exactly as much of it as your present consciousness of plenty can attract. The law is unrelenting and impersonal. It shines on the just and the unjust. You may wish you had a million dollars. But your dominant thinking is not of a million dollars. It is a preoccupation with the million you haven't got. Your mind runs something like this — "If I could only afford it", or "How will I pay the bills", or "Business is getting worse."

Fear throws the universal law into reverse gear. It negates every constructive impulse so that invariably its victim has to admit, "That which I greatly feared has come upon me". Concern yourself with lack and inadequacy — and you get more lack! Prepare for a rainy day and it will surely find you.

Health? Perhaps you enjoy being sick! Lots of people do. Their ailments help to keep them in the center of the stage. They talk symptoms, think aches and pains, live in a perpetual sick room atmosphere. There is a medicine bottle consciousness. Others want to be well but live with a dread of germs that is stronger than their consciousness of health. The law makes no exception. It returns in kind. — Why blame a mythical "fate" for giving you what you yourself ask for?

It's entirely up to you.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

HOW TO SOUND THE CALL
IS THE THING

FOR YOU TO ACQUIRE:-

"Knowing ourselves superior to the anxieties, troubles and worries which obsess us, we are superior" - Read that again on Page Two of Lesson Fifteen accompanying this letter. The whole context of that thought gem can be a comforting thought in the troubled days ahead.

Do not skim over Instruction Fifteen lightly. It may come to you in a troubled hour, like an answer to a prayer, as it has to countless others. It gives a foretaste of many presentations calculated to acquaint you with that something within you, which, when discovered and utilized, will materialize your ambitions so naturally and simply you will wonder why you ever thought in terms of "the mystery of life."

Man is no longer the sport of inanimate nature; he has penetrated the laws of the physical world and harnessed its forces to his own design.

The need is for a charting or recharting of the sea of life; for a compass that will ever point true to the divine principle within; - a sextant, that by the stars of faith and love, will prove man's relation to the infinite.

There is a call for individuals who feel an ambition to understand and control the forces which make up their own personalities and determine their destiny.

The enlightened know that there will soon be a world-wide need for such individuals to help steer the thinking of the multitude. Countless individuals fear that civilization is about to be destroyed. It may appear that we near the brink. To quell that fear will be the divine sanctifying, regenerating and preserving influence.

It is the aim of this Order to provide the torch bearers, as far as humanly possible - - drawing upon omniscience - - and depending upon the aid of those who benefit in small things and in great, from the understanding of truth.

As we give to the world it is given to us. Upon this principle alone we carry on - and when men learn that it is not a matter of religion but a workable life principle available to all - and live accordingly - they will survive and be triumphant in the new era we rapidly approach. It "makes straight the way."

Read "Just Talking it Over" Pages Thirteen to the end - and may you grasp early in these instructions how to sound the call -

The blessings of the infinite be yours,

THE ORDER OF THE ESSENES

S. Hamner Davis



THE Essenes

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Instruction 15 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

If you have experienced disappointments, discouragements, and defeats, your spiritual metal has been tempered. All Who succeed in life, have thus acquired their most valuable assets, for every adversity brings with it the seed of an equivalent advantage.

The turning point usually comes at the moment of some great crisis—when you meet your other self—the real YOU—with whom it is our purpose to acquaint you.

. . . . THOUGHT GEMS

There can be no question that, had all been easy, man would have stayed where he was at the dawn of history. The menace of nature, of the beasts, and then enmity of his fellow man furnished the incentive to his upward climb—the lesson is that difficulties had **VALUE**.

There never was an emergency yet which the life principle was not equipped to meet—when all existing methods were used up it invented new ones.

Now for the application of the lesson to our lives and conditions.

The more we conquer, the more we are enabled to conquer.

We form a habit of conquering as insistent as any other habit.

Victory becomes a state of mind.

Knowing ourselves superior to the anxieties, troubles, and worries which obsess us, we are superior.

It is a question of attitude in confronting them—it is mental, not material. It is just being in harmony with the life principle, and that is a contact with power; and to be in harmony with power is to be strong. Naturally, the life principle is the seed from which you spring—your blood, your breath, your brain.

You cannot cut yourself off from it, and it cannot cut itself off from you.

It is a question of your own orientation.



The life principle is ever present, in every cell of our body. At the instant we have a cut or a bruise or a broken bone or any physical injury, the life principle goes instantly to the spot to repair the damage, to renew, to restore, to make good.

"Making Straight the Way"

Before taking up the third step to a correct understanding of attaining health, happiness and success, it is well to understand that countless thousands—the great majority of people in fact, have sought this understanding.

Many have tried—many have failed. It brings to mind the Bible passage—"Ye receive not, because ye ask amiss."

In every search, grains of truth are found, but the full law—the complete list of principles—the mental chemical formula, in its entirety, must be mastered to make certain the attainment of cherished ambitions.

We are going to set forth in this set of instructions excerpts from various sources, to show the mental processes some have used in the search for truth.

A preparatory ground work must be under any worth while structure—and nothing transcends in importance, your own life structure.

Two corner stones have been laid—

- (1) proper visioning or purposefulness.
- (2) putting behind it the power of intense desire.

You will consider a third, when you have been attuned, and made ready for it.

What other moderns have found in the search is of interest—and we pause just long enough to consider some intensely human examples.

In a small book called the "Inner Secret"—

marked by "X" as the author, we came upon a story of one who started out with the conviction that there was an "inner secret" of success—and he interviewed every possible successful man he could contact to try to find this secret.

His experiences as related were enlightening. We quote.

"As I grew older I came in contact with a number of comparatively successful men, and I lost no opportunity of tactfully sounding them concerning this subject. Most of them, at least at first, poohpooed the idea; but afterward, in moments of unusual confidence, a number of them somewhat reluctantly and almost shamefacedly acknowledged to me that at times they were convinced that there was "something about" them, or rather "something outside or above" them, which aided and assisted them in their success—something which inspired and guided them often in spite of their own previous ideas and convictions concerning their course of action. This was rather a new idea to me, or, at least, a variation of my old idea. I determined to investigate the matter further.

As I grew still older, and was thrown more and closer in contact with men of affairs and of prominence in the world, I found that in the secret heart of most of them there existed a silent, indefinite, but still strong feeling that there was a "something outside" which was "on their side," and which was always working silently in their behalf—a brooding something which was a fount of strength and an

unfailing resource. This seemed to be the fundamental idea—the essence of the thought of experience; but nearly all of these persons had each his own interpretation of the essential fact.

Those of strong religious convictions held that "the Lord is on my side; He has been good to me, and always has responded to my call." Others seemed to believe in a favoring Destiny, or even a "lucky star." Others spoke vaguely of "higher powers," or "beings on the other shore," who were working in their behalf.

Others had rather gross superstitions concerning the case—incredible superstitions they seemed, considering the standing of the men holding them. One and all, however, held that "that something about" them was really a "something above" them in which they had come to believe and to trust, by reason of their own experience in the matter.

A few points, however, were impressed upon my mind, in connection with these cases, namely, that (1) the greater the degree of faith in the "something above" held by the individual, the greater seemed to be his degree of success attributed to such influence; (2) that it seemed to make little difference just what the person believed to be his beneficent and powerful "something above," provided that he believed in it whether it was Divine Providence, Destiny, or a Magic Charm; it seemed to work provided that he believed in it "hard enough," and (3) that the more faith and

belief the person had in that "something," the greater grew his faith and belief in himself.

When the person got to believe that the "something" and himself were in partnership, the former as silent partner, and himself as active partner, then the firm became a mighty one, and he, himself, as the outward front of the combination became filled with self-confidence and self reliance. It was all merely the variation of the old theme of "Gott und Ich," "Gott mit uns," or "The Lord is on my side," notwithstanding the fact that the idea of the helpful Supreme Being was absent in the conception of many of these firm believers in the "Something."

I sometimes thought that if one of these persons firmly believed that "Something" to be an old brass door-knob, and provided that he believed in it implicitly just as the others believed in Providence, or in Destiny, or in "My Lucky Star," then that doorknob would "do the work" for him in like manner.

But, in spite of all of my speculations and theorizing about the matter, the thought never occurred to me that this "Something" might be found **within** the being of the individual himself, rather than "about" or "above" him.

I seemed to have a mental or spiritual "blind spot" which caused me to ignore that immediate source of Reality and Power—that Something Within. I don't know how I happened to miss this important point, but miss it I did. I was like the man

who fruitlessly sought all over the world for many years for a certain buried treasure, only in the end to find it in the garden around his own home to which he had returned in his old age. Or, like the shipwrecked crew, parched with thirst and dying for want of water, who had unknowingly entered the extended current of a great seaflowing river, and who perished though they had but to dip their pails over the side of their boat." Thus ends X's comments.

One of our dear friends—who has been one to encourage the modernizing and making readily understandable the ancient truths taught by the Essenes,—brought us a page from some magazine which he said he had cut out and saved for nearly ten years.

The article was entitled "Make Straight the Ways", and was by Celia Caroline Cole. We have no means of knowing the publication from which taken that we may give due credit but we quote that splendid article just to show the searches for health, happiness and success, and that many answers are evolved—all with their quota of truth—and all having through them the thread of self-confidence, faith.

Here is Celia's story:

"One night in a hotel gay with people and music I sat in the lounge talking with a man about prayer. He was an internationally known lawyer with a mind as clear as crystal and as ordered as the stars. And he was telling me an astounding

tale: that his life was controlled by what he called two-way prayer. He prayed, "talked the whole thing out with God"; and then he listened. And sometimes he had to wait long before an answer came."

"But it always comes?" I asked him.

"Not always; but nearly always."

"How do you know that it isn't your mind talking back to you?" I cried. "Not just your little conscious mind but the unknown mind, all that undiscovered country we call by so many names—the subconscious, the superconscious, memory, intuition, prescience? Or maybe the emotions answering? How do you know?"

"I didn't at first," he explained. "I don't always now. I made mistakes. What of it? I had made more—and worse mistakes before I learned to pray. When the answers don't feel right, I hold my expectancy steady and say, "No, You speak!"

I wasn't very clear about God at the start, but I was convinced of **Law** behind the Universe; and a law functions for not only the big things but the little things as well—which included me. So I talked to that **Law**. And soon I found out that if I made my mind a blank and directed my listening toward my heart instead of toward my head, a clear, definite answer would come, worded not at all as I word things but with a style all its own."

"And you felt that it was from no remote part of you?"

"What is God and where?" he countered. "It

was not from my conscious self, I knew that. And **what difference does it make what answers**, so long as it is good answering? **The answers come.** And they work. They are not always exact, but they are the most exact things in my life. And now almost invariably I know when it is the Voice speaking, for there is a spaciousness, an energy, a ring about it. It works, this praying and listening. Believe me, it does!" He grinned as he bade me good-night.

In my room, I stood looking out at a black night. And then I prayed. And after I had "talked it out with God," I listened. Many thoughts darted through my mind—some, wise and pertinent, others trivial.

And then came slow, distinct words, as clear as if spoken, though they were not spoken, only there, rising up from my heart, clear round words:

"Make straight the crooked paths. Feed my sheep." All over my head and shoulders there was an electric tingling as the words came. I waited but nothing more came.

I had prayed, "Help me to find the Truth, help me to do your will!"

"Make straight the crooked paths." Was that the way? And had I crooked paths? Yes, in the sight of God I surely had; measured by a good uncompromising yardstick, I certainly had. And the more I looked, the more I saw how many there were. All those things that burdened me so were crooked paths! Obligations and duties, faults and mistakes,

some of which I expected to carry to the end of my life because I had let myself in for them—all were crooked paths. And then there were even more subtle crooked paths, the drifting, careless, winding ways of my daily life. (Review your own self estimate—2nd section, instructions No. 4.)

It took time, but little by little my life straightened out, my devious ways grew fewer. Within a week a burden that I had expected to carry through the years fell off my back; within a few months a habit from which I have tried to free myself for years dropped away from me. The beloved house I live in, the work I am doing, dear to my heart, came to me as guidance in "two-way prayer." And guidance came as a result of making straight the ways. For some time or other answer would come but "Make straight the ways." And then later:

"Do not strive, only desire above all things to be one with Me. Nothing fails thee, nothing can fail thee but thy desires. Keep them alive and high. No one can move forward who has not purpose. Feed my sheep."

"You hold in your hands the gift of life. It is made of Me,—fulfilled. The way is hard, take My hand."

If I am faithful, the voice is faithful. I lose it only when I stop wanting it enough to ask for it and to obey it when it has spoken. I have learned that lack of power is lack of prayer; that the prayer which is needed is not "Send me this or that" but

"Keep me sensitive, so that I do not miss seeing and taking that which You are always sending!" I have learned that all progress is spiritual, that when you take the human way out of difficulties you are torn and tossed about uncertainly and emerge only partly victorious and nearly always worn. And I have proved that miracles of healing and activity and joy will come for yourself and for others out of faithfulness to two-way prayer."

Spread your problem before Him as on an altar, unlock yourself with gratitude that such an opportunity can be, then unscrew all the screws of your mind and heart, close your eyes, shut out all outer sounds, all darting thoughts. Go deep into the silence of your inner self and, relaxed, expectant, listen for the voice.

"Feed my sheep" was not so clear to me as "Make straight the ways." How could I feed His sheep? I have lived among people who were not interested in spiritual things, and I have never been sympathetic toward those who bear down upon you with firm radiance, tracts in their hands and precepts on their lips. What could I do?

Again I prayed. And the answer came:

"Loneliness in the heart of man is need of Me. See that need and ask for the word to be spoken. Put light in dark places wherever you see them. Be so lighted yourself that no one shall ever go away from you still in the dark."

My heart smote me. That very day, there had

sat before the fire with me one with unhappy eyes; and I had not made it easy for her to speak. She looked so chic, she had so much,—beauty, wealth, a fascinating life—I had talked to them, instead of to her unhappy eyes. And she had gone away unfed.

So little by little, I came to know what "Feed my sheep" means. To become so sensitive to other people's needs that not even the smallest unuttered cry in them can go unheard by you. And don't, oh don't confine God to a definition! Their need may be for only an invitation to dinner—a seat at a festive board of affection and laughter and caring—or an hour talk stripped of pretense. Or maybe a lent book, or money — or all that you have. It doesn't matter; pray for insight and sensitiveness; then feed the need that you see.

It's an adventurous life. It's a light-hearted quest. As surely as we live, we have within us that answering voice, only we have never listened to it or even cocked an ear toward it. But it is there, calling, calling.

Make straight your ways—you know where they depart from the straight, better than anyone else can know! Power will come in, and peace and answered prayers. This I know, God has not said His last word yet!

— And thus we are led to the third step in our program for health, happiness and success:

- (1) Vision, (2) Power of desire, (3) ?

. . . JUST TALKING IT OVER . . .

In this set of instructions, we are giving you no second section. We are setting you no task, asking no new exercise.

The problem of attaining health, happiness, and success has been given serious consideration by countless thousands, and herein we have given you two approaches by others as a sort of attunement as suggested on Page 3.

The instructions of the Order of the Essenes present to you the true path of attainment, no matter what it is you most desire.

Opportunity knocks! Opportunity is a visitor who rarely calls on those who neglect to provide a suitable welcome.

It resembles the Traveler in the old German Tale:

"One stormy day a rich man entered the wretched cabin of some poor peasants for shelter. The peasants were dazzled by the costly jewelry and sumptuous armor of their guest, and were fain to rejoice at the honor shown them.

"The Traveler, however, brought along with his other luggage a goodly store of fine provisions which he allowed them to feast upon. So great was their enjoyment of these that they forgot all about the duties of hospitality. Their delight in the good things, aided by their natural indolence, caused them to neglect making a fire, and the guest was left to shiver in his wet clothes.

"Noticing all this, the Traveler hurriedly gathered his things together and, in spite of the deluge of rain, departed forthwith, never to return.

"Now the peasants had neighbors who proved to be more intelligent than they.

"Perceiving the stranger who was now approaching them, they hastened to throw vine branches upon the hearth and invited him with smiles to come in and make himself at home among them.

"They prest around him and would not consent to partake of the provisions that he had brought until they had first made sure that he was comfortably installed.

"Revived by the pleasing warmth and touched to the heart by the fineness shown in the welcome, the Traveler tasted the sweetness that comes of fine hearts and home surroundings.

"He did not leave on the morrow as he had intended to do, but prolonged his stay, and did not depart until he had by largess and solemn promises assured the future of his amiable hosts."

If we go into the philosophy of this Tale we instantly perceive that the peasants first mentioned were the more favored, since it was at their door that Opportunity in the form of the Traveler first knocked.

Opportunity is like this Traveler. It does not permit us to profit by its gifts unless we try to deserve them.

It is the law of nature—that as you give, so shall you receive.

Have you given, and do you give in the measure in which you desire to receive?

One of the most difficult tasks in teaching people how to live and attain is to get over to their inner consciousness a true understanding of the fact that man is unity and multiplicity—that he is **one** with the universal—that each and every organ of his body is related to every other—and that what he does, whether it be labor or love, he does with all his organs, if he does it well. To know this as a fact, is a rebirth.

A knowledge of biology teaches us that our body comes from a minute egg, composed of one cell. This cell divides into two parts, and in turn these two and all succeeding divide, and soon you have millions and billions of cells, and yet you have the original unit or unity.

The male sperm that fertilizes the female ovum or egg is

so minute that it is said that all the sperm required to produce the next generation in America could be contained in a pin head.

At the instant of fertilization a new individual is in embryo and the possibility of future generations.

Such wonderful facts of life, when rightly understood, open the casements of the mind to acceptance of the teachings of this Order.

Some of the modern writers, in giving directions for the attainment of success, health, and happiness, bolster their statements or formula by a form of testimonial, showing that Carnegie, Schwab, Ford, and all the great industrialists agree that the formula outlined is the secret of their success; yet as outlined on Pages 4 to 7 in these instructions, most of them unconsciously followed the true path of attainment we are outlining—the third, and a vital element of which comes to you in instructions 16.

You have been taught that desire power is a real and efficient thing—it is, so to speak, a sperm that fertilizes the egg of your aim or purpose.

See if you can get this idea. Your vision, plan, or mental child of what you want to be or do is as the female ovum or egg—it needs but fertilization.

Desire is one element of which this fertilization is compounded. The other three will come to you in due order, and then the life principle takes hold.

The marvelous mechanisms of the individual must be understood to appreciate what unity and multiplicity mean.

Your consciousness and your organs are harmoniously harnessed together by a network of nerves. You have chemical messengers called hormones, which each gland sends to all parts of the body.

Every part of a motor is a separate item; there is a multiplicity of them, but they function together and are a unit in producing power—that is unity.

The body is wonderfully adaptive, which is proof of its unity. Thus, when external temperatures go up, automatic mechanisms of the body prevent our inner temperatures from increasing.

Again—when man faces danger or a crisis, the glands, prompted by the mental appreciation, immediately secrete in the blood stream substances that increase the pulse, the blood pressure, and the necessary sugar required by the muscles as fuel, for an attack, a defense, or a flight.

The wonderful adaptivity of the human body is evidence that nature, the life principle, meets every emergency, and as in the ages past—through all the ages, as heretofore explained in our instructions relating to geology—creates new instruments, if those at hand are insufficient.

This should teach not only the unity of the body, but its unity with the universal or omnipresence.

How to sound the call is the thing we must acquire.



