

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

THAT WHICH COMES THROUGH
VISIBLE CHANNELS - IS FROM
SECONDARY CAUSES.

MISTAKE THEM NOT AS THE PRIMARY SOURCE:

Welcome! That you receive Instruction Twenty-four means more than you perhaps realize. You have been found worthy of further instruction.

Gradually these instructions get more penetrating and profound - We believe you can comprehend what is to follow. You should be able to if you have earnestly and sincerely studied the previous instructions and not just read them.

We have assured and do again assure you that health, happiness and material welfare can be a natural outcome for you - Understanding is the one essential.

In the Bible (Job xxii. 21-23) this assurance is given as a result of acquainting yourself with God. This means what it says - as we do. Throughout the Bible are like assurances but they all base the coming happy events upon "understanding."

The Bible from beginning to end - and the teachings of Jesus to be meaningful stress that God and Spirit are one - not a spirit. The Divine cannot be narrowed with the limitation of individuality. To be resultful in your life, to work, there must be a recognition of the unity or one-ness - You with Spirit. That is what "in the image and likeness of God" means.

An anthropomorphic conception of Deity does not lead to understanding - without understanding results are not promised.

Of course you know that these instructions come from the Order of The Essenes - (Pronounce S - scenes) but there has been said little about Brotherhood. The Brotherhood of man comes about only when every man helps another. Talk of Brotherhood will never bring it about - Action, not words, is the measuring rod.

Fraternalities, secret orders and brotherhoods about as exclusive as a union station are not the answer, generally helpful though they are. The preparation is inadequate. Understanding which makes love, truth and beauty spontaneous is lacking.

By study, knowledge, understanding and then demonstration, materialization and worthiness, we can arrive at a selection. With mutual interests and objectives and perfect instrumentalities we get somewhere, and then true Brotherhood is a natural outgrowth - not something forced, artificial or political and power-seeking -- power is natural.

Let us each individually demonstrate the truths we learn and we shall come to know one another - a true Brotherhood may be nearer an actuality.

The way will be opened unto us,

THE ORDER OF THE ESSENES

By

J. Hammer Davis



THE **Essenes**

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INSTRUCTION 24

Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

"THE WORD IS CREATIVE, AND THE STRONGEST AND MOST CREATIVE WORD IS 'I AM.' WHENEVER YOU SAY 'I AM' YOU ARE CALLING UPON THE UNIVERSE TO DO SOMETHING FOR YOU, AND IT WILL DO IT. WHENEVER YOU SAY 'I AM' YOU ARE DRAWING A BLANK CHECK ON THE UNIVERSE. IT WILL BE HONORED AND CASHED SOONER OR LATER AND THE PROCEEDS WILL GO TO YOU. IF YOU SAY, 'I AM SICK, TIRED, POOR, FED-UP, DISAPPOINTED, GETTING OLD,' THEN YOU ARE DRAWING CHECKS FOR FUTURE TROUBLE AND LIMITATION."

SINGLE CELL - EVERLASTING LIFE

You, of course, will recognize the changed form of these Instructions. The fact that you receive this set of instructions is evidence that we believe you are worthy of further instruction in this Order.

We are going to continue upon the subject of retaining youth, because it is tremendously important that those who lead purposeful lives should have a long life span in which to work out their ideals.

The earliest records show that the ancient Egyptians considered a thirty year old man a patriarch. He was revered because of the great wisdom a man so advanced in years must have accumulated. At a later date, Biblical records establish "three score years and ten" as the length of time man should live on this planet.

As civilization dawned and shed a greater light by which man could scrutinize and study himself and his environment, the life span was advanced to forty, fifty, and sixty useful years.

We repeat, that there have been many instances where individuals have known to pass the 150 year mark, and one individual, a Chinaman, was acknowledged, and positively proven to be 257 years old when he was gathered into the arms of his noble ancestors.

You might say that this was a freak of nature, but a freak must be the result of certain definite group causes. If identical cause can be produced, then identical effects must and will result.

A very eminent authority, says "It is my firm conviction that with the comparatively meager knowledge and understanding which we already have in our possession, it should not be difficult for any average able bodied, alert minded man or woman to stretch the useful life span to 150 years;" and he further adds, "It is even quite possible that within the next few years we will be able so to combine human nutrition and environmental influences as to create a constant and everlasting rejuvenating influence on mankind."

Sir Christopher Wren, who built St. Paul's Cathedral in London, started to study architecture after he was sixty years of age, and after that, built nearly a hundred churches and cathedrals.

William Henry Jackson is the man who first introduced the picture postal card. At the age of ninety-four, he painted the historical murals in the Department of Interior Museum in Washington.

Benjamin Franklin, between the age of seventy and seventy-nine, served as probably the most successful Ambassador America ever had anywhere, winning from France aid to serve the American Revolution. Some of Benjamin Franklin's discoveries were made after he was eighty.

We have assured you that this course, properly understood and conscientiously lived by, would result in health, happiness, success, and we add, long life. So, in the course of these instructions, we have suggested certain things to do.

We are not food fans, nor a sect with peculiar ideas with respect to food, but we give you the latest findings of science. Science will uncover within the next few years many valuable secrets that will add to longevity. We make this positive statement, that within each individual is the greatest power for perfect health, and that some day the world is going to learn that every chemical, every medicine, every remedial substance that the human body needs or can use, can be

manufactured within the body if the need is great enough and the desire and the demand strong enough (remember our mental formula for attainment).

Find the physician if you can who will not tell you that old age, sickness and pains are the results of failure to get rid of impurities and waste matter that clog up the system, or the result of poisons manufactured within the human body.

There is no principle limiting life - this is a scientific fact. Of course, people die and there are countless reasons for death, but no physiological reason why they must die.

The human body is a composite of single cells. There is no death for single cells. They have to be killed by force, by starvation or by poisoning. Scientists have observed single cells over a period of 5000 divisions or generations. Single cells grow and divide, then the divisions grow and divide, so a division is a generation.

The very famous experiment of Dr. Alexis Carrel of the Rockefeller Institute, taking the heart of an Embryonic chicken, putting it in a glass jar containing a liquid solution of the sort of food living cells require to maintain life, was for the purpose of proving that there is no principle limiting life.

If you have been a careful student of this course you will remember that we advised drinking plenty of water, the reason for which was that every living cell, vegetable, animal or human is immersed, laved, bathed and has its being in solution - the life giving water, so to speak.

We also have instructed you that all food and nourishment can only reach the life cells in solution. That is why we instructed you to chew your food well, to eat fairly slowly.

A well known scientist says, "All cells, animal or vegetable, are essentially alike in structure; they live on the same sort of food, and take it in the same way. It must be in liquid form. As the cells in man (and in a tree) are confined to one place, and cannot float about like the primitive one-celled water-plants, the nourishing stream is made to flow past them. It all amounts to the same thing."

All experimentation leads to the inevitable conclusion that two things are essential for retaining youth; proper food - and seeing to it that the cells are properly cleansed.

We suggested certain breathing exercises early in this course. These are for the purpose of causing internally, contraction and expansion, just like wringing out an old, dirty sponge, and that's just what the cells of the body are - sponges. You can't let them dry out and get clogged; they won't absorb the nourishment.

A group of distinguished physicians, biologists and other scientific men, inspired by the Josiah Macy, Jr. Foundation, wrote chapters in a book edited by E. V. Cowdry of Washington University, St. Louis, on the problems of ageing. Several contributors to Dr. Cowdry's book mentioned the fact that elderly persons usually have more of the liquid in their bodies outside the living cells, and a smaller proportion of it inside, as though old age tended to dry out the cells themselves, and at the same time provide them with a more copious external bath.

The cause of this condition you will understand from the reading of this set of instructions. These cells have not been wrung out.

The net result of all the facts and expert opinions assembled under Dr. Cowdry's

editorship confirms our statements that no single cause of old age has been discovered, and that there is no single organ or group of organs which necessarily must break down at a certain time and bring life to an end.

We would at this time call to your attention the fact that the liquid material, or serum of the blood slowly decreases in viscosity, and flows more nearly like water as the body that possesses it gets older. This is due also to the fact that these aged people have not wrung out the sponge of the cells of the body and forced the impurities and waste matter into the blood stream.

We have heretofore stated that men of science will find the statements in this course of instruction scientifically correct.

We have suggested exercises. The purpose of these is to make the pump (heart) put the blood stream to the tips of your fingers and the tips of the toes, from the head to the foot, and the tightening and relaxing of the muscles is just a matter of wringing out the sponges (cells) so that they will remain soft and pliable and absorbent.

We have taught you to learn the simple lesson of relaxation, by tensing your muscles and then "letting go" - "getting limp" - That is another form of putting the cells through their paces, and like the great value of massaging, of osteopathic treatments, turkish baths, and rubbing, it wrings out the sponge. Wild animals caged up, (and your house cat) stretch and stretch and stretch. That is wringing out the body sponges (the cells).

We have told you that when you are tired, stretch. In the middle of your card games when you are tied up in knots from concentration, get up and stretch. Stretch when you go to bed and stretch when you get up. Stretch when you have a headache. Stretch when you are young and stay that way. Stretch when you are old and get young again. Stretch when you feel stiff or cramped -- stretch when you feel dull and logy.

Heretofore we have stressed the value of relaxation and have suggested that most of our ills are due to tension, or high strung nerves - - (keep in mind the illustration of the cells as sponges) - Can you not see that tension keeps these sponges compressed, wrung out, and incapable of absorption?

Just like any sponge, it must be wrung out, but too it must be allowed to expand with moisture and kept taking in and giving off to keep pliable and capable of functioning. It can't be allowed to dry out and get clogged with grease and dirt. If it does, it must be immersed and take in a little water, squeezed out and next time take in a little more, then squeezed again, then soaked again and finally, by squeezing and immersing, it takes in and gives off its full capacity.

In the human body you want muscular tension, rather than nerve tension to do a good job of sponge rinsing, and all tension wants to be followed by a let down, a relaxing, a rest - an absorption period, and this goes for thoughts and ideas as well as for physical nourishment.

Thoughts and ideas are fluid, etherially fluid. You will come to learn that in this fluid, you are laved, bathed, and have your being - and available to you all the thoughts that are, have been, and ever will be; that it is a machine keeping in repair, tuned to the universal and knowing the mental powers of your perfect instruments. Not the least important of your instruments is faith - faith that all of this is fact and that it works.

By every thought and by every movement you kill innumerable cells - always being added - youthful cells, clean, absorbent sponges

that can take in and absorb nourishment and expel waste.

Think therefore, in your breathing (deep breathing) in your tensing and relaxing, in your exercises, your stretching, your bathing and in all the things we urge you to do, in terms of keeping the sponges clean and fresh. Have a mental picture of the billions of cells of your body as single cells with everlasting life, if not killed by force, poisoning or starvation. Picture every one of these little helpers as constantly circulating fluid through its tissues, and to do it realize they must be cleansed (wrung out). Just have and hold a mental picture of this cleansing, life giving and life renewing process going on in your cell array.

In Instruction Number 23 we said, "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."

Instruction Number 25 will be very specific as to the process by which to bring about this transmutation.

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THOUGHT GEMS

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.

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There is much said by present day theologians about repentance. On every hand you are admonished, "Repent ye!" If this is accepted to mean to dwell upon the errors of the past regretfully - to feel a sense of shame or abasement - we denounce it; there is no good in it and good cannot come from it. If it is accepted to mean, "Change your mind" - it is the essence of wisdom.

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It is time for man to mark his goal -- It is time for man to plant the germ of his highest hope. We would give you the religion of healthy mindedness.

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A pool that is ruffled by every passing breeze cannot reflect the still beauty of the stars.

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No matter how often defeated, you are born to victory.

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In Christianity the discerning can see a moral value far outweighing its theological defects.

THE Essenes

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INSTRUCTION NO. 25 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

LIFE IS THE CONSTANT ENDEAVOR OF ORGANISMS TO HARMONIOUSLY MEET EXISTING CONDITIONS. THERE IS A HARMONY AND UNITY BETWEEN THE INDIVIDUAL AND THE UNIVERSAL. THE SAME ENERGY WHICH VIBRATES AND PASSES INTO THE ENDLESS FORMS OF THIS EARTH MANIFESTS WITHIN YOU - THE AVENUE TO GREATNESS IS BY CONSCIOUSNESS AND REALIZATION OF THE VITAL LINK BETWEEN YOU AND THE INFINITE. YOU MUST KNOW WITH ABSOLUTE CERTAINTY THAT ESSENTIALLY YOU ARE SPIRIT.

Thousands of years ago the great Hindu sages imparted to their chosen pupils as a part of their occult instructions facts and principles concerning the conservation and the efficient employment of the life forces or vital forces generally known as vitality, or rather certain of its subtle forms.

These instructions were also a part of the teaching of the Essenes, which some modern authors term "That strange school of Esoteric wisdom which is believed to have exerted a strong influence upon the early Christian Church." Josephus, Pliny, and many other historians attest that Jesus was a member of the Essenes.

Here is the tremendously important law. Nature's generative power may be employed as re-generative power; the same forces which bring men into life, strength and vigor, will renew and reproduce his life, strength and vigor, if rightly applied and directed.

This is a somewhat startling doctrine when announced for the first time to the average individual. To him it seems contrary to common sense and opposed to common experience. The more he considers it, the more reasonable and certain does it become; and when he learns of the discoveries of modern science concerning it, he passes beyond the point of possible doubt or distrust.

The conclusion of these ancient thinkers was that in the generative forces were to be found a highly concentrated essence of life, which if properly controlled and directed, was capable of renewing and continuing the vital strength and vigor of the individual almost indefinitely.

Just to boil this down and make it understandable and to state it bluntly, the human energy which is expressed as sex energy in sexual functions, sexual thought, etc., when checked and controlled, easily becomes a "power within," which can bring health, success or happiness.

It has been noted by hundreds of observers that all great leaders on earth, that all of our outstanding characters of the present day, and of history, were highly sexed. The reason for their success is that they transmuted this energy into the channels of their ambition.

You have heard the term "Elixir of Life." In the middle ages, the alchemists and occult philosophers frequently referred to the "elixir of life." The masses thought that it was some sort of chemical, but those who knew, realized that this potent elixir was naught but the highly concentrated creative energies of man existing in potency and latency in his reproductive organism, and that the same was being transmuted into an inner-vitality instead of being dissipated in lustful practices.

It is a medical and physiological fact that the best blood of the body goes to form the elements of reproduction in both sexes. In a pure and orderly life, this matter is re-absorbed. It goes back into the circulation ready to form the finest brain, nerve, and muscular tissue. This life of man, carried back and diffused through his system, makes him manly, strong, brave, heroic.

The suspension of the use of the generative organs is attended with a notable increase of bodily and mental vigor, and spiritual life. Nature finds another use for the unexpended sexual energy in employing it for the building up of a keener brain and more vital and enduring nerves and muscles. This element, when retained in the system, may be coined into new thoughts, perhaps new inventions, grand conceptions of the true, the beautiful, the useful, or into

fresh emotions of joy and impulses of kindness and blessing to all around.

The word sex is almost taboo in polite society, but this is due to ignorance and to the evil trend of the great majority of minds.

The human mind, to function powerfully and to bring health, happiness or success, must be keyed up to a high rate of vibration. It must have feeling and emotion behind it, it must be stimulated to have projectile strength, or delicate and discriminating receptivity. The human mind responds to stimuli.

There are certain emotions that are powerful. Love is one of them. The desire for sex expression another. A want or a desire which becomes an obsession, whether it be for money, power, or fame, is another. Fear is another.

Among the physical and harmful stimulants are narcotics and alcohol. Of course, we do not suggest the use of these physical stimulants. The after-effect is worse than any work that could be accomplished.

The point that we want to bring out is that if you are to accomplish, you must have something that creates enthusiasm and stirs the mind to vibrate intensely.

The person who learns to give sex emotion an outlet through some form of creative effort, can become what the world calls a genius.

Just from a biological standpoint, we know that if the sex glands are destroyed, either in man or beast, that the major source of action has been removed. A bull becomes as docile as a cow after it has been altered sexually.

The mere possession of sex energy will not produce a genius. The energy must be transmuted from desire for physical contact into some other form of desire and action. The majority of men lower themselves by reason of great sex desires, because they misunderstand and misuse this great force.

While the animal magnetism theories of Messmer are untenable, we do recognize certain qualities of individuals which lead us to speak of them as "magnetic" - or attractive. Highly sexed individuals generally have these qualities. We speak of it as personality, and in the realm of fiction and the movies it is called - IT.

Transmutation of sex energy calls for more will power than the average person cares to use for this purpose, and man is the one animal which violates nature's purpose in this connection. Animals use it in moderation and with the purpose which harmonizes with the laws of nature. All animals lower than man respond to the call "in seasons."

Now, there is a way to consciously transmute this power. Transmute means to change over.

In these instructions we have heretofore called to your attention how oil may be burned to create heat for the purpose of creating steam in a boiler, and that steam is in turn changed into energy to propel engines, and those engines are in turn used to revolve the core of a dynamo and thus the energy is changed into electricity, and it comes to your home and is used for cooking and for lighting and for running machines.

Why, therefore, is it difficult to understand that the powers in the human body can be transmuted or changed into other forms of power?

Most certainly there are glands in the body which have much to do with changing the form of substances in the body and vitally effect the human powers.

These glands in the body are in two classes; the true secreting glands, such as the salivary glands, the liver and the kidneys, - and the ductless glands, such as the thyroid, the spleen, and others.

The absence of the thyroid gland in children is characteristic of cretinism (i.e. idiocy, accompanied by deformity and usually with goitre). This should enable us to easily understand that the chemistry of the body is related to our human powers -- to intelligence itself.

The mind can cause chemical changes within the body and can accelerate or slow down the workings and excretions of the glands. The glands can and do contribute to the power of the mind - there is an interplay.

You are coming to the principle that you can create the tangible from the intangible. On every hand nature demonstrates that everything has and does come from the universal.

Volumes have been written on the subject of re-generative power or vital rejuvenation.

On the cover of Instruction 23, was the statement that "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." It shall be our purpose to tell you how this sex energy can be converted or transmuted. How it is done, we are taking from a book entitled "Regenerative Power" by Beale and Atkinson.

We take it that each individual knows that the genital glands or the seat of sex lies just behind the sex organs. This knowledge will be necessary in creating the pictures by which you can mentally diffuse or distribute or concentrate this power.

Here is the statement of just how it is done, taken from the Beale and Atkinson statement.

"Form in your mind the clear, definite, positive idea or mental picture of the presence within the Genital Glands of an abundant supply of the concentrated, potent Regenerative Power. Employ your ideative and imagining faculties to create a positive, clear and strong idea or mental image of the presence within you of such potent energies inherent in the internal secretions of the Genital Glands. At the same time cultivate the firm conviction and belief that these potent energies are capable of regenerating, reinvigorating and strengthening the entire physical and mental organism, or any part of it to which they may be specially directed by you; and, above all, endeavor to enter into a full recognition and realization of your power to so direct these energies to the parts of your organism selected by you, just as you would direct a stream of electricity or magnetism under your control and direction.

At the same time, you should awaken within yourself the strong, insistent desire and wish that these potent energies will flow under your direction, and according to your concentrated will, proceeding to the regions of your organism which you have selected for the purpose of Regeneration.

This insistent desire is an important basis for the exercise of the persistent will. Finally, you should firmly, determinedly and persistently employ your will toward the end that these energies may flow freely when and where you may direct

them, this direction being supplied by your mental picture or strong idea which serves as the chart, map, pattern, or mold for the actualization or materialization of the process.

In directing the flow of the Regenerative Power to any part of your physical or mental organism, you should first form the mental pattern, chart, or mold, which you desire to be followed in the actualization process. You must also actually 'see' (mentally) the flow of the power to the part, glands, or centres indicated in your mental chart or pattern. The more clearly you can visualize the process, the more effective will be the result. After you have practiced the method of Regeneration for a short time, this visualization and conscious use of the directing will become practically instinctive and automatic, the subconscious mentality having taken over the process as a habit, just as it does any action which you practice or perform frequently.

You may either 'treat' your entire system in this way, or else you may direct the flow of power to any particular part, portion, or centre of your body which you may feel to require or likely to be specially benefited by the reinvigoration and strengthening.

However, even when you treat special parts of the body in this way, it is well to conclude the treatment by a general treatment in which you 'flush' or saturate the whole body with a supply of the reinvigorating power.