. . . . THOUGHT GEMS

Many people act in daily life a character not their own, and they are so busy playing the part that true thinking has neither time nor space; and the desire to appear, instead of really be possessed of certain qualities, vitiates thinking.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

FAITH IS POWER
IT MOVES THE INNER BEING

IT MOVES YOU: -

Every day a new name flashes forth in the press of the world - a person who for long been believing in himself, doing daily what he knew he ought to do, eye upon the future, faith in the fact that as he gave so would he receive, always trying, ever pushing on and up.

The world cries for leaders - plus characters - men who discipline themselves to perform above the average - give more - and act with faith.

In Lesson Sixteen herewith enclosed we reveal the third ingredient in the success formula - Faith.

Faith is not some will-o'-the-wisp mental condition difficult to catch and hold. There is such a thing as an understanding faith, based upon principles as unerring as those of mathematics -- so this set of instructions is more important than you can yet realize.

Faith has nothing to do with visible circumstances. If your mind is absorbed with circumstances you have not faith consciousness. Understanding faith has two pedestals as you will learn later. First, a demand must be made - a clear call - before the supply will manifest. Second, the supply forever awaits the demand and is limitless.

That great Essene teacher therefore expounded a proven law when He said, "All things are possible to him that believeth."

This is Faith - Become an adept and achieve your cherished aims. You can be the person you want to be.

To this end we pledge you inspirational guidance,

THE ORDER OF THE ESSENES

By

S. Hamur Davis

INSTRUCTOR

Enc. 16



THE Essenes

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Instruction 16 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

The secret of health, happiness and success lies in your own consciousness. "There is no such thing as an idle thought. Thoughts are the busiest forces in the universe. They are your errand boys rushing around through time and space to bring you back exactly what you order them to get for you. They never make a mistake or fail to count the change."

—CONSTANCE FOSTER.

. . . . THOUGHT GEMS

Beware of fear—fear is the deadliest enemy to knowledge. In proportion, as you cease to fear, the life principle hastens to your aid.

●

Suspicion always being likely to see what it suspects, generally creates the very thing itself. Why, you will come to understand as you come to know your mental chemistry.

●

Desire entrenched in faith will become the pillar of cloud by day, and the pillar of fire by night.

●

Heart longings are the real you, not begging, but demanding expression.

●

A creed is the ignorant past, bullying the enlightened present.

●

Right thinking is the key to right living. What are these right thoughts and how to do these mental problems is the question to wrestle with.

To have and to hold close to the heart a right thought is possible only through a disciplined will.

All thought, of whatever kind or character, is a creation of the will.

There is no part of the human organism, physical or psychical, with which the will cannot deal with perfect accuracy. The individual has the right of choice — to choose is to will.

"Let Not A Doubt Creep In"

We now arrive at the third step in our mental and power process of creating health, happiness and success.

One cannot observe nature, know anything of the sciences without a firm conviction that there is an unchangeable, inexorable principle at the source of all existence, a creative, underlying cause of all things — call it God — Law — Nature — or what you will.

We stress the point that every person is a generator of power. You can generate it physically or mentally — Creating it is not all. You want to get hold on the feeling of power.

Have you taken the second step well? Have you some intense want?

If you have experienced an exhilaration of mind, gotten the feel of a sense of power, you have set up a quicker better circulation of blood; you have sensed a pleasant warmth of the body, — your digestion has improved, purification of the blood stream has taken and is taking place; poisons are being thrown out and an outward show of this is manifesting.

Here is how it works: This becomes apparent to you — then to others — then a change takes place, not only within you, but towards you — and the inevitable follows — with that change, circumstances change.

There is nothing new in the doctrine that you can bring good things of whatever kind you desire into your life by holding them as yours in the invisible until they become manifest, — live your vision.

Solomon said, "As a man thinketh in his heart, so is he."

What you think, you sooner or later act upon. Think fear and you act fearfully. Think fearlessly and you act bravely and courageously.

This is not a fine spun theory — It is the law. You must have the faith and the courage and the will to demonstrate it in your own life — and to your own satisfaction. Prove it in little things and then progress to greater things.

To this point, you have created a vision, which you intensely desire to be out-pictured in the real — you want to manifest or demonstrate the truth. Now what is the next step?

To tell you to apply "faith power" just would not carry any meaning — It might sound a note of prejudice — It might sound "churchy". That's the answer — but more than likely you know about as much about it as the great energy confined within the atom, which science is now endeavoring to crack.

You first set up your vision, then you intensely desire it — then you can spoil it all, if you don't believe it can or will come about, — if you lack confidence.

Let us see what confidence means. "Con", in Latin means "with". "fides" in Latin means faith — so confidence means "with faith".

You must therefore not only vision well, want intensely, but you must confidently expect it to materialize.

There is no philosophy on earth that will enable a man to do that which he thinks he can not do. He is whipped at the start, without this self faith.

Why should you not confidently expect that which you vision and desire, to materialize? It is the law of the universe that it will materialize, if you observe the laws we are laying down for you.

The majority of people are many times weaker in confidence than any other faculty. Faith is the bed rock upon which all other foundation stones in every great man rest.

It is our purpose to explain to you at this point the very easily understood reason why a lack of faith or confidence wrecks the whole "house of cards".

Every thought or emotion vibrates through every cell in the body and leaves an influence like itself.

The body is but a mass of billions of cells, so closely tied together and inter-related that what effects one effects all. That is just an every day fact — and nothing is more marvelous than the common and every day facts of life. To understand them properly will take you to worlds elsewhere, and open the magic casements of the imagination.

Confidence or faith is one of the powers, just as we explained "desire" as a power. It too is one of the emotions, which carries the meaning of power.

Surely you can see that if you create a vision and you so desire it that you focus and imprint the picture on the life units and it is ready to start in the processes of creation and to manifest on the physical plane, and you doubt, lack confidence, fear, and see failure of the whole thing — that you have created a picture of your vision failing, and the life units carry out that picture.

You create the picture. It is ready to take on motion, activity, and vitality and your lack of confidence, which is a picture of failure, just puts on the brakes and throws it into reverse motion and heads the picture for failure.

It is just impossible to keep up the fires of living your vision, when you dash them with the waters of fear, doubt and lack of faith.

This lack of confidence comes about because you get too much of the physical you, the personal you as you have been considering yourself into your consciousness.

Have you forgotten the real YOU — the very first thing we discussed in this series of instructions? Understanding the real "You" should give you inspired confidence — faith without limit.

It may seem, at first, too good to be true, but infinite power is available to you. In the power realm of

the infinite lies the present answer to your every trouble and need — just as much so as all things are present for the growing tree, or plant as we have learned.

The life principle always working for perfection is divinity. You are a part thereof and in direct contact with the infinite if you will just open up the avenues. Remember — “Make straight the ways.”

In every religion under the sun the value of faith is stressed — but it is not always understandable when it is asked that faith be put in something “above” — “beyond” — something that the mind does not comprehend.

The faith — the self confidence — the confident expectation of success, health, and happiness, we call upon you to exercise is in the working of a law, that you can prove does work, on all sides. You see it working daily and it is within you, — not afar.

There is real power in faith. It moves the inner being — it moves you. You say you have “will power” — it enables you to do what you will to do — move your hand — your foot or other members of the body. You can understand “will power” — well, “faith power” is just as real as “will power”.

Misunderstand not! When we speak of faith power we do not mean to carry the idea of belief in moral or religious precepts or doctrines.

We are talking about a very common-place thing.

You go to the corner to catch a street car, you confidently expect it to come along. That's faith.

Now the working of this mental and power formula requires that this thing you want or want to do — this vision you long to make real — must have the power element put into it in this way. You just confidently expect to get a number you call on the telephone, just as you expect to get up and have your meals tomorrow — just as you expect night to follow day — there is just not to be any concern or alarm about it — It is just going to be.

As one of our research workers says, "It would be 'just plumb darn splendid' if we could just tell folks to apply faith power, or confidently expect the ideal they so ardently desire and they would understand the meaning and put the personal power, garnered from universal power, to work."

The difficulty is that "faith" in the ordinary mind has been in no way associated with the every day affairs of life nor the practical world of men and action.

The idea held by most persons is that faith is an emotional state, in no way related to reason, nor the things about which one can reason; It seems to carry the meaning of blind credulity; acceptance by custom or upon higher authority — and the higher authority is accepted by reason of antiquity, seemingly universal belief, or a postulated divine source.

There is a far different meaning. You may not be conscious of it, but every day of your life and in

practically all of your ordinary affairs, you act upon faith.

You buy food from your grocer because you have faith — in some degree. You eat it because of confidence or faith.

You put your money in a bank, by reason of faith, (con-fides — with faith).

Your lawyer — your doctor — your insurance company — your employers, or your employees all are such by reasons of faith in some degree.

If you extend credit or buy on credit, you exercise faith. In the case of buying on credit you confidently expect to receive the money with which to pay.

In other words you act as though failure were impossible — You go right ahead and do something with perfect assurance in your mind of the outcome.

When you get to the point that you can, with respect to your plans and purposes act with that same assurance, just as though the successful outcome was a matter of course — just as though failure were impossible, and not a hesitation, not a doubt creeps in, then you are applying faith power.

As to this motive power, you have experienced it and observed it, but perhaps never analyzed it.

The more faith a person has in that which he is doing or toward which he is working, the greater will be the manifestation of his own powers and capacity,

the more efficient will be his performances of the work, and the greater will be his ability to influence others and to cause them to see things in the light of his own earnest belief and interest. "Faith arouses enthusiasm — and sustains it." Thus has one author expressed.

A reason for faith being a power generator is due to the fact — that when one has faith in his proposition, he has poise, balance, and a calm inner feeling, and his energies are not scattered or wasted. It focuses the attention and interest just as the magnifying glass will focus the sun's rays on a given spot. Faith concentrates the powers.

When the powers are thus aroused and impel action, — doing something about it, — taking one step forward, — there is set up also an attractive power. This too, you have experienced, but you laid it to luck, chance, or fortunate circumstances.

This attractive power tends to draw to you things, persons, or conditions in harmonious relation to your intensified thoughts, ideas, ideals, or it tends to put the individual into the environment, conditions, or the presence of the persons or things that will help to the materialization of his objects and purposes.

You will pick up a newspaper or magazine casually, and right before you will be an article along the line of your thinking.

You will meet seemingly by chance some person, who will as if from out the clear sky, talk on the very

idea you have, and give you the key to the situation; or you will turn on the radio and right out of the void will jump the answer to your seeking — or a suggestion as to just where the answer lies.

These things are not accident. That is the law of attraction, — a directing force from within.

When you have created your vision, become purposeful, and that picture grips your very being, and your desire burns intensely, and you get the "feel" of faith power, ideas, things, help will just seem to come to you, and you will just seem to feel that up to that time no one seemed to think of or take interest in the object of your interest, but all of a sudden the whole world is apparently becoming aroused to an interest in that special subject.

You will become conscious of the public library and that there are books on the subject — you will find that there are magazines or trade journals which contain articles that are guide posts to the roads you desire to travel, and you will find that your attention and interest is so sharpened, that out of material along other lines of interest, come thoughts and suggestions of special application to your pet idea. Such is the attractive power of faith, confident expectation of success.

As Herbert Spencer said, "We are ever in the presence of an infinite and eternal energy, from which all things proceed." We are giving you the directions which will put you in that current of energy.

The sooner you realize that there is no limit to the influence of a human being, to your influence, the quicker will you make giant strides of progress. You have seen single individuals sway whole nations. History records many.

The way to start is to have a sense of purpose in what has been a daily grind.

We give you this positive assurance, — You can be the man or woman you want to be — at a price.

It has been said that the Gods sell anything to anybody at a price.

There is a way out — and it is within you.

Ralph Waldo Emerson said, "That popular fable of the sot who was picked up dead drunk in the street, carried to the Duke's house, washed and dressed, and laid in the Duke's bed, and on his waking, treated with all obsequious ceremony, like the Duke, and assured that he had been insane, owes its popularity to the fact that it symbolizes so well the state of man, who is in the world a sort of sot, but now and then wakes up, exercises his reason, and finds himself a true Prince."

Give time and consideration to your vision — your purpose. Keep it within the bounds of reason. Later you can advance it to what may now seem beyond the realm of the possible. Let your thoughts and desires for that object be so passionate and alive and intense, that the very etheric waves themselves will sense the message that they bear. Let your confidence or

faith come warm from the heart, full of the fire of life. This will touch the universe — its power of attraction is boundless.

Something about you who read this!

You live far below the possible level for your life.

When you are set free, and you will be, if you are faithful to these instructions, from the things that hinder and hamper you; when you rid yourself of repressions, you will approach the potentialities within you, — you will be transfigured, — born again, so to speak — you will have escaped from futility.

. . . . THOUGHT GEMS

The first and last truth concerning existence or being is this: there is present and active a supreme presence power from which all things proceed directly and indirectly, and which is the base, ground, support, cause, correlator, coordinator, essence, substance, and life principle of the entire world of things.



Repeat after Macbeth: "The mind I sway by and the heart I bear shall never sag with doubt, nor shake with fear".



There are but few minds held down to a purpose. The average person has no plan of life, is undecided what he wants. This brings mental confusion, lets in a lot of destructive thoughts which make one unhappy, unhealthy, and, of course, unsuccessful.

Section 2 Instruction 16

You cannot give too much time and thought to the first section of this set of instructions.

Thoughts as things — get life, vitality, action, and results only by being mixed with emotions — feeling — and the greatest of these is faith.

Thoughts vitalized by faith make a straight path to the subconscious — and thence to the universal — from which comes the materializing substances. It is our desire to develop super men and women; likewise we want them to not only act the part but look the part — so suggestions for physical betterment are given.

We now pass on to you some simple suggestions on posture.

All physical training experts agree that good posture is a very simple habit — merely a habit of holding the head high. Forget your shoulders and everything else; just hold up your head, “making yourself tall”. It is just that simple. But you are still not likely to get anywhere until you realize that this matter of the physically uplifted head is a spiritual thing, growing out of the psychology of pride, self-assurance and the consciousness of strength.

The posture of pride is that of the head held high. It is, naturally, the posture of command. It expresses the quality of leadership, and it is also the attitude of courage.

Just as the position of the head guides a flying bird and the action of any running animal, so the position of the head dominates the carriage of the human body. When the head is up it gives "lift" to the whole personality.

POSTURE HINTS FOR BUSY PEOPLE

1. Keep your head high; you can't slouch with your head tossed proudly back.
2. Keep your abdomen in, even if you have to reduce it, so that your chest circumference is at least ten per cent better than your belt line.
3. Make your skeleton carry your weight — not your muscles.
4. Get on your toes and like it.
5. If you're tall and slender, you must pay more attention to posture. Test yourself: are you as tall standing as lying down? If not, you slump.
6. Arrange your work so that you can stand up a short time now and then and stretch energetically.
7. Don't stand on one leg; high hips or high shoulders are an eventual result.
8. Keep your spirits up.
9. Learn to stand and sit erect but not stiffly — so that a good posture becomes the most comfortable one.

Also, again and again during the day stretch the arms high above the head — just stretch upward.

When standing put your weight forward on the toes. Most people slump back on the heels when standing. This is the attitude of relaxation, fatigue, inaction, never the posture of energy.

Here is a helpful suggestion. Clasp the hands behind the hips. It is convenient when carrying a briefcase or package. It raises the chest and puts you on your toes, physically and mentally.

We repeat; a help in good posture is retracting or drawing in your abdomen. Try to make your navel go all the way back to say "hello" to your spine and thus divide the body in half at the middle. Do it over and over.

Do plenty of forward bending and touching the toes; the real exercise is coming up, and that's for the small of the back.

You are going to be a success. Therefore start standing and walking like a successful individual — Think about your posture — Do something about it. — You never know when you are being judged — You can fairly accurately judge others by their posture and others have this same ability.

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

ADRIFT IN A PSYCHIC SEA
IDEAS AND IDEALS WILL BE

THE SAVING GRACE:-

The cosmic realm of thought is charged and super-charged with ideas of discord. Hate is being fostered. The world condition today is the result of false thinking projected. The mind untrained and without the power of selective attunement is bombarded with destructive fear thoughts, and is adrift in the psychic sea.

You have lived to witness what one man of a low order of mentality, a moral degenerate incarcerated in a jail thinking along a certain line, writing his ideas (Mein Kampf) and persistently projecting them can do to a whole race of people - and with them subservient to his ideas, to the whole world. It is not the first time in history that the thoughts of one man have upset the world - yes! Think of it! What cannot the thoughts of one man do? Christianity started with one man.

As the director of the Order of the Essenes I serve long happy hours - I do it joyously - knowing that the day fast approaches when this understanding may prove to be The Saving Grace.

Imagine my gratitude at expressions like this: "For years I have believed there existed some course of study that would tell me something of the meaning of life. In this course I have found what I was looking for. You call it Life Science - To me it is a grand religion - something I can understand - use - live by and attain as I merit. I have attended Churches, given grudgingly as the collection plate was passed but this check and all others I give to you gladly.- I now know what was meant by the "cheerful giver". I have an ambition to see your order reach ten million - but I can't down the fear that many will take advantage of your too generous handling."

Our response was in part - "he who can give and does not, thinking in his secret heart to take advantage, has not grasped the greatest living principle - he has not benefited and will not benefit. Your heart would leap with joy to know of the many who could not give when they began but grew into the ability to earn and give. They started with postage stamps - then to dollars. We share with you the ambition to reach millions. At our present rate of growth we will attain your figure in "The Years To Come".

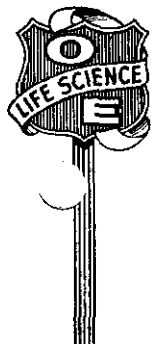
WE have no fear - and if YOU study lesson 17 herewith and all others past and future as they merit - YOU will have no fear and will grasp ideas and ideals that will be the saving Grace in your individual life and affairs.

The hope of the World is in individuals illumined by truth. Our hope is in you, and through you to reach the world.

THE ORDER OF THE ESSENES

B. H. Hammer
Director

Enc. 17



THE **Essenes**

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Instruction 17 Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.

Assert your possession of the things you need; of the qualities you long to own. Force your mind toward your goal; hold it there steadily, persistently, for this is the mental condition that creates. The negative mind, which doubts and wavers, creates nothing.

. . . . THOUGHT GEMS

As you progress, achieve, attain, and unfold, you not only have the problem of your own intellect, but possibly the thoughts and wishes of your friends will present other barriers.

The you that they know is the old accustomed you. Upon that they have based their judgment of your capacity and ability and will not hesitate to advise and try to steer your course.



Ralph Waldo Emerson was a deep student of the principles dealt with in the Order of the Essenes, and attained a deep understanding and achieved a most happy form of expression.

Of the life principle, the real you, he wrote:- "I cannot tell if these wonderful qualities which house today in this mortal frame, shall ever re-assemble in equal activity in a similar frame, or whether they have before had a natural history like that of this body you see before you; but this one thing I know—that these qualities did not begin to exist, cannot be sick with my sickness, nor buried in my grave, but that they circulate through the universe. Before the world was, they were. Nothing can bar them out, or shut them in. They penetrate the ocean and land, space and time, form and essence, and hold the key to universal nature."



At the threshold of Thought's Temple, satisfy yourself that happiness is found in the realization of desire.



It is no easy matter for one to detach oneself from instinctive prejudice, and the environment of his surroundings.

"The Fourth Step"

We now arrive at the 4th step in our diagram of steps to be taken to insure health, success, and happiness.

You have been told to vision or to determine in definite manner the things you want; then to exercise desire power or to want the things with all your heart; then to confidently expect it to materialize. Now you are instructed to put behind that desire the power of will.

At a later date in the course of these instructions there is much more to be said upon the subject of will power. By simple stages you will be shown how to strengthen the will power. At this stage of your unfoldment we believe it will be sufficient if you thoroughly understand that the exercise of will toward the desired object simply means that you are to persistently determine to attain the object. This means that you are to be steadfast and tenacious, constant and enduring and must be resolute with respect to reaching your goal.

You must not only have the purpose to accomplish but you must be resolute in that purpose.

As we progress in this study you are going to hear and learn much about the power of affirmation and in connection with persistently determining to accomplish the object of your vision and the thing upon which you have set your heart, we are certain that affirmation will be helpful.

If you often say to yourself (and even aloud), "I am going to do this thing"; or "I am going to be

such and such"—(that is affirmation) it will be suprisingly helpful.

A statement such as, "I will accomplish this thing", which is affirmation, must not be with dead words, or repeated like a parrot—but it must be done with feeling and with faith and with the consciousness that you have a will of your own and that when you say those things there is authority behind it—you mean it. The real you has spoken.

We do not want you to bluster or rant or rave or be actorlike in repeating words but we want you to realize as we have suggested in this study that the real you is something apart, that it is that part of you which directs your thinking, which controls your feelings, which directs your physical senses and which gives orders to the will. That inner you, about which we have told you, can command the will. You can keep steadfast in an endeavor to reach desired ends, if you will.

You have certainly known in your lifetime determined people and you have known people who were persistent,—never gave up, never quit, and never laid down on the job when they started after something. They have been known to you as strong characters. They have succeeded, if all other elements were in accord with this formula we are expounding.

This part of the formula for success, which in simple words is—"to persistently determine", does not call for stubbornness nor resistance nor a ten-

sing of the nerves but it calls for calmness and an inner feeling which expresses "I can and I will".

In these instructions we are not teaching a new religion or some strange philosophy or "ism". We are giving the statement of cold scientific facts and you or any person may demonstrate by being healthful, successful, and happy, if you will but lay aside any prejudice and will try out the idea or plan in good faith for a reasonable length of time, and be earnest and sincere in the endeavor.

It is true that many sects and cults and many so called schools of metaphysics and many religious and quasi-religious orders teach something bordering on the principles which we set forth but they interpret them in the terms of their own particular theory and they give their teaching shades, tints, and hues bordering upon the mysterious and put them forth under strange and wonderful titles. Often individuals claim them as their own secret, but these things are older than the Christian religion. The Christian religion when interpreted correctly contains most of these teachings. They were taught by parable and possibly were understood by few, at that time. Since that time the essence of these teachings has been obscured by ritual, dogma, theology, and giving undue emphasis to form, fables, parables and services.

In this fourth step, which we are explaining as a part of a master formula for success, it would be quite simple to say, "Put behind your ideal and your desires and your faith, your will power" or "you

must persistently determine to be, do, or have the object of your desires", but until such time as you are fully instructed as to the close relation between your own personal powers and universal power or cosmic power and you are given an understanding as to how you can consciously contact and utilize life principles which are power and the ultimate power and the source of all power, you must learn the lesson in simple understandable terms which you can utilize.

Later, you will understand why and how these things work. Any person with a settled purpose can perform what may seem miracles. It seems that nothing can resist a will which will stake even life itself upon an accomplishment.

A famous expression conveys the idea—"Invincible determination—a purpose once fixed!—then death or victory."

To get this will power in action you must will to will with determination, you must make up your mind that your efforts must and shall succeed.

You must fix in your mind that you yourself have staying power and that you are one who can follow out a fixed program.

Be like a child and "let's pretend"—"act as if"—"let's play like", you were a person who persevered in spite of obstacles, and discouragement, and were one who was steadfast in the face of opposition and hindrances.

Act the part of a positive character!

When you conquer in small things you will get confidence that you can conquer in greater things.

The will is a thing that can be strengthened just as much so as the muscles of your body and it is just a matter of doing and determining to do and keep right on trying to do.

You can hold yourself steadfast by saying, "I can and I will," and just feel that victory is ahead of you.

The mental faculties fall under three general classifications: (1) faculty of thought (2) faculty of feeling (3) faculty of will. To these there are many subheads.

The point to be emphasized now is that these are just instruments to be used by the real you—the unchanging **you**—the unchangeable **you**—the **you** that is a part and parcel of the universal life principle—the omnipotent, the omniscient and the omnipresent.

In showing you the way to health, happiness and success, you are called on to utilize all of your faculties, and the will is intensely important.

To get results, this will power must be coupled up to a central desire or purpose.

People who are obsessed with the idea that the answer to the problem is just to be strong willed, are generally found to be just stubborn, and are going places,—are on their way,—but they know

not where they are going, and are more than likely to be creating antagonism, and opposition.

On the other hand there are those who hold that by right thinking they can create ideal environment, circumstances, health, happiness, and success—by wrong thinking undesirable results and effects are created—and quote the Bible—"As a man thinketh, so is he."

That passage we often quote,—nor would we minimize nor belittle the power of thought—(and in these theories ideative thought or vision is the theme) but we strongly emphasize that the power of will must be given due consideration.

Failure to use the will is a failure to use one of the three general faculties of the mind as we have outlined in this set of instructions, and to get 100% results all of ones faculties must be set to the task. That is why we are setting forth the various elements of a sure fire, time proven, scientific formula for attainment—the bringing into play of will power being the fourth and next to the last ingredient of this mental chemical formula.

At this time we would emphasize that this "will business" be not spread all over the landscape—but should have one central theme. The ultimate accomplishment of the real purpose, the bringing into being of the vision, the materialization of the ideal, is and must always be all important.

One of the most appealing stories of history is of a drummer boy. Napoleon and his army were en-

gaged in one of the famous battles of history. The tide was against him. He asked this drummer if he could beat a retreat.

The answer was "Sir! I have never learned to beat a retreat, but I can beat an advance that will arouse the dead to fight again."

He was ordered to beat the advance—Napoleon snatched victory from what seemed certain defeat.

In the lives of most people will be found incidents where they gave up, just as victory was at hand. They did not "hold on"—but afterwards have learned that had they taken the "never say die" attitude it would have changed the whole course of their lives.

It is not theory, it is not false hope. It is not a mystic formula, it is not "fortune telling," it is not crystal gazing, nor trying to read the mysteries of far off planets, when we say that you can be or do anything within the bounds of reason and much that seems beyond those bounds, if you but follow this formula, the fourth step of which may be summarized as "persistently determine" to be or do.

The reason you can be so assured is that it is an observance of the law of the universe. It is to be hoped that there is not one seeking the full instructions of this order who does not by now know that this world is governed by laws. All nature teaches it and all thinkers and scientists of whatever school concede it.

Now let us summarize this success formula to this point before giving you the last step.

You can have anything in this world that you want provided (1) you know what you want; (2) That you want it with all your heart and soul; (3) That with full faith you expect it; (4) That you unendingly determine to have it; (5) ?

. **THOUGHT GEMS**

There is a mental power of attraction, corresponding to the physical law of gravitation. The law—"like attracts like."



Live to have faith in a living faith—dealing with the here and now.



Your steps of progress in this order will be: (1) Recognition. (2) Realization. (3) Manifestation.



By the "giving" of some one, these instructions have been made available to you. Are you proving worthy?



Away with fears, worries, and pessimism. Let the sun of hopefulness dispel the fog which chills the heart and enfeebles the will.

Section 2 Instruction 17

Never try to cover up or forget that which you find too unpleasant to face—that is exactly like covering up a dirt infested wound.

If you have some secret hate, aversion, jealousy, ill will, deep grievance, some resentment, don't try to bandage it up and let it grow poisonous germs and let a fire within you smoulder and burn, ready to flame on some unguarded occasion. You are and will be the injured loser. Just don't think you are a model of patience, and a saint for forbearance, and keep on with the secret revengeful spirit, that "some day I'll get even" hope; if you do, you are liable to suffer with indigestion, have boils and carbuncles, suffer with pains in the back from kidney trouble or some other physical ailment, because you have, so to speak, a dirt infested wound bandaged.

You are convinced you have been wronged, you are rebellious, and are sure you can't forgive or forget. You are just hell-bent that you have judged correctly and are capable of judging. "Judge not, lest ye be judged" doesn't mean a thing to you. Whatever it is that has happened, has happened. You are not content that the injury of the occasion, shall be the only injury; you are just going to have it linger in memory, let it take the foreground in your thinking, dwell in the past, and wreck a life—your life.

You thereby cultivate the thistles in your garden of memories, you are in the poison manufacturing business, and administering to yourself your own product, and you wonder why you suffer from sickness and ailments, you feel you do not deserve.

You say you can't love the offender, you can't forgive, you can't forget.

Oh, yes you can. The change that is needed is not in the other fellow. It is yourself you must change.

Why do you suppose the Bible contains the story of Christ on the cross praying, "Father, forgive them: they know not what they do"?

Can you conceive that people are the result of environment, associations, and reflected feeling?

Can you judge of the needs, the temptations and the natural weakness of the individual, the train of events and the provocations which led up to the basis of your feelings?

Are you just sure your aura, your looks, your feelings, your mood, your expression, your attitude, didn't contribute in some degree to the occasion or event? Can you not see that it was all a mistake, a misunderstanding, and that one germ has been hatched and nourished, until it is a seething cess-pool of error?

As you progress in this Order and learn the orderly processes of nature, you can forgive and forget—not by the process of trying to reason out

forgiveness or forgetfulness, but by the process of the substitution of positives for negatives; of truth for error, of good for evil.

In the book "Mrs. Wiggs of the Cabbage Patch", Mrs. Wiggs had a formula worth trying. She said, "When I don't like folks, I try to do something nice for 'em. Seems like that's the only way I can weed out my meanness."

Again we repeat—don't just cover up and try to hide your feeling. You are just fooling yourself—your inner feelings shine through. They have radio activity and are projected. Just get the old skeleton out, look back over all the days, weeks, months or years of tension you have put yourself under, what punishment you have inflicted on yourself. See if it has not been self pity, a mole hill raised to a mountain—a burden you have made heavy for yourself. Has there been any sense in your treating yourself like that?

Happiness is a state of mind, but it doesn't come out of minds that have been dammed up, and the purity of the pool permitted to stagnate and breed diseased thoughts. Remember! In previous lessons we told you of confessional values. It is considered of first importance in the Oxford movement.

Now the world has dug up a new word for these suppressed feelings,—they call them repressions.

In the most modern hospitals they now ask not only about your aches, pains and physical symptoms, but they inquire about your worries, your

griefs, your regrets, your loves, your hates and your beliefs. They search quite thoroughly the storehouse of the mind.

It is a quite modern discovery, rather, a rediscovery, that health is both physical and mental. You cannot have perfect health with a sick mind. Health is acquired or lost through your deepest and most sincere feelings (right or wrong).

If you would travel the road to perfect health, a vibrant, radiant, abounding health, you do not take the vehicle marked "Relief from Pain".

If you believe in trouble, you select the road to trouble. If you believe in health abundant, the kind that thrills and fills every hour with the joy of life, then you select that road.

Whatever you seek, believing it is yours, and act upon it—then it is yours.

In the course of your training with us you learn how and why. As you progress with us, the truths you learn, you demonstrate in your own life—in health, happiness and success in worldly affairs. You can't help it. It comes naturally—nature's way is the easy way.

Naturally you become full of it and you learn, or should learn, very early, that by giving, you receive.

You are going to observe with more interest those about you. You will feel the spirit of helpfulness and understanding to be productive of joys

and satisfactions. Even you will marvel at the results.

Carrying this lesson in your inner consciousness, deep in the subconscious, you are going to have occasion to run into those who have the feeling of aloneness—loneliness magnified—and you are going to find that the thoughts of such persons run to fear, to greed, to selfishness, suspicion, jealousy, unkindness, hatred, revenge and sick thoughts. You are going to find sick individuals. They have held such thoughts in mind, nourished the weeds of the mind, killed out the flowers. They have unconsciously spoken words and given expressions to the host of negative feelings, and thereby planted them and deep-rooted them in the subconscious and they have been transplanted in the physical, and they have manifested and grown. The right word, the right suggestion, might start them on the road to right mindedness, and the physical symptoms disappear as understanding dawns upon them.

A miracle (so-called) is wrought if they grasp the thought quickly and comprehend these teachings, and comprehending believe, and believing have faith, and having faith act. Happiness is truly spiritual healthfulness, and consequently intimately connected with bodily health, for surely the spirit is within you.

We have more than intimated you would stumble into such cases, you are sure to. We have indicated your course.

Now stop and consider—suppose such a person who has succumbed to fear, been frozen by blasts of worry, or poisoned by greed, jealousy or other negative emotions, should say or do something to you, which gives offense. Could you, with an understanding heart, carry that offense in your bosom, with unforgiving and unforgetting resentment? No. Understanding, you would forgive and forget. Your feeling would be one of sympathy. Like Mrs. Wiggs, you would want to "do something nice for them"—you would want to help them to mental and physical health by the one sure way—reaching the cause. Neither men nor medicine can cure—nature alone does that.

When you "do something nice for them", when you sincerely show the helpful spirit, your aura, your "in tune vibrations", reach out to them and toward you their feelings change, and with that change comes a change in them. Belief and faith is given birth.

The things you learn as you progress in this Order are to be used freely by you for your own and for the benefit of others. Give and give freely and it shall come back to you multiplied.



Deity creates through man—we are the Divine will. When we know this, our power is multiplied.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

HEREIN IS CONTAINED
AN ASSURANCE

YOU CAN DEPEND ON:-

Here is instruction number eighteen; another step toward the acquiring of the kind of consciousness which will make possible the fulfillment of your desires - whatever they may be.

Perhaps you understand the principle of a syphon. It is to take a fluid from a higher to a lower elevation, but it is first going to take it up hill, and then to the lower levels.

The fluid must flow from the outlet end of the pipe, tube, instrumentality or medium of transportation before it can take from the source. There must first be an out-pouring.

You are a medium for the expression of the infinite whether you now realize it or not. There is a higher source for you, a universal source, an inexhaustible supply, but you must give or have an out-flowing on the living or lower plane before the new, fresh, vital and infinite supply can be syphoned to you.

We tell you that it is a law that as you give so shall you receive. This is not any preaching preceding the passing of a collection box. This is not a begging, alms seeking organization. We never knowingly have accepted an unwilling dollar. We demonstrate in our lives that as we give, so it shall be given to us, and those who give that others may receive understanding are fully conscious that the greatest form of giving is to give that which enables another to do for himself. "The truth shall make you free" is profound.

Make today a red letter day - Keep a smile on your face that comes from the heart. Say something kind, considerate or complimentary to every person you meet. --- Be a stylist in your work, do it better than ever before. Do something for some one else - something out of the ordinary. Make it a day of giving and see what satisfaction you feel - and then watch for the ship on the returning tide.

Instruction eighteen completes the formula for attainment. Few can at this point put it into operation, but be not discouraged if you are one who cannot.

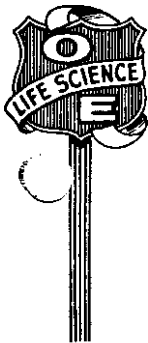
In the instructions to follow you will be prepared. You will be shown simply and understandably how to acquire the appropriate consciousness -- how to give definiteness to your vision -- how to vitalize and give attractive power to your desires - how to make your confidence and faith a living magnetic thing --- how to make your determination and will a motivating power - and how to so live, love, give and express that the law of balanced compensation will be fully complied with.

More - no man needs. He then creates and draws upon the infinite, of which he and you are a part.

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 18



THE **Essenes**

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Instruction Headquarters, Tampa, Florida.

Instruction 18 **Assuring to the acceptable and accepted**
HEALTH, HAPPINESS AND SUCCESS.

Seek ye the key?

*There is no open door to the
temple of success.*

*Every man who enters forges
his own key.*

*Greatness is within you,
or nowhere.*

. . . THOUGHT GEMS . . .

Big things are not always done by the man with the most brains, but by the fellow who uses to the limit what brains he has.



Faithfulness to the study of these instructions will enable you to mass your personality at any given time or place, and to quickly mobilize all of your resources.



The recipe for perpetual ignorance—be satisfied with your opinions, and content with your knowledge.



Make mistakes, but don't respond to encores. Don't make promises—make good.



See if you can fully comprehend this thought: "the great gifts are not by analysis."



When we lose ourselves in our work, we find our better selves.



He who passes out to the world a counterfeit life, gets paid for it in confederate money.



"This day we fashion destiny, our web of Fate we spin."

The Law of Balanced Compensation

We come now to the final ingredient in our mental chemical prescription for attainment.

It has been made very plain throughout these instructions, we trust, that not by formulae, nor by rule, nor by affirmation, nor by magic can you be made whole or reach perfection. You must do something about it.

That we may reveal to you the secret—that you may consciously recognize the truths contained in these instructions is not sufficient. The power to change your conditions, mental, physical and material, is within you. To develop that power calls for action—the answer to your desires lies within the field of reaction.

You want certain effects—effects always follow causes.

This world is built around the law of cause and effect. For every effect there is a cause. From every action, there is reaction. You cannot wave your hand in the air, without affecting the elements throughout the universe, which you will come to appreciate as you progress.

The fifth element in our success program calls for action,—doing something about it,—paying the price, selling the idea, actively and not passively becoming worthy and deserving of this "heart desire."

'Tis said the Gods give anything to any man—
at a price.

Great civic service clubs such as the "Rotary Club," are modern organizations teaching and stressing one phase of a complete success formula. The Rotary motto is "He profits most, who serves best." That is but another form of expression of "as ye give, so shall ye receive."

Note carefully, "He profits most,"—profit is an effect—"who serves best,"—service is the cause.

Likewise observe "As ye give"—giving is action,—"so shall ye receive"—receiving is the reaction.

How perfectly natural therefore is it, that a complete and successful attainment program must contain as one of its points the recognition of these natural laws, evident throughout nature. Life principles are always in balance.

You may vision — you may crave — you may faithfully expect and you may doggedly determine, but the end is accomplished only when you observe the law of balanced compensation,—when you pay the price,—when you give of yourself,—when you forego the pursuit of side issues and concentrate your time, talent, effort and strength to the main objective.

Christ taught by parable; today pictures and illustrations are widely used to convey news and views. We cannot and do not expect you in one lesson to grasp the full import of our teaching.

If you are a sincere individual we can give you

the principles involved, and illustrate our meaning by the experiences of members of our order, and you can build or rebuild your body along the lines you may earnestly desire; you can have abounding, vibrant health—you can be supremely happy, and gloriously successful, but we repeat you must act as well as know—you must do and not just think—you must give that you may get—you must be untiring in your efforts—you must be persistent in determination and in performance. You must sacrifice desires which oppose, restrict, or interfere with the main purpose you pursue. You must control your likes and dislikes, your feelings and emotions which you recognize do not assist in reaching the desired ends.

It is human nature to value things almost entirely by the efforts that have been required to secure them.

We learn to love those things more because of the sacrifices we made.

When one labors long, endures much, working toward a goal, and finally arrives, there is an intense appreciation of the rewards. Had they come without effort—they would be valued but little.

If you are a weakling, and are willing to always remain so, that is one route. If you will recognize that you have the power to make your own patterns and your own molds, and with it the power to make your life and circumstances fit into those patterns and molds, that is another route.