For increased mental power and activity, the current is to be directed to the brain; for increased breathing power, to the lungs; for increased muscular power, to the muscles in question; for increased digestive power, to the stomach and intestines; and so on, each organ or part receiving its special treatment.

Many have found it helpful to employ the rhythmic breathing method in connection with this process of directing the flow of the Regenerative Power. This method is simple: it consists merely of slow, deep, regular breathing, in slow measured rhythm or 'regular time.' With each inhalation you should visualize the rise of the Regenerative Power to the Solar Plexus (in the region of the 'pit of the stomach') and with each exhalation you should visualize the outward flow (upward or downward, or both, as the case may be) of the Regenerative Power to the selected parts of the body, or to the body as a whole. This produces what may be called a psychological 'pumping' process which is reproduced in actualization by the rise and distribution of the Regenerative Power. A certain 'knack' is required here, but a little practice soon produces this -- the process is quite easy of performance."

You will find this method to be extremely helpful when employed at times when you are tired, fatigued, or overworked; also when you may feel depressed, despondent or 'blue.' It seems to 'pump new life into one,' as an enthusiastic practitioner of the method once expressed it. It acts to stimulate the circulation, to 'clean out' the nerve-channels, to vitalize the brain, and to stimulate, reinvigorate and energize the entire system. In many cases, it produces the feeling, and the subsequent outward manifestation, of youthfulness of spirit. Indeed, the ancients were quite justified in figuratively styling it 'The Elixir of Life,' or 'The Fountain of Youth.'

A little later in this course you will be given very definite instructions with respect to giving problems and processes to the subconscious mind to work out and after trying the process above outlined for a while, if you will just turn it over to the subconscious, it can and will become a natural process.

Now here is the thought to plant deeply in the inner-consciousness: "That which brought you into being will continue you in being; that which created you will re-create you; that which generated you will regenerate you; that which breathed life into you will continue to breathe life into you if you will but set its power into activity."

In that statement there is study for weeks.

Remember too the principle that "As you give, so shall you receive," and as you use of your powers for the creation of greater powers, you clear the channels, and the source will ever be renewed, because that is the way things work in nature, and you are the child of nature.

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THOUGHT GEMS

Our school and college text books on psychology are filled with information about the brain and mental processes, sense organs, the nervous system, about habit and will, about perception, attention and memory, but fail to tell the uses of these in acquiring health, happiness and success --- They describe our tool equipment, but give no directions for their use by which we may become master craftsmen.

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The superior man is he who develops in harmonious proportions, his moral, intellectual, and physical nature. This should be the end at which men of all classes should aim, and it is this only which constitutes real greatness. -- Douglas Jerrold.

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He is of the earth, but his thoughts are with the stars. Mean and petty his wants and desires; yet they serve a soul exalted with grand, glorious aims, -- with immortal longings, -- with thoughts which sweep the heavens, and wander through eternity. A pigmy standing on the outward crest of this small planet, his far-reaching spirit stretches outward to the infinite, and there alone finds rest. -- Carlyle.

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Great men are they who see that spiritual is stronger than any material force--that thoughts rule the world. -- Emerson.

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THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

LAY YOUR PROBLEMS ASIDE
CONTEMPLATE THE WAY OF ACCOMPLISHMENT

THE TRUTH IS MIGHTY: -

You must have a consciousness appropriate to the thing you desire, --and then "it becomes." This simply means you must think of it as something normal to you, - not something above and beyond you.

Accepting a thing as normal to you, you act as though it were a fact and proceed accordingly. This is a simplification of the mystical statement of praying believing that you have the thing prayed for.

Thomas Dreier, in *The Vagabond*, says, "You cannot have too great faith. You cannot believe too much. All the believing you can possibly do cannot encircle more than a fragment of the truth. The universe is filled with more wonders than we can imagine. There is more good in existence than we are able to use. It is our personal limitations, not the limitations of the supply, that keep us in poverty."

It is just so --- your beliefs limit you to the use of just the amount of power which you think you possess. You and the universe are full of unrecognized and unutilized energies.

So far as possible, you should discover as many of these powers as possible and then consecrate all of your discovered powers to worthwhile tasks, and by giving and serving, help to safe-guard civilization and point the way to a better life.

Who would dare to set the limit of the power for good of an Order with membership throughout the world, composed of those who have faithfully studied the universal laws, and by their daily living, demonstrate the effectiveness thereof! The great historians all agree the ancient Essenes were "doers." We must be no less.

By the enlargement of your consciousness you travel the road of accomplishment. Instruction Twenty-six is helpful in pointing the open highway - May we be Truth Conscious.

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 26



THE Essenes

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INSTRUCTION NO. 26 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

SELF PURIFIED, HEALTH WILL BE YOURS; FAITH PROTECTED,
SUCCESS WILL BE YOURS: SELF GOVERNED, POWER WILL BE
YOURS, AND ALL THAT YOU DO WILL PROSPER, FOR CEASING
TO BE A DISJOINTED UNIT, SELF ENSLAVED, YOU WILL BE
IN HARMONY WITH THE UNIVERSAL, WHICH EVER WORKS FOR
PERFECTION. - - - YOU CAN BECOME A MASTER-BUILDER
IN THE TEMPLE OF DESTINY.

"Wake Up and Live" is the title of a very fascinating book by Dorothy Brande. The whole substance of the book can be condensed into six words, "Act as though failure were impossible" - as a way to accomplishment. This became one of the "best sellers" because it so interestingly told of innumerable instances how it worked, in practical every day affairs, in the lives of just every day people. It will work for all who dare to try it.

Let us analyze it and see how it fits in with what you have learned in the course of these instructions. Let us see if the elements of our mental formulas are implied or enveloped in this formula for attainment.

First comes action, doing something about it, which boils down to "paying the price" or observing the law of balanced compensation.

Of course, there is presupposed that the actor - doing - has an objective which is the result of vision, plan, and purpose - - - a vital element. Next - "acting as though failure were impossible" - This is faith, - - - confidence in the outcome, true faith in action - - doubt, hesitancy and suspense eliminated - an element without which there is no accomplishment.

Again note - "act" - keep on acting. There is persistent determination in motion - - Recognize another element?

The rule is laid down as a course of action for attainment, and naturally it is only for those who desire to do or be. The prerequisite therefore is desire, wanting - - and such wanting expanded by sincerity - the desire fanned to flame by earnestness, and action resulting.

In reality therefore, that plat of a highway to success, like all true guides, is in agreement in essence. The question is just which form of statement of the eternal truth reaches your inner consciousness with impact or force enough to arouse you from just a conscious mental grasp of a rule to spiritual understanding, - to consciousness of your oneness with the universal - ever present - all powerful and omniscient.

Now to be practical - You say, "Well, how do we go about it?"

In the first place, you realize that there is enough of lumber - rock - material for brick and glass and other building material for each and all to have a home equal to the palace of a King. The supply is unlimited - It just needs discovery, production or fabrication - the energies of men to make it available. Likewise, there is food, or food producing capacity that all may eat of the finest foods conceivable, - and as for clothing and home furnishings and all necessities and luxuries of life, the raw material for these is unlimited.

With the knowledge that the supply is unlimited, let it sink into your consciousness that the source of all this is from the invisible, the universal, the omnipresent, omnipotent, and omniscient. God expresses it to some - Divine Source expresses it to others - and the science minded say Nature.

Contemplate food - from seed to harvest to you - Nature's process - unerringly calling on the universal for just the right elements. Wheat - corn - potatoes - beans. Each has its own peculiar elements and the response is in accordance with the call.

Observe, too, the lumber - the iron - the lime - the cement - Nature's gifts, and made suitable for use by the abilities and skill and knowledge and energies of men, and these are from the universal ever present supply.

The oil, the gas - the coal, gold, silver, and all the minerals; the air you breathe - the water you drink -

Creation is going on now, as throughout the ages - - all supply is continuously being renewed.

The ideas - dreams - visions, abilities, capacities and efficiencies of individuals has a natural source. Man himself is from a seed, the child of Nature.

An energy - an electron set in motion attracts to itself and becomes matter. The visible springs from the invisible as further elaborated in these instructions - and science now agrees that this is so - - - yes, - witnesses it.

And, you are a creator - you are a source of energy - and you can and do materialize the objects of your desires - if made dynamic - and the laws we give you are followed.

Again you say - "How? - so I can do it."

Doubt not! You can experience only as large a world as you know, regardless of how large a one is present and to be known.

Countless are those who have had opportunities, education, wealth, friends, pull, advantages without number, who lived lives of frustration, mediocrity and defeat, - and right beside them poverty stricken immigrants who could not speak our language, and without education and with no advantages, friends, or influence, have by their own endeavors risen to heights beyond the dreams of most.

There comes to mind such a one as Edward Bok, the late editor of the Curtis publications, "The Saturday Evening Post" and "The Ladies Home Journal."

Have you drawn a circle about your supply of health - success - or happiness?

Have you set a limit to the supply that you think is for you?

Well, first extend the limit of your vision - and with it expand your faith. Then take unto yourself an incentive - love, desire, obligation, or something that will generate heat for the expansion of your powers and capacities.

Throw away your dependence upon the material - friends - influence - investments - holdings. Put your dependence upon the immaterial - upon an unlimited supply, and make the necessity great, the desire for doing, being, or having, a burning obsession - be single purposed - - and start to deserving the things you seek.

That is not specific enough for starting? You want health? Just act as though you had better health, just a little better than yesterday. (Don't over-do it.) But just as much better as you can with confidence act the part - and progressively act healthier - act out our suggestions in this course - act the part of health - happiness - success.

It's material success or supply you want? Act just a little richer. Buy better quality food - better quality clothing. Trade in a better store or market. Eat

in a better restaurant - give something to somebody or some cause that is worthy.

Yes - start the out-flow; the channels will not open, and there will be no intake until there is an out-flow.

That is the meaning of "As you give, so shall you receive."

You can't understand that?

You understand thoroughly that a pool of water will become stagnant if it has not both inlet and outlet. With no out-flowing, stagnation sets in and even with an inlet, but no outlet, the incoming water quickly becomes contaminated. So it is in life. It is your business to keep the outlet open - the life principle takes care of the inlet.

That's why every philosophy and every religion contains the equivalent of "As you give, so shall you receive" - No person lives so poor he has not something to give - if nothing else, a smile - a kind word - a helpful suggestion - a bit of encouragement - a helping hand, the spirit of thankfulness.

As you give service or material things to others, the law of nature takes care of the in-flow, and thus the pool of life is kept sweet and clean - There is no stagnation - Stagnation is death.

From the above we do not mean for you to get extravagant and plunge into debts, but we do mean for you to get over "pinch penny" penurious ideas, going without what you need and can use to advantage to save something for fear of want - - - the very fear of want will bring it upon you. Show us the man saving for fear of ending in a poor house and we will show you the man on the direct road to the poor house.

Every religion and every philosophy teaches that, that which you fear most will come upon you, and it unerringly works out that way.

Wear your good clothes - - you will feel better - do better.

Use your good linens, your good silverware - Don't save it for company use only - The use of these will make you feel better.

Don't put off fixing up the house, the yard, the fence. Expand, as you will, with the richer feeling that comes with doing these things. It will attract the sale you hope to make - it will cause your neighbor to say you are progressive, and that will lead you to the thing you seek.

Quit talking hard times, hard luck, lack, or the "good old days" never to return for you. Quit trying to make everything come your way, and shutting the gates upon the many avenues through which the good things of life can come to you.

Give to others - services - money - clothes - a smile - kind words - praise - thanks - real thanks. It will help your outlook - Gear your mental machinery to set energy loose, and energy gathers unto itself substance. That is not theory - That is science as you will know as you progress and comprehend.

View your past - good things have happened to you - It can be so again.

Instead of fear and worry and doubt and the negatives, substitute thankfulness - gratefulness for what you have, and for what you want, just as though you had it now. If you observe the laws you now know, it is on the way, it is about to materialize, and why not be thankful?

How would you act, what would you do if you had it? Well, act that way! - do it! As Dorothy Brande says - Act and "act as though failure were impossible" - act as though success were here and now.

That for which you pray (desire as we have taught you), believing that you have it, it shall be yours, - health, happiness, or success.

To acquire any power you desire (want) you first assume it then assert it - then you ascend both yourself and your conduct to the level of the assumption and the assertion.

When you assume a thing - you think of it always as though yours already. Remember about praying, "believing that you have it!"

When you assert a thing - you lay claim to it against all opposition and surmounting all seeming obstacles.

When you ascend to a thing, you with faith - act the part - are conscious of no possible failure, just go on as though failure were impossible!

. . JUST TALKING IT OVER . .

In the Christian religion we hear much about righteousness, and the general impression is that one who is righteous is goody-goody and churchy, and it seems to be connected with holiness and sanctimoniousness.

Righteousness is the understanding of the laws of the infinite, and living according to the best of your understanding.

You are doubtless familiar with the passage in the Bible which is "Blessed are they which do hunger and thirst after righteousness, for they shall be filled." MATTHEW 5:6

The dictionary defines righteous as "just." It defines righteousness as "rectitude of life," but you will never miss the true understanding of righteousness if you view it in this way, - RIGHT - USE - NESS.

The right use of your powers and faculties. The right use of your opportunities and obligations - - the right use of people and things.

That you are seriously studying this course of instructions is and should be the evidence to you that you hunger and thirst after righteousness, and Jesus, out of the experiences of the ages past, promised that you would be filled.

. . . THOUGHT GEMS . . .

No one would have the courage to hope and strive for better things if he accepted present conditions as final. We grow because we have the capacity to project our thoughts to more desirable states and reach up to them.

* * *

It is an absurd theory which places happiness in an effortless life. Happiness is everywhere if one knows the secret of placing it in the accomplishment of a task. It is better to yearn for a cabin than mourn for a palace.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

CONSIDER EACH LETTER
A PART OF YOUR INSTRUCTIONS.

MAY THIS ABIDE WITH YOU:

Emerson in his essay on "Compensation" had this to say - "Has a man gained anything who has received a hundred favors and rendered none? There arises on the deed the instant acknowledgment of benefit on the one part and of debt on the other; that is of superiority and inferiority . . . In the order of nature we cannot render benefits to those from whom we receive them, or only seldom. But the benefit we receive must be rendered again, line for line, deed for deed, to somebody. Beware of too much good staying in your hand. It will in fact corrupt and worm worms. Pay it away quickly in some sort."

That is good psychology. Did you ever know an individual totally lacking in the quality of gratitude and appreciation who was not in truth and in fact a nonentity?

It is a law which you can by self observation know, that there is an energy created within an individual by accepting the service or favors of another - you feel an uplift - It makes you feel good. You sense a surge of energy.

Likewise self analysis will prove the principle that this energy must be expressed in some form of action; otherwise it produces what is known as emotional inertia. The ultimate effect? It undermines character. Why? Professor William James explains it in this manner. "Every time a resolution or a fine glow of feeling evaporates without bearing practical fruit is worse than a chance lost; it works so as to positively hinder future resolutions and emotions from taking the normal path of discharge."

Whatever fills you with emotions - music, an inspiring article or book, pictures, sermons, lectures, landscapes, kindnesses, services, - do not let the occasion pass without some form of action as a release. -- Pat the dog on the head if no other outlet is possible.

Consider well the front cover quotation of Instruction 27 herewith. The Essenes of old were "doers" according to all Historians. The ministry of Jesus was a ministry of Action. That is why it was resultful. To be good is one thing - passivity. To do good is quite another - activity.

You will attain as you grow in service,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 27



THE Essenes

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INSTRUCTION 27

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

"IT IS A LAW OF NATURE THAT, THE MOMENT ACTIVITY CEASES ANYWHERE, THERE A RETROGRADE PROCESS SETS IN. THE MOMENT WE CEASE TO USE OUR FACULTIES, THAT MOMENT THEY BEGIN TO DETERIORATE. NATURE WILL LET US HAVE ONLY WHAT WE USE, AND WHILE WE USE IT. -- 'WAITING FOR SOMETHING TO TURN UP' IS WAITING FOR MOONBEAMS TO TURN INTO SILVER, FOR MAGIC AND CHANCE TO TAKE THE PLACE OF NATURAL LAW IN THE UNIVERSE. IT IS THE PHILOSOPHY OF THE SHIFT-LESS, THE REFUGE OF THE LAZY, THE EXCUSE OF THE IMPROVIDENT."

--- Blessed be Drudgery - Marden

IF YOU WOULD TALK TO THE TRUE GOD!

If you remember well, in one set of instructions you were told that meditation, concentration and affirmation could change the course of your whole life.

The human body is composed of billions of cells.

We now give you a definition that should remain with you throughout life. Life is the constant endeavor of organisms to harmoniously meet existing conditions. Harmony is the objective which all life seeks. All creation is harmony. Each individual, in his natural state, is a collection of cells that work in harmony with each other.

Each of these cells in the human body is endowed with intelligence and always works for perfection.

If you cut your finger, a certain number of necessary cells rush to the spot, endeavoring to work for a healing and for perfection.

When the necessity is great, and the call is great, they can all work for a common end.

That's why we often hear the scientific statement that man only uses a small part of his powers, because we do not make the call clear enough and strong enough to marshall the whole army to the battle.

It is a well known fact that the shock occasioned by the great San Francisco earthquake cured a paralytic who had been crippled for fifteen years and there were many other wonderful cures which were instantaneous.

Men and women who had been invalids for long periods and unable to wait on themselves, when the crisis came, and they were confronted with the terrifying situation, worked like Trojans getting their children and household goods to places of safety. The occasion brought about the marshalling of the forces that worked for cures.

If we can just imagine our body with its billions of cells as an army of good fairies, and that we are the commander-in-chief of that army, and all these little cells are intelligent good fairies, and will carry out our commands and will believe what we tell them, and will all work for the solutions of our problems, we can become as little children as commanded in the Bible and we can attain.

Thinking of these billions of cells as a vast army, accepting our every thought and command, have we been and are we good generals and commanders-in-chief?

When we are discouraged and have fears and doubts, it is telegraphed to the whole army and they act accordingly.

In these instructions we have talked about the subconscious which carries on all of the ordinary functions of the body without the effort of the conscious mind --- that is this army of billions carrying on.

From this time on, let us realize that we have this army, and let us begin to give them instructions, to encourage them, to give them faith and train them.

In giving these instructions we must be true leaders and we must realize that they are going to accept what we tell them without question and without doubt, and that they are going to work in the way they are trained.

This leads us to the point of affirmations.

When our army of good fairies are filled with the spirit of our good affirmations, we will have great projectile power.

Say to this army of billions, "I am a success." Don't say, "I shall become a success." Don't say, "I am going to be happy in the future," say "I am happy." Don't say, "I am going to be healthy," say "I was intended for health; health is my birthright, and I am healthy."

At this point, you may say, "How can I say that I am successful when I am poor and in need? How can I say that I am happy when I am miserable, and how can I say that I am healthy when I am sick?"

Here is how you can say it. The real You, the pattern that was in the seed from which you sprang, is successful, is happiness and is health, and the cells of your body will accept the statement and rejoice, and work to that end.

If most people were in charge of a sales force or an army, and they gave to that sales force or army the suggestions that they are always giving to themselves, it would be a failure and would collapse.

When you affirm, - "I am health, I am prosperity, I am this or that - believe it, because that perfect You which is a part of the universal, is just that. Anything else is your physical or outer condition that you have brought about by wrong thinking, by wrong suggestion, and by your own errors - The perfect you is but tabernacled in flesh and blood. This house you inhabit may be out of order - but it is yours to set in order or repair, and you have the capacity, ability, and material with which to set it in order.

There is a tremendous magnetic power in the habit of claiming as your own and as a reality that for which you long.

Do this affirming out loud and with words spoken, if there is no one about. If there is someone about, seek some out of the way, quiet place where you can speak these words aloud, because there is a force in speaking them which is stronger than going over the words mentally.

Speaking these words out loud arouses energies within you which thinking does not stir up, and especially is this true if you have not been trained to think deeply, to concentrate, and to focus the mind.

This affirming, either mentally or out loud, seems to arouse the sleeping forces in the subconscious self. This army of billions of sprites are strengthened by your affirmation to do or to be.

If you have any weakness or deficiency, give yourself self-encouragement treatment by stating that you are what you want to become - and that is not done by expressing a regret as to a lack.

Many million people today realize the value of affirmations and those who use them are the leaders, the successful, the healthy, the happy, because the constant vigorous assertion of "I am health. I am power. I am truth.

I am principle. I am justice and I am beauty, because I was created in the image of perfection and of truth and beauty," tends to the manifestation of these things in your life.