On the one route you are docile and passive—you are yielding and content, you change with every passing whim or fancy; on the other you are bold and demand your birthright—you are constant in your efforts, and let not indisposition slacken your efforts, you let not your desires cool down, nor your energies wane. You pay the price of your great desire.

The fifth and last step in this formula for attainment is just to observe the law of balanced compensation—put forth the necessary effort—an effort equal in value to the thing you most desire.

Now let us illustrate this with a simple, perhaps amusing case history.

A highly intelligent man of 54 years of age was getting bald on the back of his head. His hair was thinning greatly around his temples and his high forehead.

He wanted to know if he could stop that and grow a new head of hair.

He was assured that he could and was given the formula you have now been given.

"Now, Mr. H., can you in your imagination see that hair growing back—see yourself with a full head of hair. You know what you want, do you?" He replied that he could, and did.

"Do you want it badly—you really want it—you have a reason for it?" He said that he did.

"If we convince you that it is possible, and explain to you why it is so, that it is in accord with nature's law, can you have faith in your own reasoning power and in natural laws, so that you will confidently expect it to grow?" He answered, "Yes."

"If you are convinced, and do start to get it back, can you be persistent in your determination to prove that it can be done, and that you are the man who can do it?" "If it can be done I'll do it," was the reply.

One more question, Mr. H., "Are you willing to pay the price?"

"How much is it?" Was the reply.

"Nothing in money. It must be in effort. You have been 54 years getting in that shape. For ten or fifteen years you have been gradually getting bald back there and you can't get that back in a day or a week, or a month—but you can get it back in one tenth the time it has been thinning and leaving."

He gave assurance he was willing to pay the price.

He was instructed that nature always works for perfection. That it was perfectly natural to have hair on the head; that it was purely a matter of giving nature a chance; that the scalp was by nature intended to be rather loose; that it was largely a matter of the circulation of the blood.

He was told to have no tight hat bands to impede circulation; that he was to each morning massage his head and scalp for at least three minutes, and every other day, or at least twice a week have a barber do it, loosening the scalp and massaging the head and the veins and arteries to the head. That twice a week or oftener he should put hot towels on his head to open the pores and help the blood circulation; that leaning over to get blood to the head would help, if he was physically fit. That when he brushed his hair, he should have a stiff brush, and brush it at first vigorously twenty-five times, and increase it one time a day until he was brushing it one-hundred times—and not to wash it too often and let the natural oil of the hair be on the scalp, and that if dry a few drops of just plain mineral oil (petroleum product) be rubbed in twice a week.

He was told that possibly in a month or two a fine fuzz like hair would start, next to where he had hair, and it would gradually fill in and the bald spot get smaller and smaller, and grow back just the reverse of the way it went out, and that it would be slower coming in on the temples and forehead.

He was faithful—paid the price and in one year and a half had a new head of hair.

That is just one simple illustration of the meaning of paying the price.

Physically perfect bodies are obtainable at a price; right mental attitude—systems of physical

culture—correct breathing—proper food—proper sunshine—just observing nature's laws.

Every second of the day nature is throwing off and discarding, and adding new material to the body. It is not adding aged material; it is new, youthful material, and you are to learn that you need not grow old, you can retain youth—and we mean to show you why and how in the course of these instructions.

Florida, with a population of over three million, is the home of many people who have already reached their century year.

One hundred per-cent of those studying with us to this point, who have applied our instructions, and have "paid the price" are far better men or women than when they began, and this is but the beginning.

One of the best known stage and screen stars, noted for her graceful and beautiful figure, upon being asked the secret replied, "Confetti."

"What on earth has confetti to do with your figure," was the natural response.

She explained that she had a small bag of confetti, and each morning she sprinkled it over the carpet in her room, and then proceeded to bend over and pick it up, piece by piece, and put it back into the little bag.

We are perfectly familiar with the fact that the tasks of the housewife are many and sometimes arduous, but the spirit in which the work is done, and the state of consciousness as done, have everything in the world to do with the effects.

If each time the housewife has occasion to stoop and pick up something, she will keep in mind the story—and a true story it is—of "confetti," and recognize it as an opportunity for useful service and at the same time an exercise beneficial to her form, figure, and carriage, it will tend to make housework a game, the object being the attainment of beauty and grace and the improvement of the figure.

Stretching is highly beneficial as a form of exercise; so, if in the daily tasks of home-making, reaching is called for, it can become a thing of interest if recognized as an opportunity for the best form of attaining and retaining health. The spirit in which done, and the holding in the mind a definite picture of health and strength building, can lift housekeeping from drudgery to pleasure.

If every act of the day in housekeeping is studied, to determine which muscles and what members of the body are exercised, and how firmness and strength in them can add beauty—and if each act is performed with the consciousness of improved form and the cultivation of beauty—that consciousness will surely bring about the pictured results.

Even if the oven be hot and the labor strenuous, and perspiration pours forth from every pore, remember that thirty million dollars or more annually are spent by men and women for the privilege of being put in steam or electric cabinets to induce perspiration. That is one of nature's principal ways of throwing off poisons from the system, it is an aid to beauty—it clears the complexion. In every facial massage hot towels are applied to the face—a cleansing process from within outward.

Thus, the most strenuous household duty, which causes perspiration to flow freely, if thought of in terms of a turkish bath, a cabinet bath, and as an aid to beauty and health, can be made a pleasure—and when thus held in the consciousness, beauty will be the result, instead of lines of care—and likewise daily strength will be added, and all sense of fatigue will pass away.

Prize fighters, wrestlers, and athletes in training actually put forth more effort and energy than the most lowly ditch digger or common laborer.

One looks upon it with joy—with a definite picture of improvement of the physique; and daily finds what he looks for and expects. The other labors with fear of fatigue and exhaustion, and likewise finds what he confidently expects. The one grows stronger and more perfect—the other wears away and gets no joy for his efforts.

If one is compelled to climb stairs, doing so

with head and shoulders erect, putting the weight on the ball of the foot, and rising on the toes with each step, will add poise and grace and symmetry to the body.

If one has to walk, doing so with head up, body erect, chest out, abdomen in, and with springy step, practicing correct posture and bearing, one can acquire that which only five per cent of the people of America possess—graceful carriage.

There is something of interest in every task—including a search for new and better ways of doing it. Many are the fortune making inventions, which are the result of studying better ways of performing menial tasks.

So whatever you do or are doing, it will be performed better with a proper mental attitude toward the task. A little mental investment each day pays dividends.

Hold fast to your mental picture of improvement, advancement, health, happiness, and success, and recognize each task as an opportunity.

It may be a thing you dislike to do, but doing the unpleasant task and tackling that one first gives strength of character; it is the observation of the law of balanced compensation.

. . . JUST TALKING IT OVER . . .

In this set of instructions we stress "doing" but action must be coupled with confident expectation of the results you seek. It is a repetition of the statement that the faith element is of transcendent importance.

Fifty million dollars annually is a low estimate of the income of "fortune tellers" in America.

It should be quite evident that if one could foretell the future, he would have no need to be in the fortune telling business at from 25 cents to \$5.00 "per tell" from the simple fact that if you start with one dollar and double it, and then double that and progressively double the result only twenty times, you have over one million dollars. So twenty correct forecasts of the future could easily make one a millionaire.

It is not our purpose to decry fortune telling—but to bear witness to the fact that very frequently those engaged in this practice do foretell the future, and admittedly, more times correctly than the laws of chance or average would decree, and to explain why and how.

Thank goodness, the average fortune teller foretells good fortune to most of the patrons.

Most people (98 out of 100), who go to fortune tellers have a mental picture of some sort in their mind—the nucleus of a plan or purpose or aim or object or expectation. You have progressed in this course far enough to know that thereby a thought form or brain child has been born, and that to materialize it requires certain progressive mental and emotional steps, and that among these is "confident expectation."

The fortune teller, in vague manner, promises some good fortune. By questions or by eagerness for some definite information, or by some suggestion, the subject gives away, in more or less detail, the aim, purpose, hope, or expectation. Gradually, the fortune teller gets a definite grasp of the hope,

aim, or desire of the subject and then, in confident and forceful manner, "tells the fortune" of the subject and gives assurance it will take place.

Thereby, there is imparted to the subject faith in the ultimate materialization, and thus an element is added, required in the formula; and, in many cases, the subject goes forward along the lines we know to be certain.

When the materialization takes place, the subject tells that a certain "fortune teller" foretold the event. In fact, he did—by vague generalities, by pumping and wheedling—and then, in all probability, in quite definite form and detail; and thus the reputation of the fortune teller grows.

The fact is, that the "fortune teller" supplied the element of "confident expectation"—faith; and the subject thereby was caused to act as though the event were a fact—to act as though failure were impossible—to carry on with determination and persistence, and bring the thought form into being. Faith lead on to action, to the observation of the law of balanced compensation.

The same thing has often happened as a result of a superstition—a person had confidence in some lucky omen, some charm or talisman of luck—and faith was imparted.

It is likewise true that some fortune tellers sometimes forecast evil—and evil comes about. In this course we tell of the death upon a birthday of a New York man, because he believed implicitly it was coming about by reason of having been told so by a fortune teller in whom he had every faith. The fact was, that on the morning of that birthday he was a perfectly well man, and yet he died on that day. He materialized his crystallized consciousness.

So if you must patronize fortune tellers, patronize those who forecast good fortune, if that is the only way you can gain faith and courage and a quickened consciousness to materialize your visions and purposes—go to them.

Do not visit one with the anticipation of evil events or with

the fear of misfortune in mind, unless you can induce from him or her the faith that it will not take place. The more sensible thing is to dismiss the fear from your own mind by the substitution of a good or positive picture; for certainly, that which you fear most will come upon you. It is scientifically true that you can have failure consciousness, or success consciousness—a sick consciousness or a health consciousness—a mind with a gloom picture or a joy picture.

Be your own "fortune teller"—you are your own "fortune maker."

We trust you are grasping the true method understandingly—and will progressively demonstrate. You can, if you will.

. . . THOUGHT GEMS . . .

Thinkers are the unseen priesthood of the Temple of Wisdom.

Statesmen and Politicians are but puppets dancing on the stage of our short life. They are moved by the thinkers, who hold the invisible threads, a priesthood that keepeth the holy fire of wisdom aglow from generation to generation.

Few are its priests, but the Temple is open to all.
—Lang Sin.



If you know someone who, upon hearing of some good act of another, always says it was done with ulterior motive, you can be pretty sure that person is envious, or has a mercenary character.



If, in your contemplative and meditative periods, you can look upon the past and make a true analysis, and then say "What a fool I have been"—you have forged a key to the temple of wisdom. Use it—enter!



Be a person with no "isms" to battle—be natural.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

RISE TO THE HIGH SERENITY!
SEE ALL THINGS AS PARTS OF

AN ETERNAL ORDER AND DEVELOPMENT:-

God is no capricious Personality absorbed in the private affairs of His devotees, but the invariable sustaining order of the Universe. The greatest good is the knowledge of the union which the mind has with the whole nature - the unity of the conscious mind with the superconscious - your one-ness with the infinite, and a reliance thereon. Truly you are a definite part of the great stream of law and cause - a part of God.

Perhaps you have heard that the way to learn to write is to write, the way to learn to speak is to speak, the way to learn to sing is to sing.

It's all based upon the law that as you give, so shall you receive. Whatever it is that you want to do or express, begin now to do it and to express. It may at first not be satisfying.

The greatest orators the world has known have been hissed off the stage in the beginning, but they persisted.

We will convince you in the course of these instructions that you are a creator, that you are a part of the universal principle, that you are inter-penetrated with omniscience and omnipotence, and using these you can create health, happiness, and success.

When you are prepared for this understanding it will be given to you in simple understandable language. There will be nothing mythical or mystical about it. It will be statements of facts and statements of scientific principles. It will be demonstrable. It will be acceptable to those with scientific training, and satisfying to those who seriously question some of the theological conceptions of an anthropomorphic God.

On the other hand, it will not offend those with deep religious convictions. It will make understandable to reasoning minds that which has heretofore been wrapped about with supernatural implications.

And finally, it will carry the conviction of soundness, that it is practical, and that you can apply it in your daily affairs.

Our mission is to enlighten in the true science of living and prove it is a science and when put to practical application always works.

Sincerely,

THE ORDER OF THE ESSENES

J. Hamner Davis

Enc. 19



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 19 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

The trouble with most of us is that we do not half appreciate the marvelousness of the human mechanism, nor the Divinity of the man that dwells in it.

We live in our animal senses instead of rising into the God-like faculties. We crawl, when we might fly.

. . . THOUGHT GEMS . . .

In our thinking we divide man and nature. Thus we tend to doubt whatever is beyond this barrier we have thrown between.



When you begin to grasp the idea that there is great harmony between man's spirit and the spirit of the universe, then will you have a key to truth. Truth is all comprehensive. There is no such thing as absolute isolation in existence and the only way of attaining truth is through the interpenetration of our being into all objects.



We would emphasize that there is a harmony between the individual and the universal. An explanation of twentieth century turmoil and unrest lies in man's concentration upon his own life and works.

He has in his thinking divorced himself from universal nature within whose bosom he lies—man has shut himself out from the vitalizing and purifying touch of the Infinite, and has depended solely upon the visible, the finite and the material for his sustenance and healing, and in this, has come near unto madness.



The ancient seers of India felt in the depth of their mind that the same energy which vibrates and passes into the endless forms of the world, manifests itself in our inner being as consciousness. Centuries later we find scientists measuring cosmic or interstellar rays.

If you just accept here and now that these rays or vibrations, being measured in terms of intensity, speed and voltage, are essence and intelligence—all knowing (omniscient), and your unity with them—you have the key to understanding.

Mental Architects — Master Builders

This world is filled with counterfeit personalities. There is every opportunity for the genuine and real to advance and succeed.

The great majority of people are fear-cursed, spineless weaklings, and largely because they are constantly striving with conditions or effects, and consequently are slaves of circumstances. Few indeed, are those who have learned to manifest on the plane of causes and produce effects and thus become masters of conditions.

It is the object of this order to bring back the knowledge of the ancients with respect to creative constructive forces, dormant within every individual—within you, so that you—or most any individual can become mental architects, and then can become successful material builders of things, effects and conditions as you have visualized them.

You have been instructed as to the necessity of a purpose or plan, of having a vision.

When you properly visualize an ideal, that is called ideative thinking. What you actually do is create and project a thought form.

Remember those two words, "Thought form." A thought form is a mental pattern—a vitalized, sensitized, magnetized, cosmic mold—a potential or possible future material thing, event, or condition.

Within an acorn is a thought form—the future oak. It is not alone fertile—which may be express-

ed, vitalized, but it is sensitized and magnetized, because it will draw to itself all elements necessary for trunk, branch, leaf and fruitage of other acorns.

There is not a botanist or horticulturalist on earth who can discover in the acorn or seed this "thought form." They can test for fertility (will it grow) by applying conditions and environment for growth. If it has lost its fertility it has too long been kept from growth surroundings or for some other reason has been made sterile or lifeless.

The thought form you picture in your mind is just as much a vital thing, with the possibility of materialization, as the life principle or thought form within a seed and it too can become sterile, or lose its fertility, its power to attract to it elements, people, and conditions for material existence.

If you, the student, will just think of some thing that has happened to you, good or bad, and will then think back, and search the archives of your memory, you will find that at some time you ardently wished for it, or with dread feared it would happen.

The reason that the greatest sin is fear, is that fear is a mental thought form of the thing feared.

What you have to do to be happy, successful, or healthful is to guard carefully the portals of the mind.

You are going to create mental thought forms: see to it that they are constructive, creative, and desirable.

We often speak of the "Creator."

What you are going to learn and realize is that you, the real **you** are a Creator, and that that to which you ascribe divinity is within you.

Can you thus understand Christ's meaning when he taught "I and the Father are one."

In the course of these instructions we point to you the way to plant, to water, to fertilize, to cultivate, to prune, to spray, this thought form, and to harvest the crop, to achieve, to attain.

As we have pointed out, the great sin is fear, we likewise now call your attention to the fact that "hate" is the most expensive indulgence anyone can conceive.

The reason for this is that the mind has peculiar reactions. You should never hold any thoughts of hate, revenge, jealousy, ill will; or wish for another misfortune, because the mind creates that "thought form," and the condition or event materializes and resides with the Creator.

Therefore never wish for another anything that you would not wish for yourself; otherwise you kindle a fire and are burned by your own fires.

As we progress in this study, we must stress and you must learn that thoughts do "create." The great science is to know how to apply your mental chemistry.

We have been privileged to read many so-called courses of instruction in esoteric wisdom; the rituals

or tracts of many brotherhoods; the so-called revealed spiritual secrets of individuals, orders and societies in great number, advertised and offered for sale.

In most of these, Bible quotations are in profusion and offered as proof of the theories expounded, weird and strange as some of them may be.

Many of them refer to the Essenes and other ancient orders as recorded in history and to the historical records found in the pyramids and ancient temples.

Great numbers of them have strange and mystifying rituals. Burning candles, optical illusions, and a profusion of strange terms appealing to the superstitious, the fanatical and believers in the supernatural.

An essential seems to be—quote the Bible often and give some historical reference to or mention of the old recognized orders.

These references to historic facts are calculated, like the Bible quotations, to impress the student with the great learning of these self anointed seers and sages and spiritual torch bearers engaged in selling keys to the temple of wisdom and success.

Some of the sane and sensible and scientific things you will be instructed to do, will sound and seem weird and strange enough without adding mysterious, inane, and senseless rituals and incantations.

At this point may we prepare you to receive suggestions upon affirmation—talking to yourself—giving to your subconscious commands—auto suggestion, with an open mind, and warn you that such directions as we give you in this respect are not to be regarded as without meaning and value. They are absolutely scientific and result producing.

The object of it all is to awaken you to the consciousness of the real **you**, about which we have instructed you from the beginning, and the awakening of the latent powers within you, that you may be, so to speak, "born again" and thereafter can contact the universal and infinite source.

In these modern times we have heard of these intangible things being called "it." We read of the "it" girls—girls with personality, attractive and magnetic qualities. Likewise, we hear of men with "it"—that something which reflects vibrant health, radiant qualities denoting commanding and controlling faculties, and manifesting in material possessions called success.

You have that which for the time we will call "it" and that "it" will burst forth into a blaze of manifestation or demonstration when the oxygen of understanding is allowed to penetrate to it.

David Grayson, in *Adventures in Contentment*, says—"A few of us really use our senses! I mean give ourselves fully at any time to the occupation of the senses! We do not expect to understand a treatise on economics without applying our minds

to it, nor can we really smell or hear or see or feel without every faculty alert. I have the feeling—it may be unscientific but it is comforting—that any man might see like an Indian or smell like a hound if he gave his senses the brains which the Indian and the hound apply to them. And I'm pretty sure about the Indian! It is marvelous what a man can do when he puts his entire mind upon one faculty and bears down hard."

There just cannot be any question but that thoughts create material things.

If you get violently angry, or go into a rage, and a drop of your blood, or other body secretion is taken and injected into an experimental animal, such as a guinea pig, it immediately is likewise disturbed.

Fear creates a poison, and it gives forth a scent.

Jack Melville—a man who knows dogs perhaps as well as any one, a naturalist, and born and reared in the North Woods, and a guest artist of Columbia Broadcasting system, and an animal trainer testifies:

"When an animal or human being is frightened, the body gives off a very strong odor that is exceedingly irritating to other animals. Almost any wilderness mother, when she hears or smells danger approaching, will quickly hide her young and run away, knowing that fear-scent will betray her hiding place but not that of her babies, since they are too young to be afraid."

"One warm spring day I was riding my pony, singing or talking to ten or twelve half-wolf sled dogs trotting alongside. Suddenly I looked down and my heart almost stopped beating. Without a sound I dove headlong out of the saddle right on top of a tiny fawn, gathered it up in my arms, and was back in the saddle before the wolf dogs knew what had happened. Wolf-dogs have about as keen a sense of smell as any living animal; yet five or six of them had passed within three feet of that fawn without scenting it. The fawn was too young to realize fear."

"From many years of raising, training and racing sled dogs I learned that it is fear-scent which causes dogs to attack people who seemingly have not molested them. A dog will respond quickly both in friendship and in training when he is approached without fear, but no one can fool him for a minute with a fearless exterior concealing a quaking heart, for the fear-scent is there. It took almost a year for a dog-fearing French-Canadian friend of mine to become accustomed to Chico, my team leader; until Frank's fear-scent lessened, Chico chased him up the nearest tree daily."

"I once visited a friend who had been given a young timber wolf for breeding purposes. 'Can't seem to knock any sense into her head,' he said. 'You're welcome to her if you can handle her.' "

"Asking him to leave me alone with the wolf for an hour, I worked myself into the mental condition where I not only had no fear of her but felt

sorry for her, loved her and wanted her friendship. Then I sat down outside the cage and started singing softly to myself in a monotone. That is one of the best ways to lull fear and establish friendly relationship with any animal you wish to tame. In 10 minutes I stepped inside, humming all the time and seemingly paying no attention to the cringing animal whose burning, fear-filled eyes glared at me."

"After half an hour of slow edging along the floor I put my hand in front of her nose, then over her head, then rubbed her just behind the ears. At my first touch she cringed and trembled, wrinkled her nose, but made no move to bite me. The fear glaze in her eyes gradually gave way to a look of doubt, then wonder, as understanding began to dawn. At last she allowed her head to rest on my knee. Her eyes closed as, with an almost human sigh, she relaxed her body against mine."

"That night I traveled over 150 miles with the wolf sitting on the floor of the car. She wore no muzzle, nor was there any need for one. A few weeks later she was sleeping across the foot of my bed at night. All this would have been utterly impossible if, at any time, my voice or manner had showed one iota of fear or if I had entertained any thought that would cause fear-scent."

If anger and fear have chemical effect, create odors and even poisons, then it is certainly logical that love or other desirable and positive thoughts create something also. The fact is that they do—

and you can readily come to understand that they create beneficial things, so mental healing cures, faith cures, and other forms of religious healing are not all humbuggery and fake, by any stretch of imagination.

Most certainly the Order of the Essenes teaches only that which can be and has been proved and demonstrated and can be demonstrated by you.

Section 2 Instruction 19

More than one-half of all the people who go to doctors, describe a headache as one of their symptoms. Generally the great error is the failure to recognize it for what it is—a symptom—a danger signal, a warning, an indicator, and the error is compounded when we try to treat the headache itself, instead of the condition that produces it.

The cause of the headache may be anywhere but in the head. Many of the vital organs of the body are not sensitive to pain. You can cut, without local sensation, the stomach, the liver, the lungs, and even the heart.

When any of these organs are affected they put in complaint to the center of the nervous system—the head. There are said to be as many as two hundred causes of headaches, but they can generally be classed under three headings—mechanical, toxic, and functional.

Under mechanical classification would come those produced by diseases of or damage to the head itself—also eye headaches, which may be

caused by slight errors of refraction often induced by close work and reading in bad light; concussions, tumors or abscesses of the brain and disease of the cranial blood vessels or meningitis are likewise in the mechanical group.

Now for a consideration of toxic headaches.

The skull is filled so compactly with brain and cerebrospinal fluid, that even a slight rise or fall in pressure of this fluid can produce pain.

The outer covering of the brain is a tough white membrane interlaced with nerves, known as the dura (meaning hard or tough). This, like the lungs, heart and liver, can be cut with the surgeon's knife, without pain, but it is extremely sensitive to stretching—which may be the result of a rise or fall in the pressure of the fluid within. The rise or fall may be, and generally is, caused by disorder in other parts of the body. (At this point may we suggest that disease or sickness, when thought of in terms of "disorder" or dis-Ease may be helpful—nature's way is the "orderly" way).

Toxic headaches are caused by poisons from without the body, or poisons manufactured within the body. Under this heading may be alcohol, gases, drugs, tobacco, in the "from without the body" group.

In the "manufactured within the body group," poisons are generated in kidney ailments, constipation, and all diseases accompanied by fever.

These may alter the circulation in the blood

vessels of the brain, or effect the nerves in the dura; the web work of blood vessels in the brain covering may expand, and stretching takes place, with resultant pain.

Within the classification of functional headaches, come those resulting from high blood pressure, low blood pressure, anemia, menstruation, allergic reaction to certain foods, endocrine disturbances, and so-called psychic causes.

Depression, worry, fear, unhappiness, hate, repressed feelings, all result in poisons, often indicated by headaches. It is very unwise to resort to patent medicines, especially those of the pain killing type. They may stop pain—temporarily throw off the danger signal, but are of themselves a source of great danger. Acetanilid, a common ingredient of headache remedies, depresses the heart and is a poison if taken in sufficient quantities. The phenobarbitals should be used only under medical supervision.

Live the life as we teach it and according to nature's laws and there will be no headache—a disorder does not come from orderly living, orderly thinking, and a selfhood under control.

But if you have not perfected your living and mental habits, and do have a headache, before you try commercial preparations, try these perfectly natural remedies first.

For that dull throb caused possibly by tension, fatigue, hunger, and overstress, take a small quantity of light food (alkaline), loosen your clothing,

have nothing binding on you, lie down for a half hour—practice relaxation—letting go.

A cold compress over the eyes and forehead. A brisk walk, an invigorating shower, may speed up your circulation and give relief. A hot foot bath may draw the blood from the head, where congested, and give relief.

. . . JUST TALKING IT OVER . . .

We are soon to give you instructions which may, to you who have not previously studied or read of things psychological, seem rather fantastic; and we may give you assurances that, to the inexperienced, appear or seem "too good to be true," but if you will guard against closing the avenues of the mind to acceptance and will try them out conscientiously you will arrive. Doubt not!

To this point in these instructions, we trust that we have laid a foundation for understanding. Of course, what we have given you must be fitted in with your life experiences to date, and your understanding must be based somewhat upon your previous educational attainments.

Do not let the fact that you are not highly educated, if such be so, discourage you. If you have understandingly come this far in this course, with real faith and action you can far surpass many we have known from Yale, Harvard, Princeton, or Columbia in the battle of life.

Too many of these highly educated persons let the mind wander to analysis. They are searching for form and missing the substance. They are self-conscious, with a superiority complex on educational values, and have a form of resentment that their mental equipment has not produced success. They doubt that the countless thousands of successes they see and read about have been arrived at by any other route than that of chance and luck.

If you master the idea that the real you, that can carry you to happiness and success heights, is not the objective mind

and that when this innermost you is accepted and relied upon, and you give it a worthy aim, object, or purpose, charge it with intense and burning desire, and with absolute assurance and confidence expect the accomplishment of your cherished desires, and back it up with persistent determination, and a willingness to give and give and keep on giving, you are traveling the road of health, happiness and success. You are backed by the laws of the universe and only one result is possible.

There are three things, processes, exercises, activities or operations which will practically make your life over. These are: Meditation, Concentration, and Affirmation.

We now touch upon the subject of meditation endeavoring to show that it is, deep thought upon an abstract principle, the gaining of ingrained consciousness of the law or principle involved and the absolute assurance that it is truth pure and simple, and that it works.

To really meditate requires effort. The cultivation of self mastery is largely dependent upon individual capacity for attention. Mind wandering is the great stumbling block for many. As soon as the beginner tries to fasten his attention on any particular thing, he finds the mind wanders away time after time, in spite of his efforts to control it.

Those who really put forth the effort and really arrive, secure "jewels without price." It is human nature to value things almost entirely by the efforts that have been required to secure them. We learn to love those things more because of the sacrifices we made. When one labors long, endures much, working toward a given object, and finally attains, there is a deep and sincere appreciation of rewards. Had they come without effort, they would be valued but lightly. "Come easy, go easy" is the statement of this fact "in reverse."

We therefore urge that you be a worth while individual, a credit to yourself and to this order, and that you pause, and meditate. We give you the assurance that it will pay and pay well.

As a second section of this set of instructions, we are going to set forth a few simple paragraphs, some quoted.

We ask you to take them one by one, in the quiet of your own room and ponder over them; that you extract the very essence of them, and that the truths therein expressed, by conscious effort you make a part of you; that you safely store them in the subconscious. To accomplish this you must muse over and feelingly accept them as truth essence.

Thought No. 1.

Ruskin said, "Imagination (the power to vision and to plan) is the grandest mechanical power that human intelligence possesses, and one which will appear more and more marvelous the more we consider it. It animates by hope—it freezes by fear; it removes or suspends the animal functions; it turns the hair white in a single night—it even causes death."

Thought No. 2.

Whatever theories of life, creation, and man's place in the universe we may hold, the fact that for the individual, life is after all primarily mental and secondarily physical, stands out clearly enough. I think, therefore I know that I am. There is no other way to arrive at any sense of existence. Without the faculty of mental perception, how can you have any knowledge of living at all? Through mind I know, without mind, I am nothing. My appreciation of friends and relatives depends on mind; my regard or disregard is mental.

The state of my mind colors the life about me—health, happiness, prospects and prosperity are all influenced by it. Through mind I know my friends; through mind they know me.

Thought No. 3.

The intelligent practice of self-control, quickly leads to a knowledge of one's interior thought forces, and later on, to the acquisition of that power by which they are rightly employed and directed.

In the measure that you master self, that you control your mental forces instead of being controlled by them, in just such measure will you master affairs and outward circumstances.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

OF THE GREAT CAUSATION PRINCIPLE
OF THE UNIVERSE,

YOU ARE A PART.

Let us hope that after reading instruction twenty enclosed you are at least faintly aware of your own possibilities and have caught a glimpse of what our instructions can mean in your life, and are prepared to use the foundation for the erection of a worthy edifice.

We focus our efforts upon the amelioration and ennoblement of human life and character upon this earth. Preparation for a life hereafter may be the aim of religionists but we know and you can know that life is a continuous fact.

This being so - NOW is the all important time factor. Doing good is more resultful than just being good. Today cause is unloosed, our seed are sown and our molds are cast. Tomorrow and all tomorrows will bear the imprint of today. With the dawn of each day we are face to face with the effects of yesterday's causes - we harvest as we have sown - we live with our own offspring.

What you are going to be, do or have in the days ahead? - - It is not yet, you quite agree. It therefore is "without form and void". This simply means it is a fresh new film sensitive to the picture you create. It can be what you make it. Speak the word! Live it!

What these instructions can do for you, if you are faithful in the study of them, cannot be measured in dollars and cents. We trust you are fully appreciative of your obligation to live the full life - to do good.

After the twenty-third set of instructions we have a sort of weeding out process and only continue those we believe worthy of the higher instruction. If you have procrastinated and put off the expression of your inner feeling and urge with respect to them, do not delay longer. We can only know as you express.

Of this you can be certain: for you the possibilities are without limit. The foundation is laid. We can give you the pattern of the key to the storehouse, but you must forge your own key. Supply is limitless.

May you prove worthy by expressing some part of the infinite of which

You and we are a part,

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 20



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 20 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

"You are neither a body nor a mind. You are, in part, a spiritual, that is, a non-material self, which expresses in and is possessed of emotional, intellectual, volitional, and moral "faculties". You dwell within the body and you own the powers named because you create and employ them in the conduct of life."

—FRANK HADDOCK.

. . . . THOUGHT GEMS

How many of us assay

High in starting enthusiasm;
Low in sustained faith.
High in promises;
Low in performance.
High in self regard;
Low in self regulation.
High in ambitions;
Low in endeavor.

●

A man, who by his profession is concerned with any particular aspect of life, is apt to magnify its proportions; in laying undue stress upon facts, he loses his hold upon truth.

●

If you want an extra supply of energy use up what you have just as quickly as you can. You may think that is silly advice. Possibly it is. John Knox, the great Calvinist, didn't think so. In his old age he had to be lifted into the pulpit, where he would lean for a time, too exhausted to lift up his head. Long before he had done with his sermon he had the energy of a giant and his hearers feared that he might smash the pulpit with his hands. It seems to be the law that those who give most generously are always given that which they need for the manifestation of their generosity.

●

The Fable says that Truth and Falsehood went bathing: Falsehood came first out of the water, and dressed herself in Truth's garments. Truth, unwilling to take those of Falsehood, went naked.

You have doubtless heard of "the naked truth".

"I am I"

You must realize by now that by certain laws this course was brought to your notice, and by some attraction came into your hands, and it is as though it were prepared for you — and you alone.

The same laws that brought it to you, will, by reason of it, enable you to materialize your longings and heart desires.

Changes have been and are being wrought in you, by reason of advancing to this point. It is quite certain you and others are conscious of it.

You may and should go back and each night review the instructions one by one, from the beginning. You will find that there is much meaning that you did not fully grasp, — that you have been prepared to now comprehend, that which before you did not assimilate.

It would be well if you would now begin to use a mirror, (full length mirror preferably) quite frequently, not to satisfy a vanity, but to use in connection with your imagination.

Stand before the mirror, and in your mind's eye picture how you would appear, if your ambitions or hopes, or longings materialized; how you will appear, when they do, as they will, if you are faithful to the promises you make yourself.

"Play acting" — "make believe" — just like children do, is exactly what this calls for.

When you are doing this just get the thrill, the feeling of elation you will have, should the sought for be found or come about.

That feeling helps focus the picture on the millions of minute body cells. It sets the patterns. It casts the molds. It fixes concentration. It is meditation. It creates incentive for will action.

You now know the mental chemical formula. All the ingredients must be used, and it is our purpose to show the way so plainly that you cannot err nor fail and can and will so far excell others, with possibly better natural equipment, or acquired general education and preparation, that there can be no comparison.

We are at this point again going to introduce you to yourself. We want you to prove the you to your conscious you, — that you which transcends the physical and mental you. It is to be based on the solid rock of reasoning.

Within you, and throughout the universe is power — all the power that you or anyone else, or all others need for accomplishment but you cannot contact it nor utilize it until you become consciously and fully aware of that something that constitutes the real you, the king on the throne, separate and apart from that which the every day, mill run of people think of and recognize as "themselves", just a composite something consisting of feelings and emotions, thinking and willing and all set in a frame of physical members.

Now this drive to acquaint you with your self-hood is with the object of showing you how to contact power, how to utilize universal power, how to get the "trolley pole to the power line".

Do you, for one minute, think that new power is created. Have you a conception that any human or machine can bring into being that which was not existent?

The whole world is just a changing, ever changing, transforming, ever transforming process.

You build an electric power station; you put in electric generators, just so much wound copper wire on a core, that is to revolve within a field consisting of more copper wire wound on cores, — there is no power there.

Now, if you could by hand revolve that core within that magnetic field with enough speed, you would cause electric power to proceed from that dynamo. Your physical power would be transformed into electrical energy—whence came your physical power?

Instead of revolving it by hand we put in steam boilers; we create heat we will say by burning crude oil. The water within the boiler by reason of the heat, from the burning oil, expands, steam is created, which is confined and it presses to get out, and power is the result; it is directed to pistons, these put machinery in motion, this is coupled to the dynamo, and electric power we say is created.

But that power was there — within the petroleum product, crude oil. Where did the crude oil come from? It came from oil wells. Nature produced the oil from vegetation. Whence came the vegetation? Nature produced it from that which was already existent.

The powers of the universe are self existent — and all-present.

You are bathed in power — that is a scientific statement. It is in you, through you and about you. It can be transformed into physical power within you — mental power — emotional power — will power — personal power — and regenerative power, perceptive power — faith power — creative power — desire power — reasoning power and every other kind of power.

What therefore is so unreasonable about your having a powerful character — a powerful personality — a powerful constitution — perfect health — happiness — and success over the nature route?

The power is available — and available to you, when you learn to contact it, — utilize it, — and transform it to the desired ends.

To make the start you must become conscious of the real you; you must recognize your self-hood. You must become self-conscious.

In saying "become self conscious" we do not mean it in the way the dictionary defines it. We mean

you must become conscious of your self — the real you of your being.

Perhaps you can comprehend it if we say the "life principal" that constitutes your identity — and that that "life principal" is a part of the universal "life principle" and therefore contacts all else that is universal — including power.

Perhaps we can bring you to the realization, by another form of expression. "That something" within you which starts, directs and controls your physical, your mental and all other actions and functions.

It may be that the Christian expressions of the "divinity within you" — "divine heritage" will awaken you to the realization that the real you is a thing apart.

We are now going to resort to pure reasoning.

Let us assume that you are an analyst and that the real you, as with a microscope, is going to examine that which you may have heretofore regarded as you. Now, the real you is on the observing end of this microscope.

In the first place nothing on earth can shake you from the knowledge and belief of your own existence. You know that you are an entity — a being, you can say "I am I", and know that you have a sure and certain foundation for that statement, at some stage or in some state of feeling or under some circumstances you may have doubted or may doubt your own senses, but never the fact that you are you at the very centre.

You might entertain doubts on the question of "Why am I" or "What am I", or "Where am I" or "Is all else real", but as this analyst, you are ever conscious that it is you — the you — making the inquiry, and the answer back is always that you are you here and now — the "here" part of the answer means the particular spot in space you are then occupying, — the "now" means the specific time that you are experiencing.

Now do not skip lightly over this, saying it is "Much ado about nothing", and that of course I know "I am" — you want to know that you are, and be able to say "I am I" and know that it is a central inner something doing this analyzing — the real you.

Having established the fact firmly that you are a separate and distinct individuality—your consciousness of separate existence blossoms, and it will bear fruit.

The next step in this analysis by you, — this separate and distinct individuality — is to realize that you own and control the physical body and all of its members and instruments and machinery, and that the physical body is a garment you wear, or a house you inhabit, and that you are the master of the house.

Heretofore in the course of these instructions you have had intimated to you that the subconscious has taken over the movements, actions, processes and functions of the nervous system, the internal organs, and those parts and parcels of the whole human organism, which are designated as the involuntary system.

How necessary, in the interest of vital economy, that these should have been taken over from the voluntary or conscious field, into the involuntary or subconscious you can appreciate.

But don't forget this, that they did pass from the conscious field to the subconscious. You are the master of the house. Your subconscious is the storehouse — the receptacle — the servant of the conscious. It has no windows nor outlets, nor contacts outside except through your conscious you, so far as directions and instructions are concerned, or so far as factual matter is concerned.

Do you remember the quotation from David Grayson in our last instructions wherein he expressed the conviction that a man could have as keen a scent as a dog, if he set his mind and energies to it.

We know a lady — a very prominent lady who is a Modern Diana, a huntress, who each hunting season is in the woods, and whose special delight is deer hunting. She has a wonderfully keen sense of smell, and has never impaired it by smoking, and many of her hunting companions, whose word could not be doubted, have testified that she has often and on many occasions scented the presence of deer, and communicated to them the fact just before coming upon them.

It is a positive fact, and not myth nor mystery that there are a great many individuals, who by meditation and concentration, have learned to exercise complete control of the so called involuntary organs

— even of the heart itself, — this you could do by application, concentration and meditation.