It may seem silly to you to be talking to yourself, but you will derive so much benefit from it that you will have recourse to it in remedying all your defects. There is no fault, however great or small, which will not succumb to persistent audible suggestion.

Just remember that you are talking to this army of a billion helpful and powerful workers. Talk as though you would to some friend whom you love, someone whom you know has ability but lacks courage and confidence and pluck.

Reinforce yourself, reinvigorate your mind, reassure yourself.

Orrison Swett Marden said, "I know nothing so helpful for the timid, those who lack faith in themselves, as the habit of constantly affirming their own importance, their own power, their own divinity. When a man once sees that he is divine, once gets a glimpse of his own capability, he will never be content to wallow in the mud and mire of things; nor will he doubt his own kingship. The trouble is that men do not think half enough of themselves; do not accurately measure their ability; do not put the right estimate upon their possibilities. We berate ourselves, belittle, efface ourselves, because we do not see the larger, diviner man in us."

Affirm that which you wish and it will be manifest in your life. Affirm it confidently with the utmost faith, without any doubt of what you affirm.

If we could only realize that the very attitude of assuming that we are the real embodiment of the thing we long to be or to attain, that we possess the good things we long for, not that we possess all the qualities of the good, but that we are these qualities - with the constant affirming - "I myself am good luck, good fortune; I am myself a part of the great creative, sustaining principle of the universe, because my real, divine self and my Father are one" - what a revolution would come to earth's toilers.

There can be no doubt that the great accomplishments of this world were done under the stress of an over-mastering conviction of the doers ability to do what he undertook; under the tremendous power of the affirmative expressed with unflinching determination.

The very intensity of your affirmation, of your confidence in your ability to do what you attempt, is definitely related to the degree of your achievement.

Certainly you know that the negative mind which doubts and wavers, creates nothing.

--- and this army of a billion cells must be inspired with confidence in the leader or general or master. It must not be thrown into confusion by doubt.

They must be encouraged, they must be praised, they must be blessed. That's the proper way to manage a sales force, or to manage an army.

So, in the course of these instructions, we are going to tell you about

giving the problem to your subconscious to this army of billions of helpful workers that each possesses.

Some people pray to some far away God, in some far away Heaven, they talk to him and they ask many things.

Now, recognize that God is within you, with billions of workers and if you would pray and talk to the true God, talk to the within.

If you cut and tie an artery between the heart and an extremity of the body, the heart will keep on pumping, and nature will endeavor to find, create and build a way around if the "call" is great, but with no demand, made in full faith, the member withers and dies — just for the simple reason of lack of nourishment.

The trouble with most individuals of today is that by a very material race consciousness, - thinking in terms of material things, - they have cut themselves off from the real source - the within of their being, the real You. It is as though an artery had been ligated. This cutting off has been from a lack of looking to the within - to the lack of understanding of silence periods, meditation, and man's relation to and contact with the infinite.

Failing to use any of the material members of the body, controlled by muscular action, will cause them to weaken and in time the use of them is lost. Failure to use the mind in thinking processes, along any certain line, results in the weakening of the power to think along that line.

This, continued for generations by a whole race of people, results in the loss of that power - the race consciousness of that power is atrophied and lost.

The evidence is unmistakable, and the conclusion inevitable that there have been on this earth a number of civilizations of a very high order, and in many respects surpassing the civilization we now know and of which we are a part.

What understanding remained from one civilization to another of man's relation to all else, to an omnipotent power, to an all pervading, ever-present power was handed down to a select few by a select few, representing the more intelligent, the more enlightened - those select few in every period who carried the light of reason and understanding.

The history of Christianity illustrates this. The seed of Christianity was in manuscripts, gospels, and personal teachings of learned men and organizations, and these devoted intellectuals got their learning and understanding in the same way. Josephus, Pliny, and many historians tell us Jesus was a member of the Order of Essenes, and therein studied these gospels.

Through it all, - by devotion, concentration, meditation, and from the Silence, as you can get it, these torch bearers receive understanding by intuition, by revelation, and by inspiration, as well.

The study of all the religions of the earth, and of the lives of all the saints, saviors, and sages will show great similarity of source and principle.

In modern times there is a great multiplicity of agencies carrying the shell of this understanding, but the spirit and substance, the demonstration and

the living spark seems to have had an artery severed. Gross materiality has seized the human mind, faith has waned. We are so concerned with effects we have no consciousness of causes. The fulfillment of an objective obsesses our minds.

Of this be assured - looking upon the material plane, you will never find the real causes of success, health or happiness. The source is within you or nowhere. This course is an endeavor to seek and transmit to you the magic word, or inspired idea that will touch off that spark within you that will set you to seek understanding and will cause you to give nourishment to the faculties and powers that will turn your mind inward - seeking the contact with the infinite - a rebirth so to speak, as we have suggested in this course.

Charles Fillmore says, "It is within the province of man to understand and witness the whole process of creative thought in his own organism. It requires soul culture of an advanced order to do this, and but few persons are willing to pass through the necessary study and discipline. It is not taught in any of the metaphysical schools, because the instructions cannot be put in words. No words have yet been invented to express the attitudes of mind and body required to raise the cell life in man's body to the required potency. The spiritual ether in which we float has a rate of vibration millions of times greater than matter. This is the kingdom of Spirit life, which Jesus brought to our attention and of which we must lay hold if we would attain eternal or continuous life. The individuality or I AM must give concentrated attention to this inner life energy and introduce it into mind and body continually until the whole nervous system is aflame with Spirit life. We may not be conscious of it, but we are all seeking this inner life flame, because its energy is the only source upon which we can draw to raise our atomic vibration to the point where it will overcome the slow, disintegrating flow of human nature."

By our endeavors we can give you inspiration - lift you to within reaching distance of this understanding, --- not once, but time, time and again, and some word, some thought, some suggestion will hit the bull's eye, ring the bell, and you will reach and grasp the idea, the conception of your divinity - and you will be "born again," - and thenceforth you come to the open road to achievement, and your progress will be so rapid, so devoid of struggle, that you may lose the road, - by too much attention to accomplishment, too great emphasis on the personal you element and abilities - an "exaggerated ego" in the every day acceptance of that expression, and by failure to give credit and thanks to the real source; by falling into the "getting" consciousness habit and overlooking the "giving" consciousness.

Forget not that "giving" is of the very essence of the secret of success. Failure to give, is to ligate the artery.

So we call upon you to give thought to the within, to the infinite, to the fact that you and the source are One - that the within may give to you guidance and the answer to your problems, and show you the way to the abundant life.

Give time for uninterrupted solitude and Silence and peace and receptivity, that you may receive the answers.

Give to the subconscious, to the good angels, fairies or elves - the billions of helpers that constitute your cell life, your encouragement, confidence and commands, as we outline and suggest, --- then expect and learn to get the true answer.

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

DEPARTMENT OF INSTRUCTION

WE ARE URGED TO
SPEAK PLAINLY.

FRIEND: -

You are traveling the road of understanding. Our mission is to disclose to you your inherent divinity, to make it available for your use in the solution of your every day problems.

Our heartfelt desire is to give to you the ability to reason, to develop your intuition, and to prove spiritual values you possess and show you how to develop and utilize them in practical ways for your good - and the good of mankind.

We are often uplifted and our endeavor strengthened by those studying with us. A Bishop, an understanding individual, a power and a success in his own field, a demonstrator of the efficacy of the truths he teaches, urges us to adopt a more militant attitude. He writes, Go before the world and say, We have proven this thing first. We are healthy and we are financially well off. We are business men, not mystics or cranks. We have our feet on the ground. We live in the every day world and we are making a success of so living.

We have discovered a system of living that uses all of man's inherent abilities, and by proper application and a reasonable amount of persistency, we know that he can demonstrate health, abundance, and a joy in life which he does not now experience. You can be what you want to be, have what you want to have, but you will have to do something more about it than just day-dreaming and mumbling affirmations and denials. We are frank in stating what we believe we can do and not do for you. All we ask is a fair trial!

Read Instruction 28 enclosed and be thankful for what you are, where you are. By expanding and sharing what you have of ability, services, love and good, and the material, prove your worthiness. Capitalize what you have. Develop a desire for and seek ye first understanding and all else will be added unto you.

However others may appeal, our effort is to bring home to you the simple truths of life, not to capitalize you. The Truth always finds its way.

THE ORDER OF THE ESSENES

By

S. Hammer Davis

Enc. 28



THE Essenes

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INSTRUCTION 28

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

NOT IN THE KNOWLEDGE OF THINGS WITHOUT, BUT IN
THE PERFECTION OF THE WITHIN, LIES THE EMPIRE OF
MAN.

IF ALL EARTH WERE CARVED OVER AND INSCRIBED WITH
THE LETTERS OF DIVINE KNOWLEDGE, THE CHARACTERS
WOULD BE VALUELESS TO HIM WHO DOES NOT PAUSE TO
INQUIRE THE LANGUAGE AND MEDITATE THE TRUTH. THE
SIMPLEST PROBLEMS IN THE SIMPLEST OF ALL STUDIES
ARE OBSCURE TO ONE WHO BRACES NOT HIS MIND TO
THEIR COMPREHENSION -

SEEK YE FIRST UNDERSTANDING.

SIGNAL! "LET DOWN YOUR BUCKET WHERE YOU ARE"

Perhaps you think you're handicapped, poor, with no opportunities or influential friends? It is not mockery, nor is it spoken lightly and without consideration to say that this is a condition for which to be grateful, a cause for giving thanks.

If, without material things to look to or depend upon, you turn to the immaterial, to the within, to the You of your being, to the universal and to that principle which ever works for perfection, your problem solution is at hand. Health, happiness, success, fame or power, is yours if the desire and demand are strong enough.

What greater handicap to material achievement could be conceived than being born a negro girl with a father a poor ice and coal peddler, dying when she was twelve. What chance do you think you would have under those circumstances to become world famous? Would you dare to vision so gloriously? Could you set your heart on it, desire it with all your being, and sustain your faith that these things were for you, and persistently determine to do and be and always labor toward that lofty goal? In face of racial prejudices, could you carry the cross through the valley of despondency, and ever hold to the ideal and act as though failure were impossible?

This is not fiction nor a child of the imagination. This is the true story of a very real person. Be not ashamed if in reading this little narrative, tears of joy for human triumph flow.

The first memory of the subject of this little sketch is about a time when her mother left her in the little dining room of their house alone. She began to sing to herself, looking toward a rose border at the top of the wall paper of the room, and as she sang, in her imagination, she could see the flower border open like a lattice, and smiling, friendly people looked out and sang with her. Then and there was born a vision of becoming a great singer.

At the age of six years she joined the Junior Choir of the Union Baptist Church in South Philadelphia, and her first public appearance was at six years of age, singing "The Lord is my Shepherd." At thirteen years of age, she joined the Senior Choir of this church. She sang bass when the bass soloist was away - an octave higher, of course; and soprano when the soprano soloist was away.

After the death of her father she became a community project, and they started a fund in the church, taking nickels and dimes for her benefit. She began to sing in little benefits, and she got five dollars, and seven dollars and a half, and sometimes ten dollars, and once in a while, twenty dollars for a recital.

She had no singing lessons until she was sixteen years of age. Her first teacher was Mary Saunders Patterson. Then she studied with Agnes Reifsnnyder, and when she went to high school, the principal arranged for her to meet Guiseppe Boghetti, a well known teacher of New York and Philadelphia.

Boghetti remembers well the first time he saw this little girl. It was at the end of a hard day's teaching, and he was for the moment, surfeited with song and singers, but when she sang for him in the twilight of that day the piece known as "Deep River," it made him cry.

Boghetti gave her lessons, and in 1925 he entered her in a singing contest, the winner of which was to appear as soloist with the New York Philharmonic Orchestra

at Lewisohn Stadium. The contest was her first major experience with racial discrimination. Only after threatening a scandal was Boghetti able to get her a hearing. It finally came at the end of an August day, when the judges were hot, bored and in a hurry to get home. Her aria was "O Mio Fernando" from Donizetti's "La Favorita." "Even if you hear the gong, go on," Boghetti had told her, "so they can hear you do the trill at the end." But she heard no gong. After the first bars there was a hush; then surprise, then delight on the faces of the judges. And, at the end, a spontaneous roar of applause, although "absolutely no demonstration" was the strict order of the day. All this was repeated at the second audition, again at the final. She won the prize.

Having won this prize, it looked as though she were fast on the road to the realization of her dreams, but for five years she couldn't get any worthwhile contracts. Connoisseurs of music shook their heads wonderingly over her glorious voice, but muttered about the handicap of race, and said, "What can she do with it?" Had her goal been less exalted, her problem would have been simpler. The middle road of song has been trod often and with conspicuous success by her people. But this girl had set her vision beyond the successes of some of her people.

During this five years, she sang on quite a number of occasions under negro auspices, and now she was able to earn a hundred dollars, and sometimes a hundred and fifty dollars for a performance. She decided to go to Europe and study in Berlin, and if lucky, give a few recitals on the Continent. She spent eight years abroad.

Europe, even back in 1931, accepted with gratitude and amazement the singer whom America had ignored. London, Vienna, Oslo, Prague called her back for repeat engagements. Six concerts in Scandinavia were stretched to 76. She triumphed in Italy when the Ethiopian incident was at its height. Before she came along, only Rachmaninoff and Kreisler had ever sold out the Paris Opera House for a solo performance. In Finland she is one of the very few who have been invited to the home of Sibelius.

Eight years of conquest abroad intervened before the spotlighted climax of her career. That climax came at Easter 1939, when she touched a new high in the struggle of her people against intolerance. For that Easter concert on the steps of Lincoln Memorial in Washington became not only a national issue but perhaps the most impressive event in the musical history of America.

The controversy started with her manager, seeking a Washington auditorium for April 8, 9 or 10, being told that Constitution Hall, owned by the Daughters of the American Revolution, was "not available" for a concert for her. The manager was then refused the use of Central High School Auditorium. By this time feeling was running high across the presses of America. Petitions were signed, pronouncements mentioning the Bill of Rights, the Constitution and the merits of the liberal ideal were sent out everywhere -- particularly to members of the D.A.R. Telegrams of protest poured in -- from Mayor La Guardia, Walter Damrosch, the entire Philadelphia Orchestra. On February 24th, her manager announced "a free open-air concert for all music lovers and believers in true democracy to be given within earshot of Constitution Hall." And on February 26th Mrs. Roosevelt resigned from the D.A.R. amid the editorial cheers of the nation; cheers for a "First Lady who had the courage to fight group prejudice and group intolerance."

The Federal Government, through the courtesy of Secretary Ickes, was host; the sponsors were Cabinet members, Senators, Congressmen, national celebrities, headed by Mrs. Roosevelt and Chief Justice and Mrs. Hughes. After so sensational a build-up it seemed that only a miracle could save the concert from being an anticlimax.

Those lucky enough to be there will never forget that day. The crowd of 75,000, the greatest since Lindbergh's arrival in 1927 - the haunting symbolism -- the tall, grave girl with the towering marble Lincoln brooding above her shoulder. The look of wonder when she saw that uplifted sea of faces, white man and negro, shoulder to shoulder. The hush. The incomparable voice, deeper, more passionately moving, perhaps, than it had ever been before -- "My Country 'Tis of Thee," "Ave Maria," "Nobody Knows the Trouble I've Seen." The tears. The cheers. Never had a greater burden been put on the shoulders of a single artist. But the great gift and soul of this girl were equal to it.

From this day on she continued her glorious career. Becoming an inspiration to all peoples regardless of race, color or creed.

This is the story of Marian Anderson's life, and as Ruth Woodbury Sedgwick says, "At the foundation of her life and art, is religion. No gothic abstraction, ornate with dogma; no primitive frenzy, shot through with jungle rhythms, but rather the consecration and light of "The Ode to Joy."

Jean Sibelius dedicated to her his song "Solitude," and when he parted from her, he said, "The roof of my house is too low for you." No greater tribute could be paid to a musician by a greater artist.

Analyze this story with what you have learned in this course as a background. First, there was the vision, then there was the desire to become a great singer; next came the faith that it could be so, then followed persistent effort, and no discouragement could swerve her from the path of real accomplishment. She would not be satisfied with the mediocre success like so many accept, and lastly, she paid the price in effort.

Thus, Miss Sedgwick could well say that the basis of it all was religion, because true religion is faith that all things work for good. Again, we repeat, that the very handicaps under which she labored were the incentive for achievement.

An analysis of the great of today and throughout history show that the handicapped are those who have incentive, and that those people win who do not depend upon the material, but depend upon the universal, upon the within, and upon a God not resident in some far away spot, but within the individual himself.

For a moment let us explore different fields of endeavor and see if the foundation of success in the lives of outstanding people in that field was not in the handicaps which they had to overcome.

One of the outstanding ministers of America was Russell Conwell. He is the man who delivered the lecture "Acres of Diamonds" which was probably delivered more times and before more people than any other lecture. He was the pastor of a small church and his congregation consisted of a very poor people. He wanted to be helpful and to give to them so he conceived this lecture, the whole moral of which is that opportunity is here and now and where you are and not in some green pastures far away.

He not only achieved success, founded and built Temple University, but he interpreted the true meaning of the messages of Christ, and the members of his congregation all prospered.

During his ministry, he wanted to tell his congregation that whatever handicaps they had were a blessing - that what they saw as stumbling blocks could be turned to stepping stones, and that he might illustrate this in vivid manner,

he examined into the lives of the very rich men of the time, and he found that of four thousand and forty-three millionaires, only sixty-nine had even high school education, and they lacked money and training, but that they had depended upon themselves and the urge to rise. For instance, Thomas Edison was a news butcher on trains, and then a telegraph operator. Andrew Carnegie started work at \$4.00 a month. John D. Rockefeller started work at \$6.00 a week. Stewart, who founded Wanamaker's Store, landed in New York with one dollar and fifty cents. He had no friends and nothing else of value upon which to depend except his own efforts.

Conwell also found in his research that of the sons of rich men, only one in seventeen died wealthy. They lacked incentive and an urge to effort. Had Conwell himself had a rich congregation and been well paid, and had he had about him no people who had great needs and to whom he felt he must give, there would be no Temple University and he would not have been recorded as one of the great in the ministry of the gospel.

Are you spiritually alive? Do you see beyond the day's task and its reward? Or do you worry and fret about the thing which, while necessary for life are not the most important for glorious living? Jesus set the order of importance when in The Sermon on the Mount He said: 'Be not therefore anxious, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? - for your heavenly Father knoweth that ye have need of all these things. But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you.'

Try to live in every sense of the word. Let your imagination carry you into emotional heights at times. Demand success in your special sphere. Enter activities every day with inspiring enthusiasm.

When you read the life of Lincoln and the biographies of other great and outstanding men, you will find almost universally that the handicaps under which they labored were the incentives which made them dream dreams, create visions, and plans, and made their lives purposeful. You can take the mental formula which we have given you for achievement, and you will find that they, either consciously or unconsciously put every ingredient in that mental chemical formula into their life's effort.

If it worked for them, it will work for you. There is in every adversity the seed of an equivalent advantage.

One of the great scientists of this country was a negro; a worker in Tuskegee Institute, an institution of higher learning for negroes. His people raised a great number of peanuts, and about the only use for them was for fattening hogs. Working with the peanut, he began to use his imagination in finding new uses for the peanut, and he developed a hundred products that could be made from a peanut!

As a professor at Tuskegee, he drew a very modest salary. He had many offers to carry on his work for commercial institutions but he refused all offers, and said that he was working with the products which his people produced that he might create a greater demand for them, that they might get more for their product, and that he might serve all people.

Now, this humble negro, born amidst poverty, and working his way through school, and securing a professorship, had one story that was his favorite, and that story is this:

There was a sailing ship which had run out of fresh water. Not a breath of air was stirring - its sails were flabby and loose, and the members of the crew were almost dying of thirst - the tongues of some of them were swollen in their throats. A steamer came within hailing distance. The sail boat communicated with them and

said "We need fresh water." The answer came back, "Let down your buckets where you are."

This did not make sense to these sailors who caught the signal. They signaled back, "We need water for drinking," and back came the answer "Let down your buckets where you are." In desperation the sailing vessel again signaled, "Some of our men are dying of thirst. We cannot drink salt water." Back came the answer, "Let down your buckets where you are." One sailor got a rope and let a bucket over the side and drew up a great pail of water. It was fresh drinking water.

They were becalmed in the mouth of the Amazon River which flows a wide stream of fresh water out into the ocean and is so wide that you can be in it and out of sight of all land. The moral of the story is that they might have died for lack of a knowledge that they were in a sea of fresh water, and so it is in life -- the great opportunities are here and now and where you are. The great need is for understanding.

This great negro scientist, Dr. George Washington Carver, with that story as a guiding star, made himself an outstanding world character by letting down his bucket where he was, and at his passing in 1943 he was honored by all scientific bodies as one of the world's greatest scientists.

Dr. Carver said that all his ideas came from God. You can attune to the same source.

. THOUGHT GEMS

People of obscurity are never villified. Only those whose merits have placed them in the limelight are the targets for the attacks of envy and for the slanders of falsehood. Envy and malice are nothing more than homage rendered to superiority.

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If you would know success, never doubt success.

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"There have been teachers who emphasized the need of the intellectual approach to problems of different sorts, and they were quite right, provided they showed us plainly the need of a high emotional life as well.

Intelligence is good -- indeed it is very good -- but it must be motivated by equally important emotional values, or else it actually becomes a thing of danger. One may rightly be proud of his intelligence and very glad indeed that he is not dumb, but it is better a hundred times to be dumb than to be numb."

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It is common to overlook what is near by keeping the eye fixed on something remote. In the same manner present opportunities are neglected and attainable good is slighted by minds busied in extensive ranges, and intent upon future advantages. Life, however short, is made shorter by waste of time. - Johnson

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

SOMETHING OF THE ESSENES,
YOU HAVE WANTED TO KNOW

FRIEND: -

All historians agree that the Essenes of old were soft spoken, in contrast to the loud and harsh voiced of that time, and that their mission was to do good. They established Hospices, which foreshadowed our present day hospitals. One was at the Essene Gate to Jerusalem.

In the vicinity of Jerusalem there were about five thousand Essenes, divided into a number of communities. The Essenes were the cleanly people of that time - cleanly in person, living and thinking. When not engaged in their daily tasks they wore white. Each shared the fruits of his labor with all others of his settlement. They lived simply.

They were ever students, daily giving nourishment to the mind as well as the body. They were known as the "wise men". What was known of sanitation, medicine and hygiene at that time was a study of certain of their numbers, and it was put to practical use in caring for the unfortunate.

They adopted boys at the age of twelve, and brought them up as students of the philosophy of life and gave them special training in some line of endeavor. These boys became members of the Order, if their conduct was in accord with their teachings. If an adult desired to become a member of the Order, he was given a three year course of study as a preparation, and during the probation period his daily life was carefully observed.

Essenes never entered into disputes. They never sought or held public office. Economics with them was simple. Government was not a matter of thought. A way of life was their concern.

In this Order we devote our thoughts and efforts to teaching the universal laws and principles, by which all are governed and by the application of which each can attain his cherished aims. Our research has been in the fields of psychology, metaphysics, philosophy, religion and the sciences. The matter of government, economics, and politics is a study to itself.

We are steadily advancing, and we trust this includes you, toward an organization of persons who have come to realize that in the perfection of the within lies the empire of man. Such an organization the world sorely needs. The need grows with each passing day.

We are sincere in our wish that you may exemplify as the Essenes of old, a "perfected within".

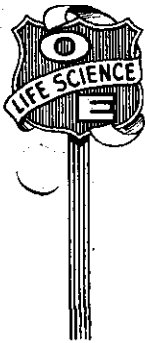
May you be blessed with Understanding,

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 29



THE Essenes

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INSTRUCTION 29

Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

THE GREAT THINKERS FROM TIME IMMEMORIAL TO
DATE ARE IN ACCORD IN ONE THING: -- IF YOU WOULD
MASTER CONDITIONS, CIRCUMSTANCES, ENVIRONMENT,
PERSONS, DESTINY, -- YOU MUST FIRST OF ALL MASTER
YOURSELF.

THERE IS A FOUR-FOLD ORDER OF BECOMING --
SELF MASTERY -- POSITIVE CHARACTER BUILDING --
EXPRESSION OR OUT PRESSING -- THE ANSWER,
ACHIEVEMENT.

WEAVING THE THREADS INTO PATTERN

BY THE ROAD OF REASON

Some thirteen hundred and fifty years before Christ there were certain sacred writings or manuscripts used as a basis of teaching the learned of the time - these were the property of schools of mysticism, and brotherhoods. Their origin seems to have been in Egypt, their authorship, some of the Pharoahs of Egypt. They contained within themselves evidence that they were in part derived from prior writings and from contemplation, meditation, inspiration, and revelation (the silence). The great study was man himself - From the preface of a book of translations we take this passage of interest to you and to us -

"Copies of the teachings and doctrines used in Egypt at that time undoubtedly reached Jerusalem and other parts of the world through the exodus of the Jews, and many proofs have been found to show that the high mystical teachings of the Pharoah of Egypt and his followers were the foundation of such cults and schools as the Essenes, to which the master Jesus belonged."

To bring you to a realization of the real You within you, we shall now quote from one of these manuscripts of antiquity ----- one of the nearest approaches to understanding through the process of reasoning and the conscious mind yet evolved. Consider! It was probably a part of the library of manuscripts or books or Bibles available to Jesus -

"Lowly and ignorant as thou art, O man! humble as thou oughtest to be, O child of the dust! wouldst thou raise thy thoughts to infinite wisdom? wouldst thou see omnipotence (all power) displayed before thee?"

Contemplate thine own frame, - - - - -

Wherefore is consciousness reposed in thee! and whence is it derived to thee!

It is not in flesh to think; it is not in bones to reason. The lion knoweth not that worms shall eat him; the ox perceiveth not that he is fed for slaughter.

Something is added to thee unlike to what thou seest; something animates thy clay higher than all that is the object of thy senses. Behold, what is it.

Thy body remaineth perfect material after It is fled, therefore It is no part of it! It is immaterial therefore it is eternal: It is free to act, therefore It is accountable for its actions.

Know thyself then the pride of the Creator, the link uniting divinity and matter; behold a part of God himself within thee: remember thine own dignity nor dare descent to evil or to meanness."

"Seek Ye First His Kingdom" - - Made Plain.

We presume that the people in the time of Jesus were much like the people of today. They found that their problems were devastating, and that their ills were destructive and they were fighting poverty and want. They brooded over things which made them unhappy and they had bodily ills and sickness, and life was a continual combat - a resistance - negative thinking.

Jesus in the Sermon on the Mount, said, "Be not therefore anxious, saying 'What shall we eat?' or 'What shall we drink?' or 'Wherewithal shall we be clothed?' - for your Heavenly Father knoweth that ye have need of all these things, but

seek ye first His Kingdom and His righteousness, and all these things shall be added unto you."

That was a plain and simple statement that harmony with the universal plan would bring well being. It was equal to saying that the only way of being more and having more and giving more is to ally oneself completely with the universal purpose of which one is a part.

It is the object of these instructions to bring to your conscious mind and to plant in your subconscious, the fact that health, happiness, and success are as natural as the fruit obtained by properly cultivating a tree.

- that there is a law of life as natural and unfailing as the proven scientific laws of mechanics and physics and chemistry.

- and that one, by his thinking and consciousness, can fit into the universal plan, and food and drink and clothing will come naturally as a result.

The reason so many people in this world fail is that they are forever thinking of what they can get for themselves. By the very seeking and thinking of getting, they push away the results which they would like to have.

If they would observe the natural law of giving - getting would come naturally.

That's what Jesus meant when he said, "Seek ye first His Kingdom, and His righteousness."

These instructions are for the purpose of giving you what is known of "His Kingdom," and to lay down the universal laws that are known to work.

Righteousness (right-use-ness) comes with understanding, and acting in accordance with these laws ---- success is just a natural sequence.

The Law of Increase - Nature's Way

Let us state a very definite, fundamental and universal law.

Increase comes only from division.

The lowest form of cell life, the single unit cell, grows and then divides, then each of these in turn grow and divide and grow again - that is the life process.

This is likewise the law governing man, the highest form of cell life, a combination of billions of single cells with a unity of purpose.

This being the principle of increase that nature knows, it likewise applies in the affairs of men.

There must be division - giving of strength to gain strength, giving of love to reap a love reward, - a giving and sharing and division to multiply the material things of value.

That is the secret behind every commercial and industrial success of this country, when truly and basically analyzed.

We cannot expect a ship to come in until we have launched a ship.

Visioning Made Dynamic

In visioning and desiring, aim high. Be not like the woodsman who performed a task for a Good Fairy. When he had performed the task, she said to him, "You can have any three wishes you may make."

He had labored hard in performing the task and was hungry, and he said that he wished for a good meal, and a sumptuous feast was spread before him by the good fairy.

When he had eaten, she said "You have two more wishes. Anything that you desire will be given unto you."

It was getting a little chilly, and he wished for a warm cloak, and there was immediately produced a warm cloak trimmed in furs.

The Wishing Fairy then said, "What other wish have you?"

Having been satisfied with a good meal, and being warm in his new cloak, he wished for a comfortable bed and a good night's rest, and this was immediately provided.

When he awoke the next morning, all that was left was the warm cloak. He could have had anything that he wanted --- three wishes, and his desires did not extend beyond his immediate comfort.

This seems like a commonplace fairy story, but it truly pictures the extent of the aims and ambitions and purposes of the great majority of people, and that's why they attain no more. Minds that are fully occupied with the commonplace can never propel the human soul to heights of glory. They grovel in the dust and mud and mire of living, and forget the matter of a life.

The Wishing Fairy now says to you - "You can have anything in this world that you want. I give you three wishes - What is your answer?"

Will it be something that you can get or something that you can give? Will it be for something material or will it be for understanding of the divinity within you? Will it be a request for courage, power, and strength, or for frivolities which will actually drown you in an ocean of froth? - Think well before you answer to the Good Fairy.

Life is the gift of Nature, but beautiful living is the gift of wisdom.

Visions are the seedlings of reality, just as surely as the mighty oak sleeps within the acorn, as certainly as the chick awaits within the fertile hen egg.

The food for the billions of this earth five years hence awaits in the universal -

Seed, plant, fruition; - sowing - growing - harvesting; -- again and yet again - As to meat, - mating - birth - feeding, and processing. Your health - your wealth, your outlook upon life, - these will be of your making, they are likewise in the universal; by your thoughts you select the seed of destiny.

By intensity of desire you insure fertility, by faith you plant and cultivate; by acting, believing these things are for you, you reap the harvest as you have sown.

Mate your dreams with love in its broadest sense, the desire to give and to serve, and there will be a birth; feed the ideal and plan thus brought into being upon high purpose, desires intensified by feeling and emotion, and it will flower and bear fruit. - In processing remember that division and growth is Nature's process.

Give, - keep on giving, just as the farmer gives back to the soil the seed, that he may have it multiplied.

The Caution and Why Plans Sometimes Fail

If you follow carefully the instructions in this course, you're going to vision and create a plan, and then you are going to do all the other things outlined in the instructions.

Let us give you one word of caution. When you have developed this plan, and you plant it next to your heart, and are desiring it with all the strength of your being, do not tell the plan or disclose it to another.

By the very act of disclosing it, you open a valve which dissipates your strength.

Have you not observed in life that those who are always telling what they are going to do, never seem to do it? If you disclose to another your plan and program, and he thinks that it is beyond you, or if he thinks that you are engaging in wishful thinking, that thought is contagious and reacts upon you.

When you get to the point of desiring a thing, let it be a secret longing. Do not discuss it and give it expression until you are ready to act in the final stages. You must not only have cast your mold, or made your thought form definite; crystallized your desires and faith; steeled yourself for persevering and definitely determined upon carrying through, but you must have started to put into effect the law of balanced compensation; you must have done something about it before it is safe to reveal your plans and purposes.

It is all right to theoretically ask questions, - "If a person were going to do certain things, who would you suggest to give help?" or "If a certain thing were going to be done, how would you suggest that the problem be approached?"

In other words, it is safe to feel out the ground ahead and get as much knowledge and information as possible upon all the known factors in the undertaking.

What we are warning against is a day-dreaming, and lightly saying, "I am going to do this" or "I am going to do that."

Perhaps no one knows exactly why prematurely disclosing one's plans and purposes dissipates power, weakens determination, and makes faith inoperative.

It's a peculiar thing, too, that when one gives, and wants to advertise the fact, or receive credit or public recognition, that the great value in giving has been utterly destroyed.

In the book, "Magnificent Obsession" by Lloyd C. Douglas, you will note that his leading character knew the law, and warned all those to whom he gave, never to disclose it.

Out of this will come a safe rule - tell no man of your plans before you are ready to act.

As one commentator said, "It often seems most difficult to keep our plans and desires secret within ourselves. They burst to be expressed; the pressure we feel demands that we expend the pentup energy in putting our desires and ideals into action to cause them to manifest. Instead, we usually just can't help talking to someone else about our desires and inspiration, and the air goes out of the balloon of our energy. The steam is expended wastefully and uselessly from our mental boilers."

Further commenting, he says "Now we often feel an inspiration or inner urge to mention our desire to another person, and we find that that other person is tuned to our own thought and that we have been attracted to them because they will help in the plan.

In such a case, the contact comes about automatically, while more often we approach the first person we see to disclose our ideas, hopes, desires, ambitions, and ideals. In this way we give our desires wings to fly away from us before they have had opportunity to fill the spiritual mold, to gain true thought form, and to materialize into actuality."

This same commentator called attention to the fact that most local water companies have a chart in their office showing how a small leak in a faucet, permitting the water to run continuously, will increase the monthly bill three or four times, and he says that in the same way a small energy leak, caused by talking about your desire, may destroy your desire and prevent its being realized.

* * * * *
THOUGHT GEMS

Mastery of self engenders success, whence flows independence. The finest victory that a man can put to his credit is that which he has gained over himself. To recognize one's weakness and have the desire for deliverance is the chief condition demanded for the development of a firm character. We of the present age must all struggle with ardor and earnestness to conquer the place we covet and which often belongs to us by right. One weapon is essential - strength of character, which permits its possessor to think, to resolve and to act. He who has this may face every hostile front - He is certain to issue from the fight victorious.

* * *

He who goes forth into life armed with poise has the marked advantage over the timid that comes from superior health. This phrase should not be the occasion for a smile. Timidity is a chronic cause of poor health in those who suffer from it. Pushed to the extreme, it is the source of a thousand nervous defects.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

THE TEST DOES IT WORK

FOR YOU -

If you are unable to materialize the good you vision, it may be that the laws and principles we teach are to you but theories, and you do not put them into practice. If they do not work, find out why.

Perhaps you as an individual or personality endeavor to bring about some condition in some pre-conceived manner according to your conscious conception of how it should come about.

Better results would be obtained if you would just get the conception that you are but a vehicle of universal power much as the cable is the vehicle for the transmission of electric power - and could just grasp the vision that it is through you as an agency or medium of expression that the universal works the solution of life problems.

Recognize that it is by the law seeming miracles are worked - not by you. Being law, you must comprehend it, obey it, and then give it ultimate direction and purpose, - not detailed methods or means of accomplishing the end.

You are going to learn in these instructions that love is not a sentimental thing, but a motivating principle - not alone for individuals, but of the universal itself.

Man is the highest medium of expression of the universal and was brought into being because of the love principle inherent in the universal, as we shall prove in these instructions to reasoning minds.

It may be that that good which you endeavor to materialize has not the element of love within it. Self-seeking or selfishness in some of its many forms is devoid of the love element. It is ever true that the "giving" spirit is productive of good, and the "getting" spirit is the foot of frustration. The good you seek is inevitable if your every effort, following the visioned end, is to fill to overflowing your measures of service to mankind, and has love as an abiding element.

Read and study these instructions as a religionist studies his Bible. Get the spirit of them. Instruction number Thirty should arouse your emotions. When it does, obey the impulses that come to you. If you would have increasing well being you must act and act now upon your spiritual intuitions - or they will degenerate and become forever lost.

This is not theory - It works for us. It will work for you.

Hoist the sails - the wind and tide are favorable - Let us not father barnacles tied to the wharf.

THE ORDER OF THE ESSENES

S. Hammer Davis

Enc. 30



THE Essenes

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INSTRUCTION 30

Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

UNLESS THE UNIVERSE IS CHAOS, IT WILL
FURNISH, IN SOME WAY, AT SOME TIME, ENTIRELY
ADEQUATE POWER TO EVERY SOUL WHO IS SINCERELY
ENDEAVORING TO FULFILL THE OBLIGATIONS WHICH
NATURE IMPOSES. THE INFINITE IS AT THE DIS-
POSAL OF HIM WHO OBSERVES THE UNIVERSAL LAWS
-- DOUBT NOT!

CONTACTING THE INVISIBLE

Later in this course of study we will send you extracts from a translation of certain letters of contemporaries of Jesus, showing that he was a member of the Order of The Essenes. In teaching the principles learned in the ancient Order of the Essenes, He used, and throughout the Bible, you find the word Heaven.

People get the impression that Heaven is some far off place which you have to die to reach. Hereafter when you meet the word "Heaven," substitute the word "invisible," and apply the principles that you learn in this Order and see if it does not bring the teachings down to earth, and make them more understandable. Christ laid down a principle teaching how to acquire health, happiness, and success. He said, "Seek ye first the kingdom of Heaven, and all these things shall be added unto you."

Now, let us read it, "Seek ye first the kingdom of the invisible, and all these things shall be added unto you." Go back to the early instructions in this Order and you will find where we demonstrated that all things are present here and now, in the invisible.

We call your attention to another statement of Jesus. "The Kingdom of Heaven cometh not with observation. Neither shall they say 'Lo, here, Lo, there!' for behold, the Kingdom is within you." -- Yes, you are interpenetrated with the invisible, but none the less real. This you shall come to understand.

Is that not equal to saying that the Kingdom of Heaven is not in the visible, but is in the invisible, and you are laved, bathed and have your being in, and are interpenetrated with the invisible, or Heaven?

To illustrate his meaning of Heaven, and to put it in terms which the people of that day could understand, He said, "The Kingdom of Heaven (Invisible) is like to a grain of mustard seed which a man took and sowed in his field, which indeed is the least of all seeds, but when it is grown it is the greatest among herbs and becometh a tree, so that the birds of the air come and lodge in the branches thereof."

This in effect was telling them that from a concept or idea or vision in the invisible, there would grow and sprout and come into being the material thing visualized. The good you seek is awaiting your call in the invisible - whether it be health, happiness or material success.

You think that material things are not in the invisible and that there is not a great reservoir of these for you? Millions and billions of dollars of visible, tangible wealth is constantly being produced by Nature from the invisible. Think of the yearly harvest which provides the food for the billions of persons and animals of this earth, of the yearly increase of livestock and fowls, of the birds and beasts, all constituting wealth and contributing to the welfare and well being of each of us. It has ever and will ever come from the infinite - from the invisible substance of life.

The new ideas, the thoughts, the organizations of effort, the sales plans, the building plans, the infinite business-creating programs, of yesteryear - today - and of tomorrow, are from the infinite and invisible. Each of us, - yes, - You, can contact the source. It's a matter of visualization, realization, faith, action and materialization. There is an infinite reservoir - In it is the supply to meet your desires and demands of next week - next month - next year and the future years.

STOP AND THINK ABOUT THAT!

What is it you may want next year -- five years hence? Surely food will be on the list. That food is yet to come into being. Some man of faith must sow the seed, and with confidence in the bounty of nature, cultivate, fertilize, spray, and otherwise nurse the growing plants; must harvest the crop and send it through the channels of processing, moving and distribution that brings it to you.

Doubtless clothing will be in the list of your requirements. The material cotton may yet be in the infinite, to be brought forth by some farmer who sows his seed and gives his daily toil to the care and picking with absolute assurance that there will be a crop, large or small.

If it is rayon, the material may today be in the form of a tree, produced by the processes of the infinite over years, and yet to be processed and made into material for cloth by a process which came into man's mind from the great reservoir of thought -- the only source.

You may plan for a home - Part of the material may yet be in the forest; the sand may yet be in a lake bed, awaiting removal by man, moved by an incentive or idea; the cement may yet be in the form of clay and limestone and in its original ingredient form, awaiting the call or demand, and this springs from human desire, - your desire, if you will it so.

Encompassed within your vision and plan is education along some certain line -- This calls for the transfer of ideas, concepts and conclusions, by the written or spoken word, or by photographs, designs or other transferring process, or by direct contact with the cosmic or etherial and infinite intelligence --- all from the invisible.

Pursue this line of thought as to all the things you may desire and then analyze it or them and find it still in the infinite, yet to be created or fabricated or processed and made available and in suitable form - and it must be done by one who starts with a concept of what it is people will want or will serve a need.