Think for one instant, you have some sudden fear — or some over-mastering excitement, by reason of something you see or hear. Instantly you can feel your heart pounding, your heart beats have jumped tremendously. Nothing physical has hit you or injured you nor even contacted you, yet a physical effect is present. Involuntary action you say! If a thought, a mental image, a surge of emotions or feelings did it indirectly — does it seem inconceivable that you could voluntarily induce quickened heart action, and accelerated blood circulation. Well! It is quite possible.

There are certain Yogis of India who devote their time and energies exclusively to experiments and demonstrations along these lines.

If this be so, and it is, and in many minor ways you can demonstrate it, what is there so strange or mysterious about mind cures, faith cures, and healing such as ascribed to Jesus in the Bible?

The point of it all, at this moment is that, looking through the microscope of analysis, you come to the consciousness that you, the you, is separate and apart from the physical, and that it is yours to command and control. You can raise your hand, wiggle your toes, turn your head, and manage the physical members of the body, and your heart, your lungs, your liver, your stomach, your intestines are just members also.

You can now go back to former lessons and just seem to stand apart, and view the physical changes of the body, old being thrown off and new being added, so that ever so often you are a completely changed and new physical being, but the same you, the same I identity remained on through it all.

As analyst we will now subject feeling or emotion, your thoughts or thinking, and your will action to scrutiny or observation.

It is all a panorama, — you pass the circumstances, the feelings, the emotions, your reactions, your opinions, your thoughts, your determinations, your actions before your memory. You command that faculty to bring back those pictures, — you recollect.

You now pass judgment on these things, — they were wise or foolish, — they were pleasurable or painful, — they were colored by prejudice or misunderstanding, or prompted by judgment and consideration, — they were helpful or hurtful, — they were positive or negative, — good or bad.

What is the net result? There is a you to make this investigation; You can view these things that heretofore you thought were the you of your being. Reason responds, and gives consent, that there is a master ego; that you can become self-conscious — aware that there is a you, separate and apart.

There is something very practical about all this. It is not just speculation, or pure philosophical or

metaphysical or esoteric day dreaming. You can use the consciousness aroused in your everyday business and social affairs.

With it you can go forward to the desired ends of health, happiness, and success with "seven league boots", as it were. How and why? You just get the picture, the conception of yourself as something detached, and a part of and contacting, and capable of drawing on unlimited power, and that your mental, emotional, and physical instruments are just machines for you to control and direct, and you will acquire skill and efficiency, because you will not become confused in difficult situations, you will know that the real you is going to last through all situations, that this real you cannot be injured or hurt, it is above and beyond life annoyances.

You are the general of the army. You do not have to do the fighting, nor move the supplies or ammunition, you plan, you observe all the situations, you do the maneuvering. You realize that the army of power behind you is unlimited, that the physical and mental are instrumentalities for clear-headed guidance and control, and that the real you can and does contact omniscience — (all-knowledge).

This knowledge, or consciousness, gives you poise, character, calmness, and confidence, — the faith that removes mountains, the courage that knows no fear.

The one thought that may occur to you now is for this real you to put under the microscope the real

you, and determine what is this real you — this something. If you put it under the microscope of investigation, then there is no you or no something at the observing or investigating end of the microscope. That would be the finite trying to comprehend or understand the infinite and reason tells you that that cannot be done, — but the answer always comes back — and it is satisfying — that you are you, and all the arguments and sophistry in the world can not rob you of that conviction. That is the fundamental thing. You are aware that you do exist.

Just make certain that you are conscious, that you are over and above and separate from your instrumentalities, and then act the part — realizing you are a creator — and that you are a part of the infinite and just as a drop of water from the ocean has all of the elements and attributes of the ocean, you have the elements and attributes of the infinite.

Let us for a moment see how Jesus, a member of the old Order of the Essenes, taught these principles.

“The Lord is my Shepherd, I shall not want.”

A simple people could not perhaps understand “contacting universal power” nor “the power of affirmation” but they could understand the idea of a good shepherd.

“He maketh me to lie down in green pastures.”

That was a complete picture of prosperity to their simple minds.

"He leadeth me beside still waters."

That was the picture of poise, calmness, separate and apartness of the real you from the conscious you.

"He restoreth my soul". — That was a worthy description of "contacting power" — being a part of universal power.

"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

How otherwise could he teach that simple people, that they could have health, happiness and prosperity — and that right on through all changes the you was unchangeable and perpetual.

Re-read this set of instructions. You will at the end be a changed individual — a part of the old will have passed, and made way for the new and better.

... JUST TALKING IT OVER ...

In all of our instructions it has been our constant endeavor to make them brief, pithy, and full of substance. Each sentence and each paragraph is weighted with meaning, as you will find if you give them the consideration they deserve. Each thought gem, from the beginning to the end, is worthy of meditation, as we suggested in Instruction 19. It might be well to take just a few of them, beginning with Instruction 1, each night and meditate over them, extracting the essence or principle, and recognizing them as "distilled truth" — and resolve with each to accept it — to adopt it

— to make it a part of your consciousness and to transmit it to the sub-conscious as a "guiding star".

No thought and no effort is ever lost in this universe.

What to you may seem unimportant may become tremendously important. We suggest to you at this time a little experiment to illustrate and to prove to yourself that every breath from your body is having its effect in the universal.

Get yourself a piece of highly polished metal or glass, take a key — like a Yale or Corbin lock flat key — lay it upon this polished metal or glass, then blow your breath with open mouth upon it, so that the metal or glass around the key becomes cloudy with your breath, then flip the key off — and soon the cloudiness disappears. Lay this metal or glass away for a day or a week or a month — then take it up and again blow your breath upon it — and see the imprint of the key return.

It is literally true that the very walls and furnishings of the room you live in, your private apartment, your room in which you labor, the walls and furnishings of your home, contain the vestiges of your acts and thoughts.

If it has been the abode of failure thoughts, of anger thoughts, of grief, of strife, of jealousy, of dishonorable acts and actions, there is always coming back the vibrations and influences projected just as the silhouette of that key returns on the polished plate.

With a change in mental and spiritual life, it is well to paint or paper the walls of the room anew, or seek new environment, and make certain that the new location has not been contaminated. Yes, thoughts are contagious. You might find in this a reasonable explanation of "haunted rooms" or some "murdered ghost" yarns you have heard or read about.

There are, of course, differing degrees of receptivity of individuals. The latest scientific investigations seem to in-

dicates that the thyroid glands have much to do with degrees of receptivity, so far as extra sensory perception is concerned.

“Extra sensory perception” means getting impressions through other sources than the five senses. Extra sensory perception is a proven, scientifically accepted fact. It was pooh-poohed just a few years back, and yet most every normal being has had intuitive knowledge, hunches, flashes of knowledge and insight, that could be explained on no other hypothesis.

In “just talking it over” with you now, we want to impress you with the dangers of skepticism, disbelief, rejection without trial of any methods, courses of procedure, or instructions you may subsequently meet in this course—and, above all, do not overlook one detail, however unimportant it may seem to you.

Just as in our outline to date of a formula for achievement, vision or purpose is important—very important—but you must mix with it desire, faith, determination, and action before it availeth you much.

In the chemical world, one part of hydrogen and one part of oxygen is still a gas—but two parts of hydrogen and one part of oxygen is a liquid—water.

So verily, the world is made up of simples—there is no such thing as an unimportant detail.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

INTELLIGENCE IS THE QUALITY OF SPIRIT -
FORM IS THE QUALITY OF MATTER

REMEMBER THIS: -

The mission of an Essene is to do good to all mankind in recognition of the brotherhood of man.

Even casual observance of Nature's processes shows that there is an orderly unfolding. First is the seed - then the tree, the blossom and the fruit in due course.

When full realization dawns upon you that the thoughts of today are the seeds of your tomorrows you will guard your thoughts with greater watchfulness than you do your money.

The tree, the blossom and the fruit will come true to the seed. Doubt not that careless sowing - thinking - produces in kind. Grain never springs from weed seed. Courage comes not from fear thoughts. Self confidence springs not from doubt, suspicion, and distrust. Happiness does not flower and fruit from worry, self-pity, selfishness or jealousy. Plenty and wealth is not the harvest of thoughts of poverty, rainy days, or poor houses and possible future want and disaster.

Very real are health consciousness, happiness consciousness and wealth consciousness. Once conceived then and there is born a capacity for originating new trains of causation. Then men realize their unity with the Life Principle - Then do they become creators of health, happiness and material welfare.

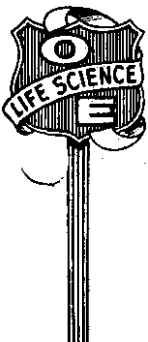
We give you this truth message - you repeat it to the inner and real You. Make it part of you. Doubt not! Act accordingly!

In the spirit of brotherhood, let us blend in the realization and understanding of Universal First Cause - and by our united efforts spread the word.

THE ORDER OF THE ESSENES

S. Hamur Davis

Enc. 21



THE Essenes

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Instruction Headquarters, Tampa, Florida.

Instruction 21 **Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

People generally do not know their own capabilities. They have never made a tour of investigation and discovery in the Great Within of themselves to see what continents of power they have, but are content to cultivate their little islands of energy here and there, just to provide for their daily wants. They are valley dwellers and not mountain climbers.

. . . . THOUGHT GEMS

Do we not receive about what we give?

Is not the world a whispering gallery, which will return a harsh or pleasant tone, according to what we send forth? — a mirror that will reflect the face we show before it?

If we smile, will it not smile back? If we frown, will it not frown in return?

If we look at it with contempt, shall we not get a contemptuous expression in return?

A kind heart, a loving spirit, a feeling of good will toward everybody will make you beloved, admired, and respected.

It is the law: you cannot take out of your life what you have not put into it, any more than you can draw out of a bank what you have not deposited.



The master thinker is an artist. Choose carefully your designs before you paint them on the canvas of the mind.



Love — forgetting one's own welfare in the welfare of others.

Such love is the essential ingredient in all true living.



One thing is certain — everything is not left to the protection of the blessed trinity of chance, accident, and mistake.

You are what you desire to be — in Embryo

By this time, from these instructions, and by proper appraisal of all of your experiences, we trust that you are fully aware, that this world, and the things of this world are governed by law.

If you are experiencing conditions of lack, in-harmony, disease and unhappiness, recognize that they are results — are subject to the laws — and like all things are in the course of change.

What that change may be is in accordance with the law — or life principles. It is therefore not an "ism", nor a fanatical religious promise that you can have an abundance of all good things, that you can be well and happy, and can adjust into perfect harmony all departments of your life. It is merely a matter of knowing the laws, and simply making yourself obey these laws.

We have heretofore quoted "as a man thinketh in his heart, so is he".

If that is so — if that is the life principle, if it is the law — then just freely admit it. Apply it practically to your condition and affairs.

Just start with the admitted fact that it is all a matter of consciousness, that you and you alone are to blame for these conditions; you and you only are firmly and tenaciously holding them in your consciousness.

Now don't be mentally lazy, nor intellectually dishonest. You are called upon here and now to watch and control your thinking. The main trouble with the great majority is that they do not realize how many negative and destructive beliefs they really possess, in the subconscious mind and permit to come into the conscious mind. They do not appreciate what kind of "thinking in the heart" they have engaged in, and permitted to become photographed upon the cells and the atoms of the body, to become manifest — or out pictured into the conditions we say can and will be changed by an observance of the laws of living — the life principles.

We have not a doubt in the world that most of you who read this have heard a sermon, read in the literature of some "society" "order" "cult" "movement" "brotherhood", or have been told in some manner that there is a heritage of good that is waiting to deliver itself to you if you but become wise enough and strong enough to claim it, and that you must use it in the service of mankind, and that the way was by the building of a proper consciousness of the situation.

Neither do we doubt but that many of you have tried to demonstrate the truth, and get rid of your negative thoughts; but because it took determined and persistent effort you soon grew tired, or you were not supplied with the proper detail of substituting the positives for the negatives, as a means of getting rid of the negatives, but were set on a course of combating an evil, in a manner which magnified and per-

petuated it in consciousness, and discouraged, you dropped back into the current of the old conditions, and possibly became more helpless than before.

All nature works for perfection. Man was created perfect in the beginning; healing is therefore but a reversion to the perfect type.

The key that unlocks man's mind to his original perfection is his thoughts, by this is meant meditative, concentrated thought — holding the thought-form or picture of perfection before the mind, so that it becomes submerged in all the life cells, — and these thought forms become vitalized by faith, and confidence.

You are the ideal you of your desires, in embryo — just as surely as the chick is in embryo in the fertile hen egg, so you are doing no violence to reason in positively asserting you are what you desire to be. You can certainly act the part. Just act as if failure were impossible. Just act as if you were in perfect health.

Now, this does not mean that you are to do violence to a constitution you have weakened or wrecked.

Here is the idea for the invalid, "I am in perfect health — now for the regaining of strength — and all that nature gives with perfect health." Then be active. Take exercise sanely and in keeping with your returning strength and healing members or organs, increasing the activity each day, even if it is wiggling the fingers or toes. Remember that the blood is the

life stream, and by activity of any kind you assist that life stream to reach all parts and all organs, and that it carries the "life principle" — "perfection" with it.

We stated that the correct way to banish the evil thoughts was by the substitution of the positive for the negative.

Let us amplify that.

You have a fear, a worry, a bad physical condition.

You think to remedy the situation by the thought "I am going to get rid of this worry, fear, or condition."

That very form of thought shows that the center of the stage is set with fear, worry or condition.

Your mind is on the condition you want to correct; you in your consciousness are admitting the thing is so. Well; that just "tunes your receiving set" to receive more fuel for the flames.

Can you not see that if you take the attitude of fighting something, combatting something, you have your mind on the thing you are going to combat or fight?

On the subject of "fear" or "worry", did you ever stop to think it is always with respect to something in the future.

Future events are the result of thought forms — from someone, somewhere.

You say you can't right about face and substitute a positive, a pleasant thought, for the negative, fearful thought?

If unexpectedly, out your window, an orchestra or band starts playing music, and in surprise you go to see what it is all about, you drop the negative thought.

If there is a violent explosion, and a fire breaks out next door, you change your thoughts right suddenly.

Innumerable are the authentic cases where invalids, under great stress, such as being in a burning building have arisen, and performed physical feats of strength undreamed of in their days of physical vigor and normal health.

If you do not think that you are the guard at the door of your mind, and can definitely keep out all thoughts or feeling that you do not want to see become manifest, or move from the embryo state to the reality, then we know you better than you know yourself.

You can!

You just start conquering in a small way, gain confidence, and the great ways will come naturally.

One school of thought beautifully puts the thought we are trying to put over, thus:-

"Whatever you think and hold in consciousness as being so, outmanifests itself in your body or affairs."

Whether you accept this as yet or not, consider for a while the truth that every thought you think, especially those relating in any way to self, hovers around in your mental atmosphere, just as a child stays close to its parent. These thoughts being about yourself receive the life that maintains them from the feeling that you put into them.

In other words, the thoughts themselves are but inert mental forms, but when you think them with feeling of any kind you fill these forms with life and they become as living things which ever return to you, their parent, to be fed with more of your life force, and if you only know it, all the thoughts which persistently influence your mind and harass you, are only your mental children clamoring for food and attention, and compelling more worrying, anxiety, or fear from you; all of which are excellent food containing rich vital force, and which make them grow rapidly, until they become so powerful that in time they dominate your mind so that you can scarcely think of anything else.

When the fact is, these thoughts exist to you only when you let them into your mind — that is, they are of importance to you only when you give them attention and recognition. But on the other hand, their power over you and their life can quickly be destroyed by simply knowing the law, and refusing to feed them longer with life force by giving them further attention or interest.

And it should not be necessary to state that voicing such thoughts definitely and speedily outmani-

fest them, for the spoken word is far more potent than the thought. Above all else you should guard carefully your speech, voicing nothing you do not want to see manifest. Always remember, however, that by preventing such thoughts entering the mind there will be no impulse to voice them.

So that you can see now that it is all a matter of consciousness, of thinking and harboring the right kind of thoughts — those you wish to outmanifest, and of letting into your mind no thoughts you do not want to manifest in your body or affairs.

And perhaps you can also see that what is ordinarily called thinking is only the admitting into your mind of thoughts that originated chiefly in other minds and which you of course attracted to you. Especially is this true of all negative, inharmonious and destructive thoughts — there must be something in you that attracts them or they would not come.

In these days of unrest, people are hungry for peace, for an inner peace that will sustain in the uproar of national and international delirium tremens.

It is our mission, our endeavor to turn sad faces into bright faces, insomniacs into dreamers of good dreams, frustrated lives into useful careers.

We can point the way, you with understanding can help, and the more you put into that endeavor, the more you will get out of life.

It is an individual problem — Each must do his part. You must make your own health, happiness

and success, and the beauty of it is, that you can, if you are ready to absorb the vital knowledge that makes life intelligible, and then will to do it. Will is intelligence in action, first as choice, then as persistence in pursuing that choice.

You, perhaps are one who has throughout your lifetime, had generous contact with the Christian religion, and if so, wherever we have used the words "Life principle" or "good" or "nature", if you substitute "God", you will find conformity with your religious beliefs.

It is more than likely that understanding of all of your religious training will flood upon you, and take on real meaning, and actually work if you comprehend that "God" is within you, and banish from your mind that "God" is somewhere up in the skies, and understand that "God" is actually you. Don't be uncertain as to who or what he is. Life principles, universal laws, and the goodness and perfection of them are manifest everywhere, and how they work are understandable, and that you are a part and parcel of them, and not something apart you can and will grasp.

Keep the idea, the truth, that you are a thing apart from the physical, your material house or garments, and that the real you, separate and apart from these things, is inseparable from omniscience (all knowledge) omnipotence (all power) and omnipresence (all present or all pervading). This leads to the inevitable. God is within you — is you.

On the other hand, if the Christian religion has been foreign to you, if it has been incomprehensible and you have become agnostic, and disgusted with hypocrites, and hypocrisy calling on a celestial being for special favors and falsely professing that which is neither understood nor comprehensible, then these instructions should prove comforting to your intellect, and intelligence and give meaning to life itself.

Christ was a member of the order of the Essenes, His teachings rightly understood contain principles and truth, but by making these things intelligible by fable, allegory, parable and illustration, to the people of that day, he gave much that the fanatical have misinterpreted, and by insistence upon their interpretations have clouded the truth principles and brought about in many cases, as perhaps in yours, a distrust, misunderstanding, and rejection, and a prejudice against anything that even sounds "Churchy".

To you, our sticking to "nature", "life principle", "truth", and similar expressions, should be gratifying, and anything but antagonistic to your accepted beliefs.

Re-read this lesson. It may be the key that unlocks the door of inner consciousness, and lead: to an understanding of the real you, and a comprehension of your divinity and contact with so called divine power.

. . . THOUGHT GEMS . . .

Originality and fearlessness are characteristic of men of progress. Precedents do not bind, nor fear halt them.

Section 2 Instruction 21

Dr. Alexis Carrel, as we have heretofore pointed out, has confirmed the fact of actual cures by mind, faith, prayer, or whatever description you desire to give to the form of treatment.

He has confirmed the fact and is authority within the medical fraternity that such emotions as hate, fear and the like, if long indulged in, can create organic diseases; not only further them, but create them.

Surely the mind is not a one-way road. If it can create disease, it can cure disease. His findings confirm this, more accurately speaking "is the principal cause of a cure".

Scientific minds, having the habit of inquiry as to "how" and "why" things are so, no longer doubt the fact but for some years have been loath to accept that it works in all cases, and have been trying to determine in which cases it is effective.