Picture the faith that moves one to invest his capital, effort or labor - to bring to fruition a business plan, faith that people will learn of and want his products, - faith that his product will gravitate to the call of a human desire.

Again, picture one with an idea, plan, invention, discovery, but with no money - (Morse, who conceived telegraphy, sending a message over a copper wire). He presents the idea to others to supply the capital.

It is this trafficking in the invisible that has brought into being the worthwhile material things of earth.

All master salesmen know that ideas can be sold, when merchandise cannot. Ordinary salesmen do not know this, and that is why they are ordinary.

Likewise, those who are material minded - with faith in things, and scoff at the invisible, are the ordinary of life. The master minds obey the injunction, "Seek ye first the Kingdom of Heaven (The Invisible) and all these things shall be added unto you."

In our master formula for achievement we have set forth that you must know what you want. You must idealize; you must have a vision; you must use creative imagination.

You are familiar with the five physical senses, but creative imagination is really a sixth sense. The proper use of this idealization principle can make you what

you want to be. In the course of these instructions you are going to learn to draw on the Infinite intelligence or cosmic intelligence, or universal intelligence.

When ideas come to you, they can only come from this infinite intelligence; or, second, from a solution of some question which your subconscious mind has worked out from the material given it by your conscious mind; or, third, from the mind of some other person who has released the thought into the universal; or, fourth, from the subconscious of some other person who is having deep thought along the same line.

There are no other sources for inspired thought.

Idealization or creative imagination is going to work for you only when your mind is functioning at a high rate of vibration, or in other words, when it is more intense than with just normal thoughts.

Napoleon Hill, in his book entitled, "Think and Grow Rich," most interestingly tells of the late Dr. Elmer R. Gates of Chevy Chase, Maryland.

"The late Dr. Elmer R. Gates, of Chevy Chase, Maryland, created more than 200 useful patents, many of them basic, through the process of cultivating and using the creative faculty. His method is both significant and interesting to one interested in attaining to the status of genius, in which category Dr. Gates unquestionably belonged. Dr. Gates was one of the really great, though less publicized scientists of the world.

In his laboratory, he had what he called his 'Personal communication room.' It was practically sound proof, and so arranged that all light could be shut out. It was equipped with a small table, on which he kept a pad of writing paper. In front of the table, on the wall, was an electric pushbutton, which controlled the lights. When Dr. Gates desired to draw upon the forces available to him through his Creative Imagination, he would go into this room, seat himself at the table, shut off the lights, and CONCENTRATE upon the KNOWN factors of the invention on which he was working, remaining in that position until ideas began to 'flash' into his mind in connection with the UNKNOWN factors of the invention.

On one occasion, ideas came through so fast that he was forced to write for almost three hours. When the thoughts stopped flowing, and he examined his notes, he found they contained a minute description of principles which had not a parallel among the known data of the scientific world. Moreover, the answer to his problem was intelligently presented in those notes. In this manner Dr. Gates completed over 200 patents, which had been begun, but not completed, by 'half-baked' brains. Evidence of the truth of this statement is in the United States Patent Office.

Dr. Gates earned his living by 'sitting for ideas' for individuals and corporations. Some of the largest corporations in America paid him substantial fees, by the hour, for 'sitting for ideas.'

In this set of instructions we have suggested that if you substitute the word "Invisible" for the word "Heaven," it might be helpful in understanding many vital passages in the Bible.

It has also been suggested in the course of these instructions that it might be helpful on occasions to substitute for the word "God" the words "The Universal," or "Omnipotence," or "Life Principle."

There is no human mind keen or powerful enough to understand God intellectually. It is a thing too big for human mind to grasp by mental processes, but we do feel that it can be grasped spiritually and understandingly by the consciousness.

Let us illustrate. If you take the alphabet, it is just so many letters with no particular meaning. When these letters are put together in a word, we get an idea or a concept, and when words are put together in beautiful poems, or inspirational prose, it is just so many words, but we grasp the idea and the meaning and they reach the consciousness and inspire and delight. All of this feeling and emotion and transfer of thought comes from just a jumble of letters and words put together meaningfully.

The whole idea of God is lost if we think of something in human form or if we think in terms of a ruler who makes decisions and edicts and grants. Men of science are, as we have on a number of occasions stated, deeply religious, and they make up their own concept of God.

Dr. Arthur Compton, an American scientist who was awarded the Nobel prize in physics, was asked the question, "Dr. Compton, you have peered into the mysteries of the smallest known units of matter and energy, the atom and the electron. Have you seen in them anything that caused them or explained them?" Dr. Compton replied, "No, there is nothing in the atom and the electron that causes them or explains them. They were created by a force, a mind, a causation outside themselves. They were brought into being by a great creator with a moral purpose."

The President of one of our leading universities commenting on this, said, "We can believe that there is something far bigger and nobler than our own little minds in charge of this universe. We cannot describe it, but we can put ourselves in harmony with it and feel its force and power and comforting benevolence." This he calls God.

Dr. Robert Milliken, another Nobel prize winner, says, "Modern science is learning to walk humbly with its God."

Lord Kelvin, noted British scientist says, "If you think strongly enough, you will be forced by science to believe in God."

We have given you the illustration of the alphabet and words. Now, let us look at music. A note is a sound that vibrates at a certain rate of speed. One note and one chord perhaps has no particular meaning and arouses no particular feeling or emotion, but when these notes and combinations of notes are put together into a symphony, we get out of it something more than the mere sound of the notes. There is a theme that runs through it all, and we get the meaning.

--- and when we hear these great poems, the inspirational prose, or the great symphonies in music, we know that there was intelligence and a directing and guiding mind that put them together.

All of Nature, closely observed, is a poem or a symphony, and it had to have a directing, intelligent plan and guidance. This plan and guidance had to be in accordance with a law, and a law pre-supposes intelligence.

May Dixon Thacker, in the Macfadden publication, "Faith," had this to say, "Life is a thrilling adventure. Only the stupid deny it. It is crammed with beauty, love, truth, music and gladness. For God talks to us -- if we listen."

Many sincere people declare that God talks to them, direct.

'Something told me to get the children out of the room,' said a school teacher in the middle west. 'A few seconds after I had ushered them all out, hurriedly but orderly, the ceiling fell down crushing the desks.'

'You had a premonition?' she was asked. 'God told me to get those children out,' was her firm reply. 'It was a message from God.' Premonition, we call it? What is a premonition? The school teacher believed that God had spoken to her.

Stillness holds the secret; the stillness of Silence.

The Silence is not mysterious or difficult to understand. It is not new. It is among the oldest forces known to man. Job recognized it when he said, "There was silence and I heard a voice." Job 4:16. Also, 'But there is a spirit in man; and the inspiration of the Almighty giveth them understanding.' Job 32:8. - - Through the Silence all the infinite resources of God are available for us.

You can talk with God and become a partner in His business of new creations and He will become your partner in your business of prosperity and happiness and security. Impractical? Visionary? But it works and has been proven concretely again and again.

Years ago, a man in the Middle West faced bankruptcy and ruin. Deliberately he went into financial partnership with God. And the business prospered miraculously until now it is valued at many millions of dollars. 'I never consider how much money I can afford to give to my Lord, but how much of the Lord's money I should keep for myself' he declares. A friend said to him, 'You claim that God does everything for you. Maby you don't give credit where it belongs, to the men working for you.' 'Oh, yes I do,' he replied quickly, 'God sends good men to help me.' This man, every day, talks with God. Talking to God and God talking to us is being done now in a big way.

If you want to hear God speak, the technique is simple; sweep out of your consciousness everything that clogs the channel into the deepest Silence of your soul and you will find God, right there, with his messages. It is as simple as that, but the sweeping out process must be thorough and sincere.

A living faith, a present-day, vital fellowship with God is the one sure way out from all life's difficulties, problems and failures, to security and success and happiness.

In this course of instructions we have given you a mental chemical formula for contacting God and drawing upon his resources. You must lay at his feet, so to speak, by a vision, the plans and specifications for the thing you are going to request from the universal, and then you must desire it with intensity, with a demand aflame with feeling and emotion. You must have faith and confidence that it is or can be for you, and you must observe all the other laws we have given you.

It is in this way that you put the letters and words together which convey meaning. It is in this way that you set down the notes which create a symphony. This is the proper arrangement for the call on the universal. The word "God" is just one word to denote the divine order of things which respond to the call of man and which indicates the designing and creating abilities within man. It is the word that indicates the powers and capacities resident within each, and not afar.

Grasp and hold the idea of your divinity. - The real You - and the Life Principle are one. You and the Father are one. Live and act accordingly. Keep the contact with the Invisible.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

What you want and what we want is for you to succeed and materialize your visions.

That is not easy if you have fears, doubts, and question your abilities or our good faith.

One man saw printed on our Instructions "This manuscript . . . always remains the property of the Order" - and was afraid that if he lost one we might send for them and charge some great sum for any lost. He was looking for a bug under a chip.

You surely understand. We do not sell them. There are dealers in used mail order courses of instruction, who pay little for such courses and sell them at greatly advanced figures. It is therefore there to prevent advantage being taken of some one. That is why they are copyrighted too, so no one would copy them and sell them.

Don't you let any worries like that keep you from putting all you have into the understanding of them. If you lose one, we will send you another. If the baby tears them up or they are burned, lost, stolen or what not, we are not going to attempt to charge anything. We are not going to ask the serious and earnest student to give them back.

The world is going headlong into conditions, and the time is rapidly approaching when there will be a great need for an organization dealing in spiritual values, such as the Order of the Essenes.

We are constantly expanding this work, and we have students in every state in the Union.

May you be blessed with understanding, and prove worthy.

Most sincerely,

J. Hamner Davis

THE ORDER OF THE ESSENES

Enc. 31



THE Essenes

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INSTRUCTION 31

Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

IF WE ASPIRE TO AND WOULD BE WORTHY OF
THE TRUE FELLOWSHIP, WE MUST SO LIVE,
LABOR AND GIVE THAT WE MAY TOUCH THE
STARS, AND BRING DOWN GIFTS OF GREAT
TRUTH FOR MANKIND.

IN THIS LIGHT - THE LORD'S PRAYER

OUR FATHER, (which is a symbol of fountain source) WHICH ART IN HEAVEN (the invisible). (Note: Our Father - Establishing the Brotherhood of Humanity).

HALLOW'D BE THY NAME, (which is the spirit of thanksgiving and praise and recognition that it is the source)

THY KINGDOM COME, (meaning that the invisible, or Heaven, becomes the visible)

THY WILL BE DONE, ON EARTH AS IT IS IN HEAVEN, (meaning that the patterns and the designs as in the invisible, shall materialize and come into being)

GIVE US THIS DAY OUR DAILY BREAD (which is a recognition that the source of all things is nature, or the invisible, and this is but a call or demand upon the source of supply)

FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US, (which is a recognition that as we give so shall we receive -- as we forgive, so shall we be forgiven)

LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL, (the temptation and the evil are the errors in thinking and the errors of assumption that the material things are the important, and the temptation is to overlook the all-important realm of the invisible)

FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY FOREVER. (the recognition that the invisible or Heaven is the source of and contains all the power - omnipotence, and that the glory, or credit, should be to the invisible, and that the recognition of this fact is a point of contact for attaining one's desires).

AMEN.

The Lord's Prayer is an affirmation and a call upon the universal ---- The value of affirmation is acknowledged by all psychologists. It is a message to the subconscious and a claim upon the universal.

IN THIS LIGHT - OUR AFFIRMATION

The source of all things, which is the universal or invisible, we recognize with reverence and understanding. Knowing that the invisible becomes the visible we accept that the pattern or will in the invisible shall be the design at materialization. Daily we receive from and call upon this source for, our material needs. May we recognize our contact with infinite supply and avoid the error of thinking other than as a creator. May we ever be conscious that as we give and forgive, we shall receive and be forgiven. And, to the invisible and intangible we ever look for the real power, - recognize it as the supreme source, and to it we give the credit and glory.

AMEN

"RESIST NOT"

You have observed an electric toaster, heater or stove. - What lesson do you get? The electric current flows through the copper wires from the power plant to your home, and through the copper wiring in the house to the toaster or heater. To this point there is no wear and tear, no friction, no heat, and no very appreciable loss of power. The channels are open, so to speak.

When it reaches the heating units or coils, what takes place? They become red hot. Why? They are made of alloys or materials that resist - refuse to make an open channel, or are to a large degree non-conductive. The resistance creates the heat. Then there is wear and tear, friction -- and finally these elements fuse, burn out and become useless.

Resistance - resistance -- resistance!

You will learn that electricity acts like faith - and other human powers. Every living cell is in fact an electric unit.

The trouble with most people is that they are constantly resisting - worrying, fearing. Result? Friction - heating - fusing, and becoming useless!

Can you now understand why the Bible and the Bibles before our Bible and all philosophy teaches "Resist not evil." - Don't fight it. - "Overcome it with good."

People who are always fighting poverty - fighting sickness, fighting discontent and discord, are just burning the fires of metabolism too fiercely - and resistance is wearing them out and shortening their lives. They close the channels for the coming of good things into their lives -

By giving (good) the channels are cleared for getting.

Health (perfection) is the constant endeavor and aim of Nature. (God).

Happiness (harmony) is man's natural heritage. All creation is working for harmony.

So why all this resistance, when it is just a matter of thought, - of consciousness, - of your attitude, of the relation of ideas, and how you let them affect you, and how you act under the impulses of the mind.

You are a part of the working principles of Nature (God) just as much or more so than a drop of water is a part of the ocean, - alike in all respects. Men and women who awake to the divinity (perfection) within them, from that moment attain and accomplish and achieve, according to the thought forms they vitalize and project into the universal, as we so painstakingly direct, and perhaps oft repeat.

HEALTH CONSCIOUSNESS

Very definitely there is such a thing as being success-conscious - or being failure-conscious. Wealth-consciousness and poverty-consciousness are very real.

Being health-conscious is a foundation stone to abounding health - to vibrant, glowing, self perpetuating health.

You ask - "What is health consciousness." "How do you acquire it?"

The first step is to completely realize how irresistibly you are united with the universal, - that you are a part in it, and it is in and through you.

To be more definite, to make it more understandable, contemplate the wonders of the human body - Back in Section 2 of Lesson Number 3, we tucked away a detailed outline of the digestive organs; think how marvelously designed, then contemplate the beating of the heart, the flow of the blood through the arteries and veins; and nerves, - a telegraph system to every part of the body; the tiny glands here and there, - life process regulators; the bones; muscle; the brain, the pilot.

There is design to the interplaying functions of each - and such design had to come from an infinite intelligence, - man can hardly comprehend it, even as it functions.

Add to all of this, that it cannot function without a constant interplay with the universal - It must be supplied with air, water, food. It must keep its contact with the universal - for it is constantly being renewed, - old is passing out - new being added.

Can you imagine an infinite power designing all of this and failing to design it to be perfect? - Man has definitely discovered that all Nature works for perfection; when perfection is missed it is due to some impediment or obstacle placed in the way of the perfect working process, and then nature strives to circumvent and overcome that.

(Here it might be well to re-read Instruction Number 3 - pages 10 & 11).

To be conscious of these mighty powers moving in you, that they can and will add new substance (cells), direct their location, coordinate all of life's fluids, processes and organs, create new substances of repair if necessary, and correct any adverse conditions, if just let alone, is a first step in health consciousness.

Certainly no doctor can affect a cure or create health - They may clear the channels, or make straight the way - but Nature (the circumbient - the universal - the God in you) makes the change - perfect health. The conscious you cannot make the repair - but very positively, you can make straight the way, and believing and desiring can give the command, and the inner and universal power (life forces) will respond.

Perhaps we had better approach health consciousness from the negative side - You say, "But I am sick. I am afflicted - Look! - You can see the evidence of it - My limbs are shrinking --- " Yes, but you are holding to the sick thought. Before that condition came about, you were probably perfectly well - Did you, with the persistence that you now assert sickness, assert you were perfect? - saying, "Look! I am perfectly well!"

We tend to accept health, when we have it, as natural; we give it not a thought. - But, with an ache or a pain or change in condition, we pay attention - we face and accept a sick condition.

We don't take the positive mental attitude that ailing is unnatural, and assert with conviction the laws of the universe are at work to correct the condition.

There is one thing certain - Life is motion. - We are never at rest; - we move in the direction we face. If you are fighting sickness, a defective condition you are facing it, - recognizing it - feeding it upon the substance that nourishes it.

Certainly the fact that a condition exists today is no evidence it will be so tomorrow - this should be easy to understand. - You were well and "got sick" - conditions changed.

Health consciousness consisted in looking to the changed condition
- Health

A health command to the army of billions of cells, of which you are Commander-in-chief will set the army to work to bring it about. Assert you are perfect - in perfect health, - knowing that that is true with respect to the real You. - This frame you inhabit may be out of repair in one spot or one section, - but you and you alone have the instrumentalities to make the repairs. - Every moment, you are given new life building, body building units, and with health consciousness they hasten to the spot where there is activity - where the repair is going on - that is Nature's way.

But when those new cells come into being, and are being imprinted by your mental attitude, if they are addressed "Poor me! I am sick - there is nothing I can do about it - I can't do this and I can't do that," then, that is their mind also, because the real You - the sum of your consciousness - is the mind of your cell army. Any army needs encouragement - an objective - a positive commanding head - a leader who has faith and confidence, and can impart it.

Turn back and read Instruction #1. - Can you not truthfully, believingly - and confidently assert that that You - that I-dentity you there are introduced to is perfect and in perfect health?

Assert therefore boldly "I am in perfect health," and that vehicle you inhabit - that ever changing physical body so many know as "I," will change to meet your idealized "I" - for that is the purpose of life's renewing process.

CONCENTRATION

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

Concentration is one of the most marvelous forces that can be conceived. Without concentration, no success is possible; concentration develops all our senses and brings them to a degree of remarkable acuteness.

Fidelity to an idea is always the initial step to all success. For if an idea has no time to become at home with us, if what is called the crystallization of thought does not form the foundation of every decision, we will 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.

To think of the 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, and the immense influence which certain persons exert over their fellows.

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 of 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 learn and practice concentration it is best to "go into the silence" - this is called isolation - Shut yourself in some quiet room, or go beside a lake, or in a dense woods, or unto a mountain where you will not be disturbed, and in this spot get perfectly comfortable, nothing binding or tight about you. (You would be surprised how many great thinkers, capable of intense concentration prefer to be perfectly naked).

Without isolation (going into the silence) meditation is extremely difficult if at all possible, and consequently there is great difficulty of concentration.

The Japanese Philosopher, Yoritomo says, "He who would influence others should above all things know how to influence himself in order to acquire the faculty of self concentration which will allow of his reaching the highest degree of discernment."

It is most interesting to know that the rosary used in the Catholic religion was invented or devised in about the twelfth century by St. Dominic as a means of teaching concentration.

The following from the Mental Efficiency Manuel, edited by Eugene Thwing, from which much of the above has been taken, is an explanation.

"Day dreaming is a dissipation of energy; it carries us away and we cannot direct it. For this reason it is particularly dangerous, for it destroys our psychic forces, and injures the development of strong mental powers.

It was with this in view, it is said, that about the twelfth Century, St. Dominic invented the rosary.

He thought that one should seek to control day dreaming by removing the temptations arising from the volatility of the imagination by means of a physical rallying of the idea.

The telling of the beads has no other object; all the decades end in a different prayer from the ten preceding it and, granting that the attention has wandered during the repetition of the ten "Hail Marys," the eleventh bead, separate from the others and appreciably larger, comes to remind us of the change of the formula and brings back the most wandering minds to the subject of the meditation. - In short, such a director of souls as the Castillian Friar knew well that day dreaming always possesses a pernicious charm which it is well to nip in the bud."

Note: -- Day dreaming is quite a different thing from visioning, planning, and purposeful thinking.

. . . . THOUGHT GEMS

Webster, in his definition of spirit, says, "Spirit is life, or intelligence conceived of, entirely apart from physical embodiment. It is vital essence, force, energy, as distinct from matter."

Faith is the substance of things hoped for and the evidence of things unseen.

Things which are seen were not made of things which do appear. In some way, then we understand that whatever we want is in this surrounding invisible substance, and faith is the power which can bring it out into reality to us.

Desire for anything is the thing itself in incipiency.

As knowledge advances, science ceases to scoff at religion; and religion ceases to frown on science. The hour of mockery by the one, and of reproof by the other, is passing away. Henceforth, they will dwell together in unity and good-will. They will mutually illustrate the wisdom, power, and grace of God. Science will adorn and enrich religion; and religion will ennoble and sanctify science.

Thinking leads man to knowledge. He may see and hear, and read and learn whatever he pleases; he will never know anything of it, except that which he has thought over, that which by thinking he has made the property of his own mind. Is it then saying too much if I say that man, by thinking only, becomes truly man? Take away thought from man's life, and what remains? -- Pestalozzi

All that a man does outwardly is but the expression and completion of his inward thought. To work effectually, he must think clearly; to act nobly, he must think nobly. Intellectual force is a principal element of the soul's life, and should be proposed by every man as the principal end of his being. -- Channing

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU: -

"The heart makes a record of every shining thing and plays it back like music through the years" - We liked that Gem Thought.

You and we can be generous with ourselves because the supply of good is unlimited. Our mental and spiritual wealth is inexhaustible - and the world is filled with people who are just hungry for a word of praise or encouragement, for someone to listen to them with understanding hearts - and point the way of successful living.

So many there are who long to have outstanding personalities, to develop what is termed personal magnetism, and do not realize how really simple it is.

If we just make a habit of thinking about other people, we make magnets of ourselves and attract to ourselves the things we need.

Countless are those who have expressed the desire to engage in extending the understanding of truth to others. Every person who contributes a dollar to this work is just as much a part in the work as though he were here doing the work. We are but the medium of selecting the serious and earnest, and the medium of distribution, and perhaps as free and willing workers we add something to the effectiveness of every dollar expended.

We are successful in our own affairs, from which we derive our livelihood - and we know from experience that these principles we teach work. You quite agree, we are sure, that teaching truth should be done by or at least through those who have a deep and abiding conviction as to the effectiveness of the teachings in the every day affairs of life, and by those who deal in facts, not theories or fancies.

We are rapidly expanding and we are filled every hour with the spirit of gratitude to those who make this growth possible.

Let us live the truths we learn - let us do "shining" things so that in the coming years our hearts will play back to us sweet records of usefulness - and may our performances set shining examples in a bewildered world.

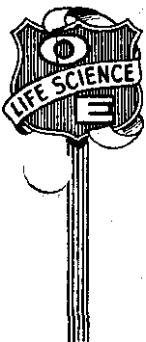
May you satisfy your own conscience as to how helpful you will be to others in taking the messages of truth to a hungry world.

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc. 32



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INSTRUCTION 32

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

BEFORE WE ATTAIN WE MUST BE WORTHY, DESERVING, PREPARED, ADEQUATE. IN THIS ORDER WE STRIVE FOR THIS AND FOR CONSCIOUSNESS AND AWARENESS OF OUR ONENESS WITH THE UNIVERSAL, OUR CONTACT WITH THE UNLIMITED.

IF WE CAN MENTALLY ACCEPT THE FACT THAT WE CAN BE, DO, OR HAVE ANYTHING THAT WE DESIRE, WE HAVE GRASPED ONE OF THE FUNDAMENTAL TRUTHS OF LIFE, AND WE GIVE MEANING AND EFFECTIVENESS TO "I AM" - "I CAN" - "I WILL" --- THESE ARE THE MAGIC KEYS TO THE DOORS OF ACCOMPLISHMENT.

AS A RESULT OF VISION

The invention or discovery which may more vitally effect human progress in the next decade than any other, was the birth of the cyclotron, which is that instrument which smashed the atom.

Ernest Orlando Lawrence of the University of California received the Nobel prize in physics in the year 1939 for this discovery.

This piece of work was the result of a vision - of an inspiration - of an idea gathered from the universal.

Ernest Lawrence was one day in the laboratory of the University just going over reports of experiments in physics, much like a school teacher goes over essays. It was almost a routine piece of work.

Finally, he came upon one report of an experimenter who had hitched together two long vacuum tubes and who reported that the speed of the electrified particles had been measurably stepped up as they jumped from one tube to the other.

In meditating upon this, it came into his mind that if the experimenter had just hitched up ten tubes instead of two, and had kept stepping up the speed of the electrified particles, would he not have had the force of a million volts, and perhaps that might have been sufficient to smash an atom, to which end many physicists were working.

He then began to vision that perhaps ten tubes in a straight line would be impossibly long, and then he began to dream how he could make one chamber and get the effect of passing from one tube to another.

It came into his mind to create a circular vacuum chamber and to use "D" shaped copper boxes as electrodes, and that thus oscillating electric currents would shift from one box to another; and then he figured out how, by the use of a magnet, the electric current would be used over and over, and would give the charged particles a series of electric pushes and would keep them going round and round in an expanding spiral, something like the spiral on a phonograph record.

The particles would keep going faster and faster, and when they reached the outer edge, they would have the speed necessary to crack an atom.

First, a small model which worked, and then another larger model which proved the principle but would not crack the atom; and finally, after errors and mistakes, the third so-called machine cracked the atom, and now we understand, can witness and can prove that energy can be changed to matter, and that there can be transmutations, such as sodium into magnesium, aluminum into phosphorous, and the end is not yet. It may be the solving of the ultimate.

--- and it all came about and had its beginning in meditation and a vision, just as you can bring into being in your own life that which you vision and follow up, as you are guided in the Order of the Essenes.

THE BUILDING BLOCKS OF THE UNIVERSE

It is not our purpose in this course of instructions to attempt to give instructions in physics, chemistry, nor any of the other sciences, but we call attention to the discoveries of science which tend to prove and are proving that those things which metaphysicians, psychologists, and religionists accepted as true, were true.

The material things of this earth were originally energy - energy was transmuted into the material. In other words, there are elemental building blocks of the universe, and all things made of the same protons, neutrons and electrons, arranged in different patterns.

As we have heretofore in this course pointed out, and not so long ago, the molecule was thought to be the ultimate. Then science advanced to the point where it said that the atom was the basic indivisible particle of matter; and then they began to prove that each atom is like a tiny solar system with a nucleus in the center and electrons whirling round it, much as planets whirl around the sun. Then came the day when scientists discovered that even the nucleus was composed of smaller parts and they named these protons and neutrons.

In cyclotrons, which smashed atoms, atoms were speeded up in a spiral, circular motion to the rate of 18,000 miles a second, which is 35,000 times as fast as a rifle bullet travels, and atoms of one element were shot against a target smeared with some other element, and the speeding atoms smashed into the quiet atoms at this terrifically high rate, and the result was the protons and neutrons were rearranged.

Sodium, with eleven electrons around each nucleus, became magnesium with twelve, by capturing an electrified particle of heavy hydrogen shot at it.

Nitrogen became boron.

The bombardment of common salt produces a radioactive salt which for a day or two will do the work of several hundred thousand dollars worth of radium.

Many of the latter substances become radioactive.

With radioactive carbon, botanists are learning how plants combine carbon dioxide, water and sunshine to make starch and sugar in our fruits and vegetables.

In industry, radioactive salt is being used instead of radium and Xrays to find defects in battleship armor.

There are thirty-seven cyclotrons built and being used for experimental purposes in this country.

What does this mean?

It means, for one thing, that the glass of water which you drink before breakfast in accordance with our instructions, if completely destroyed and converted into useful energy, would yield more than one billion kilowatt hours.

Think, therefore, in terms of the billions of cells within the human body, each an electric unit in itself, and then the miracles of the Bible become understandable, and the seeming miracles that are taking place throughout the world daily can be understood by the human comprehending mind, and faith be given its freedom.

Some of the things reported to us by those receiving our instructions seem like miracles, but it is all in accordance with the laws.

Those who are studying with us who are not in the perfect image of perfect man, by putting their faith into a mental cyclotron, and by concentration, meditation, and affirmation, can bombard the affected parts, and nature will come into its own; for every movement and every cell of the body, and all of nature, is working for perfection.

We advance step by step to the comprehension of the vast powers at our command.

It is the law that the greater cannot come from the lesser. -- It is the law that things flow from a higher potential to a lower potential.

Thus by the processes of reasoning, we reach the conclusion that man cannot create that which is greater than himself, and that man is the contact and the channel for the universal energy; he is one with it.

ABOUT THE SHORTCOMING OF THE MIRACLE-WORKER OF SCIENCE

In the early section of this course, we mentioned prontosil, which was a discovery of Dr. Gerhard Domagk, the use of which was to cure bacterial infections.

It is interesting to note that he was trying it on rabbits and mice, and that one day his daughter pricked herself with a needle, and blood poison developed. When doctors pronounced the infection fatal, Domagk tried prontosil. The infection disappeared and the girl recovered.

American scientist took prontosil apart, and they found that of its various parts, only a substance called sulfonamide was really effective.

Sulfanilamide - official name of the "mother drug" is not only the specific cure for one infection, but works on more than thirty different bacterial diseases.

The point that we now want to make is this; that sulfanilamide and sulfathiazol and sulfapyridine do not kill the germs of themselves, because a test tube, seething with germs can be treated with these chemicals and they will continue to live, - - but, when these sulfa combinations are put into the human system, they almost work miracles!

The medical fraternity accepts this theory; that these drugs slow up the action of disease germs and give the body's germ fighting cells a chance to finish the job.

Just more evidence of the statements in this course, that the human body can and does manufacture any and every chemical necessary to combat disease, if the call is strong enough.

This late discovery, hailed throughout the world as a miracle worker and responsible for the saving of many thousands of lives, to be effective, must have the cooperation of the body and the divine life processes within every human system.

PERHAPS THE NEED OF CIVILIZATION AND OUR OPPORTUNITY

On a number of occasions in this course we have mentioned Dr. Alexis Carrel, who after thirty-three years of biological research at the Rockefeller Institute, retired at the age of sixty-five, and during whose service there perfected the surgical technique which makes blood transfusion easy, and who received the Nobel prize for success in sewing blood vessels, and whom we mentioned had kept an embryo chicken heart alive for over twenty years, and who also received the Nordhoff-Jung medal for cancer research.

Dr. Carrel, has written another book, a sort of sequel to "Man the Unknown," which is in effect a call upon all people to work in the laboratory of their own private lives. He says, "Our race pitifully needs new supplies of discipline, morality, and intelligence."

He comments that although vast social betterment schemes have been projected, we have forgotten that these ultimately depend for their vitality upon the individual citizen.

"We have scientifically perfected flowers, fruits and animals, yet have neglected to apply simple, scientific principles to the full flowering of ourselves; vast potentialities in our tissues and brain lie dormant, merely awaiting development through disciplined use. If there is to be any regeneration of our people, it must take place in the small laboratories of our private lives. We must realize with all the intensity we can command, that refashioning our own character is not only the most satisfying and rewarding preoccupation of man, but is also the most important contribution we can make to society."

"The instrument that man must employ in the reconstruction of himself is discipline. Discipline summons from our deepest cells unsuspected stores of energy. It is essential to man's harmonious functioning."

"By constantly applying discipline in the performance of irksome tasks or in conquering our slothful habits, we generate high voltages of power. Daily drill and years of discipline in matters both large and small can make a man over in most of his conduct. Demanding definite quotas and quality of performance from ourselves; observing ironclad rules of forbearance and consideration in human relations; restraining our appetites for indulgence and indolence, for food, alcohol and tobacco -- all these are priceless disciplines, firm molders of character and will. The man who has daily drilled himself in little gratuitous exercises of will, who has been systematically ascetic or heroic in small matters, will find that he is supported by strong inner buttresses when winds of adversity rage around him. He will feel the joyous spark of divinity within himself."

"The intellectual teeth of a whole generation are rotting from disuse while tough social and political problems beg for vigorous mastication. Our national destiny is inseparably bound up with our individual resourcefulness and initiative."

"Morality, too, demands discipline. Moral beauty is a rare but very striking phenomenon. It confers upon those who possess it an inexplicable energy, a conspicuous charm, a commanding power."

"Self-conquest is not easy. Yet once acquired it brings to the individual the true joy of living. Those who have experienced the magnificence of this feeling are no longer content with a continuous round of puerile and vapid pleasures. Of itself, discipline is likely to seem harsh and uninviting. It must be powered by aspiration, by a motivated philosophy. Every human being should realize that he contributes constructively or destructively to the upbuilding of the race."

The object of this course is to light the way to the development of the inner powers that you and each individual possesses, and it is true that by lighting successive small candles, we at last generate a beam that illuminates our entire life. The point of Dr. Carrel's thesis was that democracy may have to be defended on the battlefield, and the question was "Can it be adequately defended by those who have had no discipline, mental or physical, and would we be a match for Fascists who had been disciplined by compulsion?"

The end of his thesis was a warning. He says, "If we do not impose discipline upon ourselves and our children, there are others - crueler and more tyrannical - who some day will."

To faithfully follow the instructions of The Order of The Essenes is self discipline, the certain object of which is that each may attain health, happiness, and success. We are by our study, research, and practices, working in the laboratory of our own private lives. - An association of persons, with unity of ideal, thus disciplined, and by accomplishment demonstrating the truths of life, may prove to be the grandest and most far reaching organization of modern times.

Surely, fellowship can only be extended to those who know "It works" and have materialized a worthy purpose, - health - happiness - or success.

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CARRY ON!

Truth uttered simply, forcibly, impersonally, by one whose spirit has been touched by the Divine fire, arrests, captivates, impresses, and moves all honest men and women the world over and in all times.

There is no such thing as a real religion or a philosophy of any vitality that divorces itself from life, and every act of everyday life.

Multitudes are now getting hold of a philosophy of life, a religion of life; they are finding that such a philosophy and such a religion is a real, vital, telling thing - something different from that they had formerly supposed.

Where formerly was doubt, fear, weakness, darkness, - even blackness at time, - there is now faith and hope and courage and greater love and more abundant power - the fullness and the glow and the satisfaction of effective active living.

The greatest teachers in the world's history have somehow been those who have led the minds and the hearts of men most intimately to a comprehension, and then to a realization of their own personal relations to their source.

The ideal and the life mission of the Essenes is to give to the world a great life message that captivates, that inspires, and that redeems all men and women who really grasp, who appropriate, and who live it.

--- We say, with Paul - "Know ye not that ye are the Temple of the living God."

. THOUGHT GEMS

The mental and spiritual worlds or realms are governed by laws that are just as real and unailing as the laws that govern the natural world. Certain conditions of mind are so connected with certain results that the two are inseparable. If we have the one we must have the other because the whole matter is based on laws which can neither fail nor be broken.

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The improvement of the understanding is for two ends; first, our own increase of knowledge; second, to enable us to deliver that knowledge to others.

--- Locke

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU:-

A man wrote us the other day and asked "What do you teach?" We wrote back that the sum and substance of it was that "Mortals are immortals unaware" and we were striving to bring about awareness.

The world is concerned with the law of supply and demand - an economic law. The effort to circumvent this law, like all effort to evade natural laws, multiplies the problems of the future, and long pursued, limits human liberties and in the end may work destruction of true democracy -

Your material well being is of serious concern to us. We are founded upon the principle that from your prosperity emanates the prosperity and the usefulness of this Order.

There is a natural law which is of paramount importance in your life and affairs. It is the law of demand and supply - a Divine law.

Instruction Thirty-three from the cover to the end should lift you to the realization that first things should come first -- the demand.

By being indifferent to or unaware of the power that brought you into manifestation and is still within and acting through you, do you set the limits to your demonstrations.

The root of creation whether speculative, artistic or practical, is of course an idea. Gradually this idea grows, annexing or using its neighbors, and becomes a mastering purpose which cannot be resisted. Simplicity is the characteristic of all creative notions. The problem is how to have such soul filling, life fashioning ideas.

Here are a few helpful suggestions: Realize that you are like an electric light bulb, only creative or illuminating when attached to the universal current. Live in the consciousness of your unity with the divine order.

Next, bring it down to earth by spreading moral sunshine, by being useful and of service to mankind.

Realizing that you eat, by reason of countless services of your fellow man, should make you conscious of how dependent you are upon the services of others and should bring home to you that whatever you do or give that helps to elevate, inspire or encourage others must find its way back to you by reason of the inter-dependence of all - Just be a lifter, not a learner.

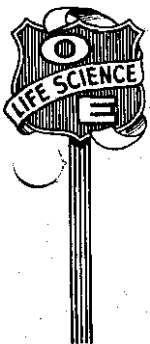
Friends - It works. Like Zoroaster, sage of Persia, take three steps from darkness to paradise - a good THOUGHT - a good WORD - a good DEED.

THE ORDER OF THE ESSENES

By

S. Hamner Davis

Enc: 33



THE Essenes

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INSTRUCTION 33

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

IF THERE IS ANY CELL OF OUR BODY WHICH HAS A NEED OUTSIDE OF ITS IMMEDIATE ENVIRONMENT, IT PUTS IN A CALL TO THE BRAIN. THE MESSAGE IS INSTANTLY RELAYED TO OUR ARMY OF CELLS, AND THE REQUIREMENT IS IN PROCESS OF FULFILLMENT.

IN LIKE MANNER AND WITH EQUAL CERTAINTY WE, AS UNITS OR CELLS IN THE UNIVERSAL, CAN CALL ON OMNISCIENCE.

WHEN WE ACCEPT AS FACT OUR "ONE-NESS" WITH OMNIPOTENCE, AND MAKE OUR CALL IN ACCORDANCE WITH THE PRINCIPLES WE NOW KNOW, THE UNIVERSAL MIND RELAYS OUR DESIRE DEMANDS TO THE OMNIPRESENT FULFILLING SOURCE, AND ORDERLY MATERIALIZATION IS IN PROCESS. -- IT IS THAT SIMPLE ---- IT WORKS.

"HOLDING" THE THOUGHT

If you let some thought predominate in your mind, it has a drawing power comparable to the forces of a magnet, in a way hardly understandable, but far more wonderful.

It puts you in touch with people, literature, forces, circumstances, sources of information and inspiration, which lead to the materialization. It moves you and others to the point of meeting. It places the book or the passage in a book, or the magazine and the article in the magazine in your path which gives the clue you seek. It causes some one to make the chance remarks, unrelated to the mission in hand, which leads to the solution of the problem. It has happened in your life, not once but many times, and it has been experienced in the lives of every one. It comes about too frequently to be chance or luck or accident.

You are planning to rent a home. You go to look at one advertised, you meet some person living there or showing it, and by chance, and in no way germane to the matter of renting - He mentions some new institution moving to the city - Your dominating thought may be on a change of position - This remark prompts you to follow up - and you are led to that which you seek -- a position with the new firm.

You go to call on someone you perhaps have long neglected - some other caller is there at the same time. Just as a matter of interesting conversation, he tells of a visit to some place and of an interesting conversation with some person there, and it relates to the very thing that has engrossed your thoughts for months --- a new theory or angle of working out your problem is suggested, the tide of thinking is changed, and this leads to a successful conclusion.

So don't have just passing thoughts - Let the thought become domiciled in your conscious mind until you are sure it is at home too in the subconscious, and this drawing power has had opportunity to work its wondrous way into the heart and consciousness of those who will supply the answer.

CHERISHED BLESSINGS GRAVITATE TO ONE PREPARED

Every person on earth expresses.

The expression either takes the form of speaking or writing, or a more subtle form; a look or facial or bodily expression, or a still more subtle form - the emanations or vibrations that go forth from every individual.

The word "expression" comes from "ex" meaning "out," and "pressing," or - press-outward.

It is therefore quite evident that before one can express a thing, it must be within. A part of the great value of the study of this course is that you are absorbing into the system and taking into your inner consciousness that which can come forth later as expression.

In the early part of these instructions, it was pointed out to you that one's reputation was what other people thought or said of him, but a man's character was his true inner being. It is quite evident, therefore, that the great task for each individual is to absorb into himself those things which give poise, character, understanding, personality, and work for magnetic conditions.

At a later date, we will have something to say about magnetism, and while physical conditions have a small part to play, the leading part consists in those qualities within which enable one to express in accordance with the laws governing happiness, success and health.

The selfish, grasping, greedy, self-centered person may speak, and talk as one sainted, but that will not be his expression. The vibrations and emanations, which go forth from such a person are more powerful than the spoken word, and whether one knows it or not, there is an actual scent, which indicates the true character. (dogs know it.) Furthermore, by the cunning, the self seeking, the designing, by their honeyed words, the movement of hands, head, lips or some member of the body, or some inflection of the voice, or manner of breathing, or form of expression, they give themselves away - to one attuned to righteousness (right-use-ness) - to one who himself is right within - one whose character is refined and made sensible to the aura or "that something about" people they contact.

A true ESSENE is one prepared - self disciplined, - and to him or her just naturally gravitate the blessings they seek and cherish.