There is one thing certain — we have definitely reached the state where all agree that neither men nor medicine can heal you. Nature alone does that. The most that man or medicine can do is clear the way or assist so that nature may have a chance.

Man can set a broken bone, but it takes nature to do the knitting and healing.

No trained or thinking psychologist or metaphysician ever intentionally claimed that mind alone cured, — was the complete cure.

All nature works for perfection. The mind or faith clears the way and gives nature a chance.

THE ORDER OF THE ESSENES
2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

EACH THOUGHT AND ACT
IS A DEPOSIT IN THE BANK

OF THE UNIVERSAL:-

Someone who has gone over the same ground you now trod in these instructions and has benefited immeasurably has voluntarily contributed to make it possible for you to walk in the way they have gone.

One cannot pay for and receive these instructions. That does not open the channels or invoke the true law of giving, nor is it the path to the brotherhood of man.

That this is so puts a responsibility on you. You must read, study, comprehend and live more responsibly.

You must so live and act and achieve that the ones who out of the fullness of their hearts and of their own volition gave that the work be extended would be proud of you.

If you are one who has contributed in the spirit of gratitude and thankfulness be assured that those selected to receive these instructions have been deemed worthy by us, and their gratitude and thankfulness finds its way back to you cosmically, and that feeling of self satisfaction which you must possess as a result thereof is most helpful in ways which are definite and certain and which you will come to understand.

If these teachings were universally understood by all men, then would there be the true brotherhood of man.

The world is awaiting a spiritual sunrise - Perhaps we hasten the day. We surely serve well if you are faithful in your study and efforts.

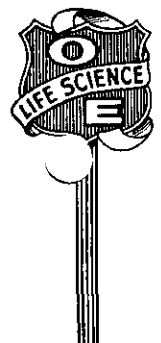
Your deposits in the Universal invariably return multiplied.

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 22



THE Essenes

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Instruction 22 Assuring to the acceptable and accepted HEALTH, HAPPINESS AND SUCCESS.

Thou wilt find in life, my son, that thine every act and word is seed planted in the garden of thy soul. If the seed be of good tendency, it will grow into a flower thou wilt cherish, and if not of good tendency, thou shalt root it out and let the lesson serve thee for the future; for naught, my son, throughout creation is without effect.

— LANG-SIN.

. . . . THOUGHT GEMS

More gold has been mined from the brains of men, than has ever been taken from the earth.

●

Do not try to stand better with people, than you do with your own conscience.

●

Too much leisure to empty minds is a threat to progress.

●

Do not blame others for the difficulties that beset you. Look at your own heart and mind. Therein are the secret springs of all your troubles.

●

This you will come to understand — if you allow yourself to become angry or jealous, you will make your own mind vibrate in sympathy with the angry and jealous thought vibrations in the world, and these will echo and re-echo upon your mind and claim you as their prey.

●

Above all things, avoid mental pauperism and intellectual vagrancy. Don't be a cynic, dozing in the sun of mental laziness.

Believe in the gospel of intelligence. Intelligence will be the saviour of the world.

●

Humanity is the grand religion.

Giant Strides of Progress

In the realm of science real discovery is open only to those able to submit themselves, their wishes and their theories to the test of ascertained fact. Truth is given only to those who sincerely desire it, the deeply in earnest, the open-minded, and those truly in search of it. We again repeat — you must become as little children — you must have a receptive mind.

You have heard or read in your Bible, "Blessed are the meek, for they shall inherit the earth". Confucious said, "That humility is the foundation of all virtues". Tennyson said, "True humility, the highest virtue, mother of them all."

Meekness, humility and humbleness, as used, do not mean cowardice, nor convey the intimation of shrinking fearfulness. The true interpretation is that one has the key to the storehouse of wisdom who simply is conscious of the vastness of the unknown, comparable to the known, and in the spirit of acknowledgment of the fact, seeks ever the truth with receptive mind. This is the approach to life and the mastery of life principles, and the unlocking of the gateway to wisdom.

This universe holds vast and still unknown forces. There is much to be done for man that he may be healthy, happy and prosperous in a perfectly natural way.

This approach to life can be reduced to an understandable form—to an exact science—to a demonstrable, workable, work-a-day basis. This is our objective. Its understanding should be yours.

Amazing, indeed, are the vast number in search of these truths, and it is astounding the great number of mystical schools which have sprung into being.

Most of the instructions, of these orders we have been privileged to examine, have in some part referred to the fact that Jesus Christ was a member or master in, or received his training and knowledge from the Order of the Essenes — and that that order had had handed down from ages past to it what there was of philosophy and the understanding of man himself.

Let it be understood that this Order of the Essenes does not claim that it has any secret documents inherited or handed down from that ancient Order, nor from Jesus Christ, nor that there has been any continuous line of Masters keeping alive any secrets.

You, or any other studious, observing student in a life time devoted to research, observation, and experimenting could bring forth all that is or will be set forth in the instructions and publications of the Order. The fact is that in the one book, the Christian Bible, all of the principles are set forth if you know how to interpret them, and separate the wheat from the chaff.

Some expression, some key-word, some story, some experience will open the flood gate of consciousness

of your real self — the inner you, your self-hood. You will come to SELF realization. When you do, it will be a marvelous experience. You will just "walk on air" — a feeling of exhilaration, of exaltation will take hold of you. You will in the work-day affairs of life lose it often. It will not at first be of long duration, but if you can remember the word, the story, the expression, the passage, the lesson that set it off, and can go back and review it, it will be helpful. The idea is to get the habit of having that "good feeling." Finally you can stretch these exalted periods out longer and longer. The work you do, the words you speak, the thoughts you think, the service you render during these periods, will produce such satisfying results you will get immeasurable encouragement therefrom, and can then appreciate the very great practical benefits to flow from holding that self confident attitude — that emotional state so closely tied in with your real you, the divine within you.

The great majority of people think they want to get ahead, to grow, to unfold and to accomplish, but the greater number of these are not deeply sincere, nor intellectually honest with themselves, for they will spend hours a day on the tread mill of everyday affairs — and refuse even thirty minutes a day devoted to the understanding of the science of life — to self-understanding, and the true relation and kinship to all else of the universe.

We have elsewhere said that all the Saints, sages and saviours of the past, and they are countless in number, "got that way" largely by meditation.

It is about time for simple instructions upon the subject of meditation. With them, if you do not practice meditation, you are just about ready to file a petition in voluntary mental bankruptcy, or acknowledge to yourself intellectual insolvency. If you prefer to party or to pet, to drink or to debauch, to languish or to "lazy", to gad or to gossip, to slave and to slumber, then don't pretend to honesty of purpose nor deny that your health, your happiness and your material condition are anything else than results of your own volition.

What is meditation? How do you do it?

The dictionary defines meditation as deep thought; the act of meditating. It defines meditate as to muse or ponder; to think upon, to think abstractly. It defines abstractly as considering or conceiving apart from its material or concrete nature. — Yes, meditation is deep thought — to ponder over and muse upon a given thought.

Now for "How to do it"! Don't you consider it well to start working on yourself, and your thoughts about yourself, especially if the result will be brighter and happier days.

A quiet little interview with your own self, that you may know yourself better, may work wonders. It is a positive fact as we have heretofore told you,

you are just as wonderful as You can believe. The technique of it, the modus operandi — what to do?

Get the most comfortable chair in the house, one in which you can sit down and “just let go”, one in which you will experience no discomfort, one in which you will lose all consciousness of “chair”.

Next, relax all your muscles, just get limp, don't have any cramped legs or arms, or any feeling of stiffness, or anything on that is tight or binds you to detract attention.

Now, this chair, and you in it should be in a quiet room, with the door closed to all outside disturbances, — you are ready for some deep thought — to ponder and to muse over you — this everyday person you — the real you go about with.

What have been your most intimate thoughts about yourself? Review them. Were they constructive? If you don't know what constructive thoughts are you better turn back to a previous lesson.

Have you been holding worry thoughts, creating fear mental pictures, casting doubt thought molds and patterns to come forth in the real, as you have been instructed they will, and how and why they will?

You are going to find that you haven't been steering the mental vessel in the charted channels as we have directed. Yes! A lot better than in the beginning but not radiantly and buoyantly with confidence, or persistence.

Now just what are your heart's desires — this purpose that is so all important? Just let it well up within you, like a spring of water bubbling forth from the ground. How would you express, were it to come about? Imagine it taking place. That you are going to meet it face to face. It will come true.

It is true now, in the embryo or seed or egg stage, if you know and understand what we have imparted to you, and you just act as though it were impossible to fail.

There is nothing fanciful about this. It is a simple way to be practical with the "within" of you, just as much so as washing and cleansing and caring for the without of you with clothes, etc.

Now go over the situation with yourself. Give yourself a good "talking to" — something like this, "If I dared to discourage other people as consistently as I do myself, they would either throw me out, or shun me, or I would be unwelcome in their presence. I am not going to be like that — I am selling myself a lot of bum ideas. That is just wasting time, and taking mental poison in my system. I know that now. I am going to express my true personality — my better self, — it may take patience and persistence, but I have intestinal fortitude, I can do it.

What a ridiculous thing it has been for me with all the good in the world in me, to let it sour and go stale, and not bring it out wholesome, joyously — indeed. Here I have stopped up all the channels I

have for self expression, with self discouraging thoughts about myself. Good crops don't grow, all choked up with weeds.

This situation is for me to remedy, for me alone! From now on out, I am going to carry my body, like the beautiful thing nature intended it to be. I am going to love life, and my whole personal appearance and attitude toward others is going to reflect it. My expression is going to show that I have the secret — Love — the love that will attune me to all the good of life.

I am going to be kind to myself. I haven't been. I am going to be that way to all others. I like it. They will like it.

Everyone has something to overcome — some griefs. I am going to prove my superiority; I will rise above them and see the possibilities I have, and make them certainties. I have been instructed in the way. It works for others — "It will work for me".

That is a sample of meditation.

It is not our purpose to engage in self praise; this course must speak for itself, but the concentrated wisdom, the elucidation or explanation of the laws and principles herein worked out, one person though he lived a thousand years unto himself, could not work out.

It is the result of thought, concentration and meditation of the ages past, epitomized or boiled down, and made understandable. It is the result of research.

Have you just read them — got a “kick” out of some of them, and in a few days or weeks passed them from the mind?

You want something to meditate over?

Just start back with number one lesson. When you have read a paragraph or two, stop — meditate — think deeply — ponder over what you have read, then take up a few more paragraphs, and so on to the end. Thus go back over every other lesson.

If you do this and cannot honestly write us and tell us you are a better person, by having done so, then at this point you better return our material and stop. The advanced stages can mean nothing to you, if these have not. This has been preparatory. Are you prepared?

In two previous studies we have mentioned prayer — and suggested there was a possibility of effective prayer — a science of prayer so to speak, that would get results.

Most Christian people are still petitioning a far away God in some far away heaven for special favors.

From primitive man, through the ages there has been a belief in Gods of all kinds, and the idea always prevalent was that he was way off.

Languages and words were being developed at the same time, and today we find a scarcity of words to convey exact meaning of things metaphysical. We know, and we demonstrate, and we endeavor to teach by inadequate words of expression the truth principles.

The word "prayer" by association and the meanings that have attached to it, is an example.

Understand this! The very foundation of being is in certain principles. These principles are ever present, flowing in and through every individual, and man is related to them, and all results are worked out through them.

Let us again contemplate radio, for an explanation that may carry the message home to you, and give you an appreciation of an all pervading ever present something.

A radio in an auto, going fifty or sixty miles an hour, tuned up to a certain station, will give you the same program, as though the auto were stopped.

Tuned up properly you can't run away from it. It is in this block and in the next block and the rooms in the houses you pass are filled with it. Their radio is getting the same program. Not an inch of space for miles around that is not filled with it.

Not only that program is all pervading, ever present, but the same space is filled with other programs. You could have two radios in your car and be getting two programs. In the proper locations, you could have six or a dozen radios, and run like the wind with them, and all from the same space, would be giving different programs. Thus a modern development gives us that which should give each of us an appreciation that things unseen, are present.

By words, when there are really not words to carry the meaning, we endeavor to show you rules, and laws and principles that what people call prayer, is a science, that can be demonstrated — and is being demonstrated every day in the lives of countless persons.

Jesus — an Essenes teacher — had even a more difficult task, with the simple, agrarian people of that time, and countless were his approaches, endeavoring to convey the thought, in the face of their experiences, and beliefs.

In Matthew, twenty first chapter, twenty second verse, we find that Jesus taught, that whatever we ask in prayer, Believing, we shall receive.

Now, let us revert to the formula for success which we have so painstakingly endeavored to make simple and understandable.

What was the third ingredient?

You had to apply faith power; you had to confidently expect it to materialize; you had to "believe".

We know of whole congregations in churches, met to pray for rains that were sorely needed, and not one of them brought a rain coat or umbrella.

Understand and accept this! Invisible ideas are transformed into visible things.

A turnip seed, planted and cultivated produces a turnip. An acorn produces an oak tree. The idea, or purpose, or plan, or destiny within the seed was invisible.

It does seem strange that every science under the sun has developed marvelously in the last hundred years, except the science of man's relation to the omniscient, omnipotent and omnipresent; powers, substances, influences and possibilities in which he is bathed, lives, and has his being.

The greatest study of mankind is man himself.

Whatever it is that you long for — other people have longed for — many have realized upon their desires. They obeyed the laws, consciously or unconsciously.

What is the matter with this conception of prayer? You want something. It is possible.

You do not ask some far-away God for it. You recognize that there is a divine order of things. You recognize, we hope, from the first five lessons that all things are present here and now. (Remember the garden in which various seed were planted, and from the same soil, air, rain and sunshine many things came forth).

You get a vision or plan or purpose (1st ingredient in our mental formula for attainment.)

Then you long for it, (that is prayer).

Next you have faith in the law that has been demonstrated — have faith in the outcome, as Christ taught "Believing".

Likewise recognize that will power — (determination) — is one of your divine attributes and is coupled up with an infinite source of power, and exercise it.

Finally know that you must give that you may receive; That you must exercise that you may be strong; that cause and effect, action and reaction are life (divine) principles.

Does it occur to you that our mental chemical formula is the way of effective, result getting prayer; that it is scientific prayer?

But you want to ask or beg or implore? No, you want to express — and that is right. It helps mightily. What you want to learn is affirmation, not begging and doubting.

Claim whatever it is you want, for your very own — and know that you have it. It may be in embryo, as the purpose within the seed, or the chicken within the egg — But you and your worthy purpose will meet face to face, if you just obey the laws all nature is endeavoring to teach you.

This order is devoted to a study of nature principles, the laws governing man and his contacts, and instructions relating thereto.

All there is of God that you can know, that the finite mind can comprehend, is the force and power and creative ability that you can contact and incorporate into your mind, your subconscious — your you.

That is a contact with the super-conscious. The super-conscious is a part of you. The super-conscious you have contacted and from it have benefited. You can make it a habit. You can do consciously, that which you have on occasions done unconsciously.

You can train your mind to think about these forces and powers. If you are meditating over these instructions part by part, and one by one, you are giving your mind exercise, and that is as important or more so than bodily exercise which you recognize as necessary for physical strength.

Most mature minds get weak and flabby for lack of mental nourishment. There is mental exercise as well as physical exercise.

. . . THOUGHT GEMS . . .

The way of safety and strength is to hold in the mind good thoughts — kind thoughts, never for an instant hating anyone — *not for one moment being unkind to anyone*, even in thought — never being deceitful, selfish, or malicious.

Having thus attuned yourself, you will gain a new strength and a new power. The power of selectivity of the vibrations afloat in the subtle ether of mind will be yours.

Then can you attain health, happiness, and success.



One cannot preach a gospel of hope to others, unless he himself is a living example of the power of the gospel.



The world problem seems to be to create employment for men, stressing the physical. We stress the need of mind employment, and then the individual solves his own employment problem.

Section 2 Instruction 22

As the second section of our instructions, we ask that tonight, or early tomorrow morning you meditate upon the thoughts that passed through your mind during the day, or if you meditate in the morning, the thoughts of the previous day.

Take up the events of the day one by one, and review your mental attitudes on each occasion. Go over the various conversations you had. What did you talk about? When you were not occupied, to what did you direct your mind? What or who did you think about?

Were your thoughts good or bad, positive or negative, constructive or destructive?

We ask that you do this for very valid reasons, if you are truly interested in making your life one worth while.

In the first place you must practice meditation in order to find and orient yourself.

If, in 1440 minutes of a day you can not find 15 minutes a day to devote to a planned life, to acquire poise and purpose, and to swing out of the vicious circle, you have probably habituated yourself to, then you are not sincere in your desire for a more abundant life.

Another reason — Truth is merely a theory until you have proved it for yourself. When we learn to

use the known laws and life principles we are no longer in bondage — we are free. A few quiet moments alone with yourself daily, and with proper direction of your thinking will bring about a consciousness of these laws — and self-realization. If you cannot do this, then you are in bondage and far from free.

Yet, another reason. You must tune yourself, so to speak, that you may receive and contact the helpful ideas, suggestions, and powers that are everywhere about you, and may just gravitate to the people who can be helpful, and attract to yourself the favorable conditions you seek, — and this short period is essential for this attunement.

Do you understand what "attunement" means?

In the physical realm, if you will strike a note on a piano, and another piano is in the room, that same note on the untouched piano will vibrate — and no others.

You just have to accept now, that there are unseen and invisible emanations, vibrations going out from you, and all others, and that they are about you and through you, just as much so as radio waves.

If you could swallow a radio, it would still bring forth that to which it was tuned.

Tuning the human to the infinite is the result of mind action, thought, and consciousness of the inner laws and life principles.

We have heretofore stated that the laws of metaphysics — the laws governing mind, the life principles,

the fundamental philosophies were largely found in the Christian Bible.

Paul demonstrated a knowledge of life principles when he said, "Finally Brethren — Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Let's reverse this and see if it does not almost prove itself as a great law of mind. Can a man be happy, successful, or healthy who always has his thoughts upon lies and the false, who is always centering his attention upon the dishonorable and crooked things of life, who always gives heed to the things that work for injustice and unfairness, whose thinking is always in the sewer of life — thinking impure and debasing thoughts, whose mind is the channel for disagreeable, disturbing, revolting, and unlovely thought currents, who always believes the ill reports, and the mean and unkind things and who always carries suspicion in his mind, and ascribes to all persons base and ulterior motives, who always thinks there is no good in the world and that there is no virtue in the world, and who never thinks in terms of praise, but always in terms of condemnation.

Such a one would literally be a walking poison factory, creating mentally distilled, but actual bodily poisons — so much so that his breath and bodily

odors would reflect it, his features would outpicture the inner man, his eyes would disclose it, his acts and demeanor would be an advertisement of the inner thoughts.

Each is the ruler of his own life — each sets his own objective — each determines the tempo or timing of his actions and reactions, each sets the limits of his own progress, each by his own direction of his own thoughts is the master mariner on life's seas. No thought is ever lost. All thought produces corresponding experience.

So, Paul hit a key note. If you think truth, and upon the honorable, just, pure and lovely things of life, seek the things of good report, that have merit and virtue and are worthy of praise, you can just stand and see these things become manifest in your life.

One who follows Paul's admonition — thinking the good thoughts of life, could only reflect in his conversation and manner, the finer things of life, he must of necessity be healthy, happy and prosperous, for he provides a clean channel, and has naught back of it to defile it.