OUR PRAYER - "MAY YOU COMPREHEND THIS"

You know of the Einstein theory of relativity, and possibly that there are few people in the world who can understand it.

Scientists gasped a little when Einstein first exhibited a simple mathematical equation from which it followed that not only is matter converted into energy, as we see whenever light glows, but that energy can be changed into matter. It has been and is being demonstrated - It was just that simple.

Certain mechanical equipment has been put together, and this photographs the actual transmutation or change of energy into matter. That the sun's rays, playing on the human body, deposit Vitamin "B" is universally recognized.

Early in this course, we showed you how various plants attracted different things from the same sunshine, the same air, and the same soil, illustrating the point that everything is present here and now; it is just a matter of the proper form of conversion. Every individual cell, whether mineral, animal, or vegetable, starts with electrons and protons. A single electron is touched in just the right way and it starts revolving and attracting and it has an awakening effect on other particles of a like nature and draws them to it and they are set in motion.

Each electron is a small universe in itself with revolving particles turning about a common center, with the same motion and at the same relative distance that the earth and planets revolve about the sun. The electrons are merely bits of negative electricity far smaller than the atom.

Back in 1919 a scientist named Rutherford showed that instead of being a sort of a hard, round, infinitesimal billiard ball, an atom is really composed of a nucleus, surrounded by electrons. The structure is held together by powerful electric forces. The electrons are bits of negative electricity or charges of energy, and yet they are bits of matter, too, because they can be pushed and pulled about just like lumps of matter. The old distinction between mass and energy disappears as science advances, and the scientific world has now witnessed and photographed the conversion of energy into mass or matter.

If we accept the law that like attracts like and realize that creation is going on everywhere, and that the world is just a process of change, and that by our thinking we can set the rate of vibration of our individual cells, and we can attract to ourselves those elements that are identical in quality and character with ourselves, because they will be revolving at the same rate of speed and will be naturally attracted to us, we are creators, worthy of the divinity within each of us.

We have selective ability. We can pick our material and this relates to our bodies and to our circumstances. You doubt the ability of anyone to convert a thought into its physical counterpart?

The earth itself and you yourself are the result of change - surely by now you can comprehend that it and you are microscopic bits of matter, organized and arranged in orderly manner, and that these organisms are constantly endeavoring to harmoniously meet existing conditions. Of transcendent importance is the fact - now accepted by science - that every one of the billions of cells of your body, and every atom of matter, was in its inception an intangible form of energy.

Thoughts are forms of energy and creating evolutionary forms of energy - That's why we speak of thought form.

Biology teaches that a minute cell, so small that thousands could occupy a space no greater than a needle point, under favoring conditions becomes a human being, composed of billions of cells.

With this very brief touch upon scientific discoveries, it is not difficult to understand that we can create health, happiness, and success. We must firmly fix in our minds that we are creators, and that we have powers and energies within ourselves which, properly directed, can create mass or matter. Startling as this may be, it is daily being demonstrated, although but few recognize and realize how and why.

Everything in Nature, each discovery of the material sciences, every mechanical and chemical operation in the industries rightly viewed and understood, confirms the principles and precepts taught in this course of study.

View for the instant plating operations, gold plating, silver plating, nickel plating. The gold, silver or nickel is in solution, a clear liquid. If you merely put the object to be plated in this solution, it would not become plated. But when the object has an electric current attached to it, the gold or silver or nickel is attracted to it and it becomes plated.

Man is bathed, lives - and has his being in a solution, so to speak, - an ethereal solution -- "everything present here and now," but there has to be a current, an attractive power, a something to materialize the things desired. This current or attractive power is every whit as effective in the affairs of life as the current used in electro-plating, when understood and used --- visioning power, which gives "The thought form," desire power, faith power, and the other powers we have described which act like a magnet.

It might be well to note too, that in plating, the object must be thoroughly clean and polished. To obtain results in human endeavor, there must come first also a cleansing process, a purging of the negatives.

What to do and how to do it? -- It is the objective of these instructions to inform you in an understandable way, and it should be your constant endeavor to grasp and comprehend the ideas, not purely in a mental way, but in a spiritual, emotional way - impressing the subconscious with the truths brought out, and with the order to follow through and act with full faith therein.

The world's great scientific discoveries have all started with an idea and a theory, and then, they have put the theory to the test in practical ways, and if it works, then the theory was correct.

There have been heretofore on this earth many great civilizations.

The records in the great pyramids show that these ancient people were greater mathematicians than we have today. They had not perhaps so many mechanical things,

but they devoted themselves to the study of man himself.

We ask you to accept as a theory perhaps, that the vast surrounding sea of cosmic force we sometimes call the ether, transports the projected thoughts of all people; vibrations of fear, failure and futility; vibrations of prosperity and plenty; vibrations of health and happiness; it is a sea with all that any of us could desire in solution, and by the tuning of our thoughts, we determine what we shall draw therefrom. This certainly can be a mental picture when you understand plating as above described. Having accepted it as a theory, and put it into practice, it proves itself.

On every hand, there are men of mediocre ability who are becoming world leaders through exploiting the super mind qualities that they have merely glimpsed as existing within them, and being afloat in the universal.

Have faith that this is so, and the electrons in your brain will be stirred to action.

There is no one who can define electricity. We know how to create it -- we know its effects. One of the world's greatest scientists was asked what electricity was, and he said, that he had often thought of it as a sort of adjunct of faith, because it acted in the electrical field like faith did in the human field; it set things in motion and it had its attractive powers.

You, the reader of this, have been permitted to go beyond the twenty-third set of instructions, because we believe that you were prepared to understand the things we are now talking about, and countless are those who act in accordance with what they know and learn, and demonstrate the truth that we are One with the Universal.

When you can comprehend the full truth inwardly and not accept as mere theory, that all your misfortunes, griefs and pains have come to you by a process of undeviating and perfect natural law. That they have come about because you cast the mould, then will you be able to accept them as a purifying, a refining and a strengthening process, recognize them as such, and thereby you become wiser, stronger and better able to create the idea patterns, perfect molds and cast your own future - materializing health, happiness - and success. Everything is included in a ceaseless interaction of cause and effect; nothing can possibly be divorced from the law.

As James Allen says, "If a man is happy, it is because he dwells in happy thoughts; if miserable, because he dwells in despondent and debilitating thoughts. Whether one be fearful or fearless, foolish or wise, troubled or serene, within that soul lies the cause of its own state or states, and never without, ---- Circumstances can only effect you in so far as you allow them to do so. You are swayed by circumstances because you have not a right understanding of the nature, use and power of thought. You believe (and upon this little word belief hang all our sorrows and joys) that outward things have the power to make or mar your life; by so doing you submit to those outward things, confess that you are their slave, and they your unconditional master; by so doing, you invest them with a power which they do not of themselves possess, and you succumb, in reality, not to the mere circumstances, but to the gloom or gladness, the fear or hope, the strength or weakness, which your thought-sphere has thrown around them."

Great scientists and great laboratories are devoted to the study of cosmic rays, determining the rates of speed, far greater than the rate of speed of light, - the vibratory rates and other physical properties, but the day of enlightenment will come when it is recognized that these are intelligence laden, and constitute the universal power in which we are laved and bathed and move and exist, or that there is ever present some other similar ray or ocean of intelligence and power into which all thoughts merge as all water eventually flows to the sea, and that by the nature

of our intensified thought forms we draw upon it and by some mysterious means transmute our thought forms into their physical equivalent.

Our thought forms are magnetic; they draw from this universal source the required elements for a materialization, they charge this current with a demand for the forces, the people, the circumstances, - and it is a combination of power and intelligence; time and space are nothing to it; it is able to respond and it always does when it bears the true message, properly propelled. It is in, through and about us - It is the Father (source). It is the Invisible (Heaven). It and You are one - and all similarly attuned are thereby bound by the ties of brotherhood. But with us, each must prove attunement; worthiness proves itself by accomplishment.

The scientific world is rapidly approaching the truth that physical conditions are largely determined by mental states, and if you would weave into the web of life, the golden threads of health, and happiness and prosperity, you must accept and act upon the law that all impulses of thought have a tendency to clothe themselves in their physical equivalent.

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THOUGHT GEMS

In vain do they talk of happiness who never subdued an impulse in obedience to a principle. He who never sacrificed a present to a future good, or a personal to a general one, can speak of happiness only as the blind do of colors. --- Horace Mann.

* * * * *

Happiness is the legitimate fruitage of love and service. It never comes and never can come by making it an end, and it is because so many persons mistake here and seek for it directly, instead of loving and serving God, and thus obtaining it, that there is so much dissatisfaction and sorrow.

Set happiness before you as an end, no matter in what guise of wealth, or fame, or oblivion even, and you will not attain it. -- But renounce it and seek the pleasure of God, and that instant is the birth of your own.

-- A. S. Hardy.

* * * * *

The acorn does not become an oak in a day; the ripened scholar is not made by a single lesson; the well trained soldier was not the raw recruit of yesterday; there are always months between the seed-time and harvest. So the path of the just is like the shining light, which shineth more and more unto the perfect day. --- R. B. Nichol.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

The Magic Story! On the front cover of this instruction is set forth the name of the author, the history of this story and something of the remarkable results from a reading of it.

It is furnished to you as a part of our instructions, to show you how effective can be a thought with emotional appeal, - and as truly representative of the part imagination and visioning and faith can play in human lives -

If many thousand representative citizens of this country testify that this one little story changed the course of their lives, and it cannot be doubted that they have, stop and think how wonderful it would be if the knowledge contained in this course of instruction, including the "Magic Story" could be universally distributed, and understood by all men.

It is with this idea in mind that many get a glow of satisfaction, the thrill of the feeling of service, by contributing of their means that this understanding be extended to others.

It was made possible for them by another, and like all great gifts cannot be repaid to the original donor, so they feel that the obligation is to the world at large - They not only get joy and satisfaction from giving but intuitively sense that they some way and some how project themselves into the success thought currents of the Universe.

Why this is scientifically true you will understand when you reach Instruction Forty-eight.

Your next instruction will be upon the subject of prayer; efficient, result-getting, scientific prayer - an actual contact with the Infinite.

It is literally true - "Whatsoever you desire of good is yours - Stretch forth your hand and take it." It is not enough to know - Act!

THE ORDER OF THE ESSENES

By

J. Hammer Davis

Enc. 34



THE Essenes

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INSTRUCTION 34

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

THE MAGIC STORY HEREIN REPRODUCED WAS AN INSPIRATION,
AND WAS WRITTEN IN A PERIOD OF GREAT HAPPINESS BY FREDERIC
VAN RENSSELAER DEY, A YOUNG LAWYER, WHO WROTE MORE THAN A
THOUSAND STORIES UNDER THE PEN NAME OF "NICK CARTER, DETECTIVE."

IT WAS SOLD TO SUCCESS MAGAZINE FOR FIFTY DOLLARS, FIRST
COPYRIGHTED BY THEM, AND RUN IN 1900.

SINCE THAT TIME, IT HAS BEEN REPRODUCED POSSIBLY A
MILLION TIMES. COUNTLESS BUSINESS INSTITUTIONS PUT IT IN
THE HANDS OF THEIR EMPLOYEES. - THOUSANDS TESTIFY IT LIFTED
THEM FROM FAILURE TO OVERCOMING VICTORY.

IT CONTAINS A POWER FORMULA - THE SECRET OF BEING WHAT
YOU HAVE IT WITHIN YOU TO BE.

FILL THE SUBCONSCIOUS WITH THE TRUTH - WHATSOEVER YOU
DESIRE OF GOOD IS YOURS - STRETCH FORTH YOUR HAND AND TAKE IT.

THE MAGIC STORY

Part One

I was sitting alone in the cafe and had just reached for the sugar preparatory to putting it into my coffee. Outside, the weather was hideous. Snow and sleet came swirling down, and the wind howled frightfully. Every time the outer door opened, a draft of unwelcome air penetrated the uttermost corners of the room. While I dreamed and sipped my coffee, the door opened and closed, and admitted -- Sturtevant.

Sturtevant was an undeniable failure, but, withal, an artist of more than ordinary talent. He had, however, fallen into the rut traveled by ne'er-dowells, and was out at the elbows as well as insolvent.

As I raised my eyes to Sturtevant's I was conscious of mild surprise at the change in his appearance. Yet he was not dressed differently. He wore the same threadbare coat in which he always appeared, and the old brown hat was the same. And yet there was something new and strange in his appearance. As he swished his hat around to relieve it of the burden of snow deposited by the howling nor'wester, there was something new in the gesticulation. I could not remember when I had invited Sturtevant to dine with me, but involuntarily I beckoned to him. He nodded, and presently seated himself opposite to me. I asked him what he would have, and he after scanning the bill of fare carelessly, ordered from it leisurely, and invited me to join him in coffee for two. I noted the brightness of his usual lack-luster eyes, and the healthful, hopeful glow upon his cheek, with increasing amazement.

"Have you lost a rich uncle?" I asked.

"No," he replied, calmly, "But I have found my mascot."

"Brindle bull, or terrier?" I inquired.

"Currier," said Sturtevant, at length, pausing with his coffee cup half way to his lips, "I see that I have surprised you. It is not strange, for I am a surprise to myself. I am a new man, a different man -- and the alteration has taken place in the last few hours. You have seen me come into this place 'broke' many a time, when you have turned away, so that I would think you did not see me. I knew why you did that. It was not because you did not want to pay for a dinner, but because you did not have the money to do it. Is that your check? Let me have it. Thank you. I haven't any money with me tonight, but I -- well, this is my treat."

He called the waiter to him, and, with an inimitable flourish, signed his name on the backs of the two checks, and waved him away. After that he was silent a moment while he looked into my eyes smiling at the astonishment which I in vain strove to conceal.

"Do you know an artist who possesses more talent than I?" he asked, presently. "No. Do you happen to know anything in the line of my profession that I could not accomplish, if I applied myself to it? No. You have been a reporter on the dailies for -- how many? -- seven or eight years. Do you remember when I ever had any credit until tonight? No. Was I refused just now? You have seen for yourself. Tomorrow my new career begins. Within a month I shall have a bank account. Why? Because I have discovered the secret of success."

"Yes," he continued, when I did not reply, "my fortune is made. I have been reading a strange story, and since reading it, I feel that my fortune is

assured. It will make your fortune, too. All you have to do is to read it. The very instant you grasp its true meaning, success is certain. This morning I was a hopeless, aimless bit of garbage in the metropolitan ash can; tonight I wouldn't change places with a millionaire. That sounds foolish, but it is true. The millionaire has spent his enthusiasm; mine is all at hand."

"You amaze me," I said, wondering if he had been drinking absinthe. "Won't you tell me the story? I should like to hear it."

"Certainly. I mean to tell it to the whole world. It is really remarkable that it should have been written and should remain in print so long, with never a soul to appreciate it until now. This morning I was starving. I hadn't any credit, nor a place to get a meal. I was seriously meditating suicide. I had gone to three of the papers for which I had done work, and had been handed back all that I had submitted. I had to choose quickly between death by suicide and death slowly by starvation. Then I found the story and read it. You can hardly imagine the transformation. Why, my dear boy, everything changed at once -- and there you are."

"But what is the story, Sturtevant?"

"Wait; let me finish. I took those same old drawings to other editors, and every one of them was accepted at once."

"Can the story do for others what it has done for you? For example, would it be of assistance to me?" I asked.

"Help you? Why not? Listen and I will tell it to you, although, really, you should read it. Still I will tell it as best I can. It is like this: you see, - "

The waiter interrupted us at that moment. He informed Sturtevant that he was wanted at the telephone, and with a word of apology, the artist left the table. Five minutes later I saw him rush out into the sleet and wind and disappear. Within the recollection of the frequenters of that cafe, Sturtevant had never before been called out by telephone. That, of itself, was evidence of a change in his circumstances.

One night, on the street, I encountered Avery, a former college chum, then a reporter on one of the evening papers. It was about a month after my memorable interview with Sturtevant, which, by that time, was almost forgotten.

"Hello, old chap," he said: "how's the world using you? Still on space?"

"Yes," I replied bitterly, "with prospects of being on the town shortly. But you look as if things were coming your way. Tell me all about it."

"Things have been coming my way, for a fact, and it is all remarkable, when all is said. You know Sturtevant, don't you? It's all due to him. I was plumb down on my luck, -- thinking of the morgue and all that, when I met Sturtevant. He told me a story, and, really, old man, it is the most remarkable story you ever heard; it made a new man of me. Within twenty-four hours I was on my feet and I've hardly known a care or a trouble since."

Avery's statement, uttered calmly, and with the air of one who had merely pronounced an axiom, recalled to my mind the conversation with Sturtevant in the cafe that stormy night, nearly a month before.

"It must be a remarkable story," I said, incredulously. "Sturtevant mentioned it to me once. I have not seen him since. Where is he now?"

"He has been making war sketches in Cuba, at two hundred a week; he's just returned. It is a fact that everybody that has heard the story has done well since. There are Cosgrove and Phillips -- friends of mine. -- Sturtevant told them the story, and they have experienced the same results that I have; and they are not the only ones."

"Do you know the story?" I asked. "Will you try its effect on me?"

"Certainly; with the greatest pleasure in the world. I would like to have it printed in big black type, and posted on the elevated stations throughout New York. It certainly would do a lot of good, and it's as simple as A, B, C; like living on a farm. Excuse me a minute, will you? I see Danforth over there. Back in a minute, old chap."

He nodded and smiled, -- and was gone. I saw him join the man whom he had designated as Danforth. My attention was distracted for a moment, and, when I looked again, both had disappeared.

If the truth be told, I was hungry. My pocket at that moment contained exactly five cents; just enough to pay my fare uptown, but insufficient also to stand the expense of filling my stomach. There was a "night owl" wagon in the neighborhood, where I had frequently "stood up" the purveyor of midnight dainties, and to him I applied. He was leaving the wagon as I was on the point of entering it, and I accosted him.

"I'm broke again," I said with extreme cordiality. "You'll have to trust me once more. Some ham and eggs, I think, will do for the present."

He coughed, hesitated a moment, and then re-entered the wagon with me.

"Mr. Currier is good for anything he orders" he said to the man in charge; "one of my old customers. This is Mr. Bryan, Mr. Currier. He will take good care of you, and 'stand for' you, just the same as I would. The fact is I have sold out. I've just turned over the outfit to Bryan. By the way, isn't Mr. Sturtevant a friend of yours?"

I nodded. I couldn't have spoken if I had tried.

"Well," continued the ex-'night owl' man, "he came here one night, about a month ago, and told me the most wonderful story I ever heard. I've just bought a place on Eighth Avenue, where I am going to run a regular restaurant -- near Twenty-third Street. Come and see me."

He was out of the wagon, and the sliding door had been banged shut before I could stop him; so I ate my ham and eggs in silence, and resolved that I would hear that story before I slept. In fact, I began to regard it with superstition.

The certainty that the wonderful story -- I began to regard it as magic -- was in the air, possessed me. As I started to walk homeward, fingering the solitary nickel in my pocket and contemplating the certainty of riding down town in the morning, I experienced the sensation of something stealthily pursuing me, as if Fate were treading along behind me, yet never overtaking, and I was conscious that I was possessed with or by the story. When I reached Union Square, I examined my address book for the home of Sturtevant. It was not recorded there. Then I remembered the cafe in University Place, and although the hour was late, it occurred to me that he might be there.

He was! In a far corner of the room, surrounded by a group of acquaintances I saw him. He discovered me at the same instant, and motioned to me to join them at the table. A silence, suggestive of respectful awe, had fallen upon the party when I took my seat. Everyone seemed to be thinking, and the attention of all was fixed upon Sturtevant. The cause was apparent. He had been telling the story. I had entered the cafe just too late to hear it. On my right, when I took my seat, was a doctor; on my left a lawyer. Facing me on the other side was a novelist with whom I had some acquaintance. The others were artists and newspaper men.

"It's too bad, Mr. Currier," remarked the doctor; "you should have come a little sooner, Sturtevant has been telling us a story; it is quite wonderful, really. I say Sturtevant, won't you tell that story again, for the benefit of Mr. Currier?"