He is magnetized and sensitized to attract the unseen elements which manifest in good. Paul gave us an expression of a rule for thinking.

Have you yet learned to think and feel, and be conscious that the real imperishable you is "a thing apart" — You direct the thinking — You are the re-

ceiver and transmitter of thought. You, the real you chooses, collects, directs, and manages thoughts. Thoughts are just the raw material you work with.

You — the real you — can select and transmit the thoughts, on things that are true, honorable, just, pure, lovely and of good report, and in doing so will witness performance by you in the daily affairs of life, far and above that which you deemed possible a short time ago, or ever deemed probable, until you grasped the consciousness of contact with the unseen forces and powers of nature, and came to the self-realization of divinity — that you are a creator — Creator of “the world you live in” — your own destiny.

So, we again insist on this analysis of your thoughts of one day. Contemplate them, ponder over them, muse upon them. Determine wherein you erred, and violated Paul’s rules for a contented life.

If you determine that you were unjust, unfair, or unkind, and you could bring yourself to go to the person so dealt with, and in a way confess the error of your way, you could know a sense of exaltation and elevation, that would be powerful in its effects.

In any event, if you find error, confess to yourself the mistake, and resolve upon a different course hereafter.

Finally — All of this, not as a matter of morality, or so called Christianity, but as an approach to the understanding of the fact, that thought is energy, the

most powerful in the world, and that it produces results with sureness; that you may begin to concentrate and not scatter your life forces; that you may gain direction and quit going around in rings; that health, happiness and prosperity may be demonstrated in your own experience; that truth shall no longer be a mere theory.

. . . THOUGHT GEMS . . .

Faith, Love, and Sex are the three major positive emotions — love and faith on the spiritual side — sex on the biological or physical side. These emotions form a direct connection to the subconscious mind. Blend or color a thought with either of these emotions and the subconscious mind not only grasps it, but vibrates in tune with the infinite — and there is infinite intelligence.



There is such a thing as spiritual bankruptcy — spiritual values are measured by freedom from fear.



To those who have not been schooled in the working principles of the human mind, these instructions may appear to be impractical — a mere theory, or some kind of mystic formula; but to the initiated, the soundness is apparent. The proof of the soundness is to try it — it works — it is just that simple.

The mysteries of life are just a combination of simples. We certainly would not suggest that which would require you to be either credulous or ridiculous.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THE WORK OF ENLIGHTENED INTELLIGENCE
IS TO DISCOVER TRUTH.

SEEK YE UNDERSTANDING!

Carl Schurz says, "Ideals are like the stars. We never reach them, but like the mariners on the sea, we chart our course by them" -- beautiful as a defeatist idea. You can attain your ideals, if they are definite, and you put intensity of feeling and emotion into the working out of the universal laws we teach.

You have studied with us just about six months; your Twenty third set of instructions is enclosed. Comprehending those you have had is partial preparation for fellowship with those in whose Lexicon failure has been deleted. A change of character is a miracle - but it takes time and a definite consciousness of your inherent One-ness with the Infinite.

The instructions to follow are treasurers of untold value - truly inspired and definitely effective in working the eternal miracle, - yet simple, understandable and reasonable - a certain guide to life, love and beauty being made manifest for you.

There are months and months of instruction ahead but at this point those who have never reported any progress, those who have expressed no gratitude or thankfulness and those we feel are insincere and lack earnestness and are, so far as we are able to judge, unable to understandingly follow our advanced teachings, and we deem unworthy of advancement in this Order, are dropped.

We are thankful there are but few in percentage to be dropped. The seeming miracles that are reported by many make us deeply regret to drop any, - We know that each has undreamed of possibilities.

This work is carried on by purely voluntary offerings. No person pays or can pay for his or her own instruction. There is no brotherhood in buying and paying - that is commercial; the law of giving is not invoked.

Those who benefit give as they see fit to extend the instructions to others. They give in accordance with the law, not seeking credit or publicity, or under pressure as in organized drives or commercialized social service effort.

Thousands would like to receive them. This puts us in the position of Trustee to see that they are extended to the sincere and those who do comprehend, and live and act worthily.

Should you not receive Instructions 24, it may be that we are mistaken as to your interest, progress and reaction; if so, we of course want to hear from you.

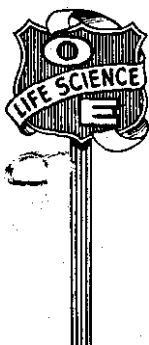
It is a loss to the world to lay a foundation, and then not complete a temple.

May you come to realize the Creativeness of Spirit - The way is open.

THE ORDER OF THE ESSENES

Enc. 23

S. Hamner Davis



THE Essenes

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Instruction 23 **Assuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS.**

*The literature about success,
health and happiness is today
an ocean, but the instructions,
which tell you what to do and
how to do it to attain them,—
are mountain springs found
only here and there in high
places—*

. . . . THOUGHT GEMS

Contemplate this by one who preaches from the texts of the Upanishads in Bengal — "There was a time when the earth was only a nebulous mass whose particles were scattered far apart through the expanding force of heat; when she had not yet attained her definiteness of form and had neither beauty nor purpose, but only heat and motion. Gradually, when her vapours were condensed into a unified rounded whole through a force that strove to bring all straggling matters under the control of a centre, she occupied her proper place among the planets of the solar system, like an emerald pendant in a necklace of diamonds. So with our soul. When the heat and motion of blind impulses and passions distract it on all sides, we can neither give nor receive anything truly. But when we find our centre in our soul by the power of self-restraint, by the force that harmonizes all warring elements and unifies those that are apart, then all our isolated impressions reduce themselves to wisdom, and all our momentary impulses of heart find their completion in love; then all the petty details of our life reveal an infinite purpose, and all our thoughts and deeds unite themselves inseparably in an internal harmony".



Knowledge is nothing but the continually burning up of error to set free the light of truth.



Self-consciousness is just a matter of being too conscious of self and too concerned over the opinion of others. The important thing is to have a good opinion of yourself, and merit it — then forget about the other person.



The three microbes of weakness: regret, worry, and fear.

About Age Consciousness

Old age begins in the mind. If you can get rid of the thought that you are getting old — rid yourself of the ageing idea — there is no limit to how long you can live and retain all — yes, all of your youthful energies and abilities.

There can be no question but that most people shorten their lives by many years because through many years they carry the conviction that they will not live beyond a certain age. The age of the father or mother at death seems to impress their consciousness with the fact that thereby the approximate life span has been set for them.

How powerful is this thought force working through the subconscious channels? It has the power to actually kill at an appointed hour and on an appointed day.

Let us examine one actual, authenticated case. A certain New York man, in the best of health, informed his family that he was convinced he would die on his next birthday. This birthday rolled around — found him in perfect physical condition.

However, he refused to go to work, because he said it was his last day on earth and that he would be dead before midnight. His family was naturally alarmed and called in a physician. The physician, after examination of blood pressure, a heart examination,

and a thorough "going over" decided there was nothing physically or organically wrong with him, and that he should live for many years.

The man refused to eat, said he was sure of death on that day. He grew weaker and weaker, hour by hour, and did die before midnight. All the forces of nature set in to make real that conviction which he had planted in the subconscious.

Some fortune teller in whom he had faith, or some source in which he placed absolute confidence, had given him the suggestion — it became, as any mental image can become, registered in his cell life — billions of cells impressed with death consciousness — and it came to pass.

There was given great prominence a few years back to Dr. Osler's theory that a man at sixty is practically useless, and is a burden to the world.

A former secretary to a Justice of the Supreme Court of New York brooded over the Osler suggestions, and had fixed in his mind that the life span was "three score and ten". On his seventieth birthday, he wrote a note saying that the "Statute of Limitations" had run, and committed suicide.

In this day and age, it seems as if there is an epidemic of acknowledging old age at sixty — pension schemes, and legislation looking to the aid of all past sixty, — the vehicle of politicians to place and position — has much to do with emphasizing the thought.

Business generally seems to set the "aged" mark much lower, and this, in spite of the fact that the heads of the most outstandingly successful institutions in America are sixty years of age or over — and this in spite of the fact that many of the world's masters in art, literature, science, industry, and commerce were failures at forty and fifty and achieved outstanding success after reaching sixty years.

All nature indicates that in the animal kingdom (and man is in that kingdom), the life span should be, even under average conditions, five times the length of time required to reach full maturity. In man that maturity period is thirty years. Therefore, nature indicates that the average life span should be for man one hundred and fifty years. The world's history is sprinkled with searchers for the fountain of youth, elixir of life. The fountain of youth is in the mind — in consciousness — or no where.

When the mind has the conviction that the beliefs, handed down from generation to generation, and accepted as a part of race consciousness, respecting age and life spans are false, and that old age only follows old age thoughts, and that youth and youthfulness attend perennial youth consciousness, then shall we see seeming miracles.

Your conviction on the matter of age can and will out-picture itself in your body — startling as this statement may seem. False thinking, bad living, and old age convictions are, therefore, youth destroying.

The London Lancet has been accepted as one of the highest medical authorities in the world. From that authority there can be no appeal from the findings of fact.

In the Lancet was related the facts with respect to a young lady of about twenty, who was deserted by her lover, and by the shock became insane. She was obsessed by the idea or belief that her lover would return, and for years, each day was spent in standing at her window, awaiting the return of her lover. There was no consciousness of the passing of time. At the age of seventy, it was still a daily vigil for her returning lover. At that age, she was examined by many and numerous physicians, and was seen by many — including distinguished Americans.

She did not have a gray hair in her head, no wrinkles, her skin was fair and smooth, and nothing in her appearance indicated she was over twenty years of age.

With mind centered upon a returning lover, she believed she was a girl. The concentration, if such it could be called, shut out even the thought or consciousness of birthdays or growing old. Her mental belief controlled her physical condition. She thought she was twenty — and twenty she was in all outward and inward physical manifestations.

All this may seem unbelievable, but daily we are finding that the unbelievable things are truth and principle; but let us apply the light of reason and find

these things not only reasonable but logical, and for once establish truth consciousness on this subject and experience a return to youth. It has been done and is being done in this order.

Nature's principle in the human body gives the power of perpetual renewal — which, rightly understood, means perpetual youth. How, you ask?

No cell in the human body can become old — millions every minute becoming inert, and being cast off and eliminated, as you know, and new coming into being.

It is the law that those cells which are most active are renewed most often. The tissue cells of some muscles are renewed every few days, the bone tissue cells as often as every six months, ninety per cent of all cells within a two year period, and not one cell of the eye is many years old.

Remember this — nature adds new, youthful cells — not aged cells; but, as heretofore pointed out, when they become living cells — your physical body — there is life in every one of the billions of cells, and they become impressed with the you imprint — your consciousness — bathed and having their being in the light of your thinking. If you are thinking old age thoughts, that's the impression on the new cells.

Every cell is instantly affected by the thoughts that flit through your mind. Surely we need not repeat that every thought of fear, envy, jealousy, and

every other negative or discordant thought, produces chemical changes in the body, and affects every cell.

Just hold this thought in mind — “every atom of my body is about two years old or younger. My body is therefore young in fact, and if I think properly and live rightly, they are not going to become age impressed of their own accord. Therefore, I am in fact young — I am going to appear young.” Watch yourself in the mirror day by day in that faith, and youth will materialize for you. It has for many of us.

If you are properly assimilating the teachings of this Order, there is coming upon you a consciousness that there is something within you — the imperishable you — which is a power back of the flesh, but not of it — a something that is never sick and never dies — and that, therefore, there is a one-ness with the universal life principle — that there is a way to be in tune with the infinite. Science, research, and reasoning discover that the infinite is the source of all power.

By reason of modern discoveries, people generally are living longer than heretofore. The average life span is year by year going up and up, and this is largely due to a better understanding of hygiene, sanitation, and the discoveries of things, of elements — research and understanding with respect to things physical and material.

The day is fast approaching when the rediscovery of those things in the realm of mind and spirit and in

the immaterial which affect man, will still greater extend average expectancy.

In that period and era when men died at the average age of thirty-five, there were countless numbers who lived to eighty and ninety and retained all the vigor and vitality of their minds.

Galileo, at seventy-seven years of age, was adopting the principle of the pendulum to use in clocks. He wrote on the law of motion at seventy. In the literary field, we find that Tennyson, Longfellow, and Whittier were seventy years of age when they produced their best. Homer was not only old, but blind when he produced the "Odyssey". "The Lives of the Poets", by Dr. Johnson was the work of a mind that had reached the age of seventy-eight. "Molecular and Microscopic Science" by Mrs. Somerville was written when she reached eighty-nine. Plato was producing his best between the ages of seventy-eight and eighty-one. Newton was writing respecting the principle of his discoveries and observations at eighty three. Dryden did not begin the translation of Virgil's "Aeneid" until he was sixty-three. Noah Webster studied fifteen languages after he had passed the half century mark.

Do you remember how Longfellow called the roll of those who might have pleaded old age as an excuse for cessation of effort?

"It is too late! Ah nothing is too late . . .
Cato learned Greek at eighty; Sophocles

Wrote his grand Oedipus, and Simonides
Bore off the prize of verse from his compeers
When each had numbered more than fourscore years,
And Theophrastus, at fourscore and ten,
Had but begun his "Characters of Men".
Chaucer at Woodstock with the nightingales
At sixty wrote the Canterbury Tales.
Goethe at Weimer, loitering to the last,
Completed Faust when eighty years were past.
What then? Shall we sit idly down and say
The night hath come; it is no longer day.
The night hath not yet come; we are not quite
Cut off from labor by the failing light.
For age is opportunity, no less
Than youth itself, though in another dress.
And, as the evening twilight fades away
The sky is filled with stars, invisible by day.

You, — the student, — are going to continue to age, grow old, and experience infirmities and bodily decays just as those around you do, until and unless you grasp as a fact that ageing is a mental process, is the result of ageing consciousness.

We mean just that. We go further and say that if you are old or aged, according to standards fixed in your mind, you can grow young, with a youth consciousness and with proper mental balance and processes, and this too, even though you are sick or ailing at this time.

There are at least twenty five thousand people in the United States today who can verify the facts we are about to give you with reference to the conditions and experiences of Chas. Fillmore, of the Unity School

of Kansas City, Mo. We let him tell his own story, as it was published in the monthly magazine of that school.

"When a boy of ten I was taken with what was at first diagnosed as rheumatism, but developed into a very serious case of hip disease. I was in bed over a year, and from that time an invalid in constant pain for twenty-five years, or until I began the application of the divine law. Two very large tubercular abscesses developed at the head of the hip bone, which the doctors said would finally drain away my life. But I managed to get about on crutches, with a four-inch cork and steel extension on the right leg. The hip bone was out of the socket and stiff. The leg shriveled and ceased to grow. The whole right side became involved; my right ear was deaf and my right eye weak. From hip to knee the flesh was a glassy adhesion with but little sensation.

When I began applying the spiritual treatment there was for a long time slight response in the leg but I felt better, and I found that I began to hear with the right ear. Then gradually I noticed that I had more feeling in the leg. Then as the years went by the ossified joint began to get limber, and the shrunken flesh filled out until the right leg was almost equal to the other. Then I discarded the cork-and-steel extension and wore an ordinary shoe with a double heel about an inch in height. Now the leg is almost as large as the other, the muscles are restored, and although the hip bone is not yet in the socket, I am

certain that it soon will be and that I shall be made perfectly whole.

I am giving minute details of my healing because it would be considered a medical impossibility and a miracle from a religious standpoint. However, I have watched the restoration year after year as I applied the power of thought, and I know it is under divine law. So I am satisfied that here is proof of a law that the mind builds the body and can restore it.

My application of the divine law in restoring health to a limb also resulted in a regeneration of my whole body. Although eighty-four years of age, I am being rejuvenated and my whole organism is going through a transformation that can only end in body perpetuity.

In the face of human experience this of course seems a preposterous claim, but all the signs of feebleness and advancing years are disappearing from face and form, and I can arrive at no other conclusion than that I am fulfilling the promise of the Bible, 'So that thy youth is renewed like the eagle'".

Can you know that Chas. Fillmore's story is true in every detail and doubt the effects of mental processes in the human body? Science says now, that by right living, we can indefinitely put off that deterioration of the body called old age.

As long as the arteries of the body are soft and pliable, and permit the free passage of blood, — the life stream, — to every part of the body at a normal

blood pressure, man is young. High blood pressure is the cause of countless thousands of deaths each year — and in these days of stress, strain and tension is one of the primary causes of death — particularly in persons fifty years and over.

Blood pressure gets high largely because the arteries, which are but twigs at the end of the branches of the tree of blood vessels become narrowed so that it becomes difficult for the heart, a pump, to force blood through them. It has to increase the pressure to reach these more minute arteries.

It is quite simple to understand that the walls of these arteries are governed by the sympathetic nervous system. Persons who are excitable, under tension, worried, fear racked, and irritable, over stimulate, by their very thoughts, the dienciphalon, the lower part of the brain; contraction of the arteries is just natural by reason of nerve cramping — hence not enough blood gets through — nature ever tries to keep in balance. Man by his thoughts narrows down the arteries, the life principle puts more pressure on the pump.

Logical and reasonable, therefore, is the suggestion that we guard the sympathetic nervous system against strains and worries — begin to live harmonious lives, —do something about our thinking — our mental attitudes.

Thought is a force which actually ploughs paths in the nerve substance of our bodies and produces what is the equivalent of explosions in the muscles.

We now return you to the opening paragraph of this set of instructions that you may get the full import.

Old age begins in the mind. If you can get rid of the thought that you are getting old — rid yourself of the ageing idea, — there is no limit to how long you can live — and retain all — yes, all of your youthful energies and abilities.

In the course of these instructions you are going to learn that sexual urge is the biologic source of aspiration and achievement.

Heretofore in this course of instructions we have illustrated that all we see and know is change — there is nothing created, nothing destroyed — this change or transformation we have illustrated by oil burning and creating heat — heat creating steam — steam being used to propell engines — engines to run dynamos to create electricity — electricity being transformed by motors to run machinery — or into light—or heat.

Is it therefore incomprehensible that sex energy can be transformed into creative intelligence, visioning power, desire power, faith power — will power — and physical energy; enthusiastic, dynamic, concentrated effort. Is the mind so bankrupt, is intellect so pauperized, is will power so perverted that the sex urge is to have but one outlet copulation?

When in the course of these instructions you learn to transmute sex energy into the channels of

your ambition, you will go far in achieving success, health and prosperity —

Set a long range vision — begin — plan it step by step — for long life is ahead of you if you comprehend the teachings of this order — and act with faith —

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticise others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

— Optimist International

Constructive thoughts each day should be the aim of every individual. Fathering thoughts is the most important thing in life, for our health, our happiness or misery, our success or failure, are the children born of thoughts.

Each day we beget a thought child or children with whom we must live.

A full realization of this should make us exceedingly careful.

If our today is not one of harmony, of joy and gladness — and we are not living an abundant life — let us be selective of our thoughts of today, that the children of thought with whom we live our tomorrows may be a source of pride and pleasure.

How can one think in terms of plenty when their thought habits are a definite mental picture of want, poverty, misery, failure, and defeat.

Opportunity often comes in a different form, and from a different source than the one expected or sought; quite often — yes, very often — in the form of a misfortune or temporary defeat.

Instead of giving up to circumstances and outer events we must realize we are very close to a kingdom of mind that would make us always happy and successful if we cultivate it and make it and its laws a part of our life.

The good you seek is seeking you — your part in the scheme of affairs is to "make clear the way."