"Why yes. I believe that Currier has, somehow, failed to hear the magic story, although, as a matter of fact, I think he was the first one to whom I mentioned it at all. It was here, in this cafe, too -- at this very table. Do you remember what a wild night that was Currier? Wasn't I called to the telephone, or something like that? To be sure! I remember, now; interrupted just at the point when I was beginning the story. After that, I told it to three or four fellows, and it "braced them up," as it had me. There was Parsons, for example. He is a broker, you know, and had been on the wrong side of the market for a month. He had utterly lost his grip, and was on the verge of failure. I happened to meet him at the time he was feeling the bluest, and before we parted, something brought me around to the subject of the story, and I related it to him. It had the same effect upon him that it had on me, and has had upon everybody who has heard it, as far as I know. I think you will agree with me, that it is not the story itself that performs the surgical operation on the minds of those who are familiar with it; it is the way it is told, -- in print, I mean. The author has, somehow, produced a psychological effect which is indescribable. Perhaps, doctor, you can give some scientific explanation of the influence exerted by the story. It is a sort of elixir manufactured out of words, eh?"

From that the company entered upon a general discussion of theories. Now and then slight references were made to the story itself, and they were just sufficient to tantalize me -- the only one present who had not heard it.

At length I left my chair, and passing around the table, seized Sturtevant by one arm, and succeeded in drawing him away from the party.

"If you have any consideration for an old friend who is rapidly being driven mad by the existence of that confounded story, which Fate seems determined that I shall never hear, you will relate it to me now," I said, savagely.

Sturtevant stared at me in mild surprise.

"All right," he said. "The others will excuse me for a few moments, I think. Sit down here, and you shall have it. I found it pasted in an old scripbook I purchased in Ann Street, for three cents and there isn't a thing about it which one can get any idea in what publication it originally appeared, or who wrote it. When I discovered it, I began casually to read it, and in a moment I was interested. Before I left it, I had read it through many times, so that I could repeat it almost word for word. It affected me strangely -- as if I had come in contact with some strong personality. There seems to be in the story a personal element that applies to every one who reads it. Well, after I had read it several times, I began to think it over. I couldn't stay in the house. so I seized my coat and hat and went out. I must have walked several miles, buoyantly,

without realizing that I was the same man who, only a short time before, had been in the depths of despondency. That was the day I met you here -- you remember."

We were interrupted at that instant by a uniformed messenger, who handed Sturtevant a telegram. It was from his chief, and demanded his instant attention at the office. The messenger had already been delayed an hour, and there was no help for it; he must go at once.

"Too bad!" said Sturtevant, rising and extending his hand. "Tell you what I'll do, old chap. I'm not likely to be gone any more than an hour or two. You take my key and wait for me in my room. In the escritoire near the window you will find an old scripbook bound in rawhide. It was manufactured, I have no doubt, by the author of the magic story. Wait for me in my room until I return."

With that he went out, and I lost no time in taking advantage of the permission he had given me.

I found the book without difficulty. It was a quaint, home-made affair, covered, as Sturtevant had said, with rawhide, and bound with leather thongs. The pages formed an odd combination of yellow paper vellum and homemade parchment. I found the story, curiously printed on the last-named material. It was quaint and strange. Evidently, the printer had "set" it under the supervision of the writer. The phraseology was an unusual combination of seventeenth and eighteenth century mannerisms, and the interpolation of italics and capitals could have originated in no other brain than that of its author.

In reproducing the following story, the peculiarities of type, etc., are eliminated, but in other respects it remains unchanged.

THE M A G I C S T O R Y

Part Two

INASMUCH as I have evolved from my experience the one great secret of success for all worldly undertakings, I deem it wise, now that the number of my days is nearly counted, to give to the generations that are to follow me the benefit of whatsoever knowledge I possess. I do not apologize for the manner of my expression, nor for lack of literary merit, the latter being, I wot, its own apology. Tools much heavier than the pen have been my portion, and moreover, the weight of years has somewhat palsied hand and brain; nevertheless, the fact I can tell and that I deem the meat within the nut. I doubt not that I shall use, in the telling, expressions that have clung to my memory since childhood; for when men attain the number of my years, happenings of youth are like to be clearer to their perceptions than are events of recent date; nor doth it matter much how a thought is expressed, if it be wholesome and helpful, and findeth the understanding.

Much have I wearied my brain anent the question, how best to describe this recipe for success that I have discovered, and it seemeth advisable to give it as it came to me; that is, if I relate somewhat of the story of my life, the directions for agglomerating the substances, and supplying the seasoning for the accomplishment of the dish, will plainly be perceived. Happen they may; and that men may be born generations after I am dust, who will live to bless me for the words I write.

My father, then, was a seafaring man who, early in life, forsook his vocation, and settled on a plantation on the colony of Virginia, where, some years thereafter, I was born, which event took place in the year 1642; and that was over a hundred years ago. Better for my father had it been, had he hearkened to the wise advice of my mother, that he remain in the calling of his education; but he would not have it so, and the good vessel he captained was bartered for the land I spoke

of. Here beginneth the first lesson to be acquired: -

MAN SHOULD NOT BE BLINDED TO WHATSOEVER MERIT
EXISTS IN THE OPPORTUNITY WHICH HE HATH IN HAND,
REMEMBERING THAT A THOUSAND PROMISES FOR THE
FUTURE SHOULD WEIGH AS NAUGHT AGAINST THE
POSSESSION OF A SINGLE PIECE OF SILVER.

When I had achieved ten years, my mother's soul took flight, and two years thereafter my worthy father followed her. I, being their only begotten, was left alone; howbeit, there were friends who, for a time, cared for me.

Of the time from the age of twelve and a half until I was three and twenty, I will make no recital here, since that time hath naught to do with this tale; but sometime after, having in my possession the sum of sixteen guineas, ten, which I had saved from the fruits of my labor, I took ship to Boston town, where I began to work first as a cooper, and thereafter as a ship's carpenter, although always after the craft was docked; for the sea was not amongst my desires.

Fortune will sometimes smile upon an intended victim because of pure perversity of temper. Such was one of my experiences. I prospered, and at seven and twenty, owned the yard wherein, less than four years earlier, I had worked for hire. Fortune, howbeit, is a jade who must be coerced; she will not be coddled. Here beginneth the second lesson to be acquired:

FORTUNE IS EVER ELUSIVE AND CAN ONLY BE RETAINED
BY FORCE. DEAL WITH HER TENDERLY AND SHE WILL
FORSAKE YOU FOR A STRONGER MAN. (IN THAT, METHINKS,
SHE IS NOT UNLIKE OTHER WOMEN OF MY KNOWLEDGE.)

About this time, Disaster (which is one of the heralds of broken spirits and lost resolve), paid me a visit. Fire ravaged my yards, leaving me nothing in its blackened paths but debts, which I had not the coin wherewith to defray. I labored with my acquaintances, seeking assistance for a new start, but the fire that had burned my competence, seemed also to have consumed their sympathies. So it happened, within a short time, that not only had I lost all, but I was hopelessly indebted to others; and for that they cast me into prison. It is possible that I might have rallied from my losses but for this last indignity, which broke down my spirits so that I became utterly despondent. Upward of a year was I detained within the gaol; and, when I did come forth, it was not the same, hopeful, happy man, content with his lot, and with confidence in the world and its people who had entered there.

Life has many pathways, and of them by far the greater number lead downward. Some are precipitous, others are less abrupt; but ultimately, no matter at what inclination the angle may be fixed, they arrive at the same destination, --- failure. And here beginneth the third lesson:

FAILURE EXISTS ONLY IN THE GRAVE. MAN, BEING ALIVE,
HATH NOT YET FAILED: ALWAYS HE MAY TURN ABOUT AND
ASCEND BY THE SAME PATH HE DESCENDED BY: AND THERE
MAY BE ONE THAT IS LESS ABRUPT (ALBEIT LONGER OF
ACHIEVEMENT), AND MORE ADAPTABLE TO HIS CONDITION.

When I came forth from prison, I was penniless. In all the world I possessed naught beyond the poor garments which covered me, and a walking stick which the turnkey had permitted me to retain, since it was worthless. Being a skilled workman, howbeit, I speedily found employment at good wages; but, having eaten of the fruit of worldly advantage, dissatisfaction possessed me. I became

morose and sullen; whereat, to cheer my spirits, and for the sake of forgetting the losses I had sustained, I passed my evenings at the tavern. Not that I drank overmuch of liquor, except on occasion (for I have ever been somewhat abstemious), but that I could laugh and sing, and parry with and badinage with my ne'er-do-well companions; and here might be included the fourth lesson:

SEEK COMRADES AMONG THE INDUSTRIOUS, FOR THOSE
WHO ARE IDLE WILL SAP YOUR ENERGIES FROM YOU.

It was my pleasure at that time to relate, upon slight provocation the tale of my disasters, and to rail against the men whom I deemed to have wronged me, because they had seen fit not to come to my aid. Moreover, I found childish delight in filching from my employer, each day, a few moments of the time for which he paid me. Such a thing is less honest than downright theft.

This habit continued and grew upon me until the day dawned which found me not only without employment, but also without character, which meant that I could not hope to find work with any other employer in Boston town.

It was then that I regarded myself a failure.

I will not discourse at length upon the gradual degeneration of my energies. It is not meet ever to dwell much upon misfortunes (which saying is also worthy of remembrance). It is enough if I add that the day came when I possessed naught wherewith to purchase food and raiment, and I found myself like unto a pauper, save at infrequent times when I could earn a few pence or mayhap a shilling. Steady employment I could not secure, so I became emaciated in body, and naught but a skeleton in spirit.

My condition, then, was deplorable; not so much for the body, be it said, as for the mental part of me, which was sick unto death. In my imagination I deemed myself ostracized by the whole world, for I had sunk very low indeed and here beginneth the fifth and final lesson to be acquired, (which cannot be told in one sentence, nor in one paragraph, but must needs be adapted from the remainder of this tale).

Well do I remember my awakening, for it came in the night, when, in truth, I did awake from sleep. My bed was a pile of shavings in the rear of the cooper shop where once I had worked for hire; my roof was the pyramid of casks, underneath which I had established myself. The night was cold, and I was chilled, albeit, paradoxically, I had been dreaming of light and warmth and of the repletion of good things. You will say, when I relate the effect the vision had on me, that my mind was affected. So be it, for it is the hope that the minds of others might be likewise influenced which converted me to the belief -- nay, to the knowledge, -- that I was possessed of two identities; and it was my own better self that afforded me the assistance for which I had pleaded in vain from my acquaintances. I have heard this condition described by the word "double." Nevertheless, that word does not comprehend my meaning. A double, can be naught more than a double, neither half being possessed of individuality.

Moreover it was not the dream itself which affected me; it was the impression made by it, and the influence that it exerted over me, which accomplished my enfranchisement. In a word, then, I encouraged my other identity. After toiling through a tempest of snow and wind, I peered into a window and saw that other being. He was rosy with health; before him, on the hearth blazed a fire of logs; there was conscious power and force in his demeanor; he was physically and mentally muscular. I rapped timidly upon the door, and he bade me enter. There was a not unkindly smile of derision in his eyes as he motioned me to a chair by the fire; but he uttered no word of welcome; and, when I had warmed myself, I

went forth again into the tempest, burdened with the shame which the contrast between us had forced upon me. It was then that I awoke; and here cometh the strange part of my tale, for when I did awake, I was not alone. There was a Presence with me; intangible to others, I discovered later, but real to me.

The Presence was in my likeness, yet it was strikingly unlike. The brow, not more lofty than my own, yet seemed more round and full; the eyes, clear, direct, and filled with purpose, glowed with enthusiasm and resolution; the lips, chin, -- ay, the whole contour of face and figure was dominant and determined.

He was calm, steadfast and self-reliant; I was cowering, filled with nervous trembling, and fearsome of intangible shadows. When the Presence turned away, I followed, and throughout the day I never lost sight of it, save when it disappeared for a time beyond some doorway where I dared not enter; at such places, I awaited its return with trepidation and awe, for I could not help wondering at the temerity of the Presence (so like myself and yet so unlike) in daring to enter where my own feet feared to tread.

It seemed also as if purposely, I was led to the place and to the men where, and before whom I most dreaded to appear; to offices where once I had transacted business; to men with whom I had financial dealings. Throughout the day I pursued the Presence, and at evening saw it disappear beyond the portals of a hostelry famous for its cheer and good living. I sought the pyramid of casks and shavings.

Not again in my dreams that night did I encounter the Better Self (for that is what I have named it) albeit, when, perchance, I awakened from slumber, it was near me, ever wearing that calm smile of kindly derision which could not be mistaken for pity, nor for condolence in any form. The contempt of it stung me sorely.

The second day was not unlike the first, being a repetition of its forerunner, and I was again doomed to wait outside during the visits which the Presence paid to places where I fain would have gone had I possessed the requisite courage. It is fear which demorteth a man's soul from his body and rendereth it a thing to be despised. Many a time I essayed to address it but enunciation rattled in my throat, unintelligible; and the day closed like its predecessor.

This happened many days, one following another, until I ceased to count them; albeit, I discovered that constant association with the Presence was producing an effect upon me; and one night when I awoke among the casks and discerned that he was present, I made bold to speak, albeit with marked timidity.

"Who are you?" I ventured to ask; and I was startled into an upright posture by the sound of my own voice; and the question seemed to give pleasure to my companion, so that I fancied there was less of derision in his smile when he responded.

"I am that I am," was the reply. "I am he who you have been; I am he who you may be again; wherefore do you hesitate? I am he who you were, and whom you have cast out for other company. I am the man made in the image of God, who once possessed your body. Once we dwelt within it together, not in harmony, for that can never be, nor yet in unity, for that is impossible, but as tenants in common who rarely fought for full possession. Then, you were a puny thing, but you became selfish and exacting until I could no longer abide with you, therefore, I stepped out. There is a plus-entity and minus-entity in every human body that is born into the world. Whichever one of these is favored by the flesh becomes dominant, then is the other

inclined to abandon its habitation, temporarily or for all time. I am the plus-entity of yourself; you are the minus-entity. I own all things; you possess naught. That body which we both inhabited is mine, but it is unclean and I will not dwell within it. Cleanse it, and I will take possession."

"Why do you pursue me?" I next asked of the Presence.

"You have pursued me, not I you. You can exist without me for a time, but your path leads downward, and the end is death. Now that you approach the end, you debate if it be not politic that you should cleanse your house and invite me to enter. Step a side, then from the brain and the will; cleanse them of your presence; only on that condition will I ever occupy them again."

"The brain has lost its power," I faltered. "The will is a weak thing, now; can you repair them?"

"Listen!" said the Presence, and he towered over me while I cowered abjectly at his feet. "To the plus-entity of a man, all things are possible. The world belongs to him, -- is his estate. He fears naught, dreads naught, stops at naught; he asks no privileges, but demands them; he dominates, and cannot cringe; his requests are orders; opposition flees at his approach; he levels mountains, fills in vales, and travels on an even plane where stumbling is unknown."

Thereafter, I slept again, and when I awoke, I seemed to be in a different world. My body, yesterday trembling and uncertain, had become vigorous and filled with energy. I gazed upon the pyramid of casks in amazement that I had so long made use of it for an abiding place, and I was wonderingly conscious that I had passed my last night beneath its shelter.

The events of the night recurred to me, and I looked about me for the Presence. It was not visible, but anon I discovered, cowering in a far corner of my resting place, a puny, abject, shuddering figure, distorted of visage, deformed of shape, disheveled and unkept of appearance. It tottered as it walked, for it approached me piteously; but I laughed aloud, mercilessly. Perchance I knew then that it was the minus-entity, and that the plus-entity was within me; albeit I did not then realize it. Moreover, I was in haste to get away. There was much for me to do -- much; strange it was that I had not thought of that yesterday. But yesterday was gone -- today was with me -- it had just begun.

As had once been my daily habit, I turned my steps in the direction of the tavern, where formerly I had partaken of my meals. I nodded cheerily as I entered, and smiled in recognition of returned salutations. Men who had ignored me for months bowed graciously when I passed them on the thoroughfare. I went to the washroom, and from there to the breakfast table; afterwards when I passed the taproom, I paused a moment and said to the landlord: "I will occupy the same room that I formerly used, if perchance, you have it at disposal. If not, another will do as well, until I can obtain it."

Then I went out and hurried with all haste to the cooperage. There was a huge van in the yard, and men were loading it with casks for shipment. I asked no questions, but, seizing barrels, began hurling them to the men who worked atop of the load. When this was finished, I entered the shop. There was a vacant bench; I recognized its disuse by the litter on its top. It was the same at which I had once worked. Stripping off my coat, I soon cleared it of impediments. In a moment more I was seated, with my foot on the vice-lever, shaving staves.

It was an hour later when the master workman entered the room, and he paused in surprise at the sight of me; already there was a goodly pile of neatly shaven staves beside me, for in those days I was an excellent workman: there was none better. I replied to his unasked question with the brief, but comprehensive sentence: "I have returned to work, sir." He nodded his head and passed on, viewing the work of other men, albeit anon he glanced askance in my direction.

Here endeth the fifth and last lesson to be acquired, although there is more to be said, since from that moment I was a successful man; and ere long possessed another shipyard, and had acquired a full competence of wordly goods.

I pray you who read, heed well the following admonitions, since upon them depend the word "success" and all that it implies:

WHATSOEVER YOU DESIRE OF GOOD IS YOURS. YOU HAVE
BUT TO STRETCH FORTH YOUR HAND AND TAKE IT.

Learn that the consciousness of dominant power within you is the possession of all things attainable. - HAVE NO FEAR of any sort or shape, for fear is an adjunct of the minus-entity.

If you have skill, apply it; the world must profit by it, and therefore, you.

Make a daily and nightly companion of your plus-entity; if you heed its advice, you cannot go wrong.

Go, therefore, and do that which is within you to do; take no heed of gestures which would beckon you aside; ask of no man permission to perform. The minus-entity requests favors: the plus-entity grants them. Fortune waits upon every footstep you take; seize her, bind her, hold her, for she is yours; she belongs to you.

Start out now with these admonitions in your mind. Stretch out your hand, and grasp the plus which, maybe, you have never made use of save in great emergencies. Life is an emergency most grave. --- Your plus-entity is beside you now; cleanse your brain, and strengthen your will. It will take possession. It waits upon you --- START TONIGHT: START NOW UPON THIS NEW JOURNEY.

Be always on your guard. Whichever entity controls you, the other hovers at your side; beware lest the evil enter, even for a moment.

My task is done. I have written the recipe for "success." If followed, it cannot fail. Wherein I may not be entirely comprehended, the plus-entity of whosoever reads will supply the deficiency; and upon that Better Self of mine, I place the burden of imparting to the generations that are to come, the secret of this all-pervading good -- THE SECRET OF BEING WHAT YOU HAVE IT WITHIN YOU TO BE.

(The End)

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

If Instruction Thirty-five is as helpful to you as it has been to many others, you too will feel as one has expressed it "It is above and beyond money value. Sincere gratitude and my little helpfulness in lighting the way for others, seem so inadequate."

Because it is about prayer do not approach it with a prejudice or the feeling that it sounds sanctimonious. You will find it in accord with your inner convictions, born of experience and observation, a rationalizing of your unexpressed conceptions of what prayer should be.

The matter of the comprehension of spirit and soul has been neglected by an age of concentrated attention to things material - the mechanical and chemical - to examinations that have to do with breaking down, taking apart and weighing, measuring and analyzing the parts.

It has been well! Because modern science has now concluded, after breaking down the atom, that the source of all material things is the same, - that the material and tangible are but the manifestation of energy, and now accept that spirit is in and through all things.

In this Instruction we touch upon affirmations. We mean no criticism of any school of thought, but we feel that many have been the attempts of the blind to lead the blind, of the unsuccessful to point the way to success as a means of attaining success for themselves, and of which they sometimes boast.

An affirmation which does not carry to the subconscious a clear and definite picture of what you desire to do - be or have, so that the feelings respond, and you can mentally live in the realization of it, just amounts to a mumbling of words.

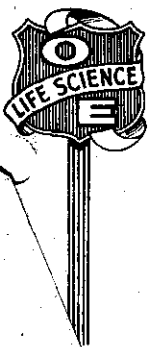
Affirmation is a form of auto-suggestion. If one were hypnotized and told he was a horse, he would get on his hands and feet, on all fours, and act the part - If he were told some of the things contained in countless suggested beautiful sounding affirmations, there would be no response.

So affirmation and prayer are effective - the one is suggestion self administered, the other is demand, in accordance with the law of demand and supply, and as in all the worth while things of life - simplicity is the prevailing virtue.

THE ORDER OF THE ESSENES

Enc. 35

S. Hamner Davis



THE Essenes

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INSTRUCTION 35

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

"THOUGHT IS A MAGNET: AND THE LONGED-FOR
PLEASURE
OR BOON OR AIM OR OBJECT IS THE STEEL:
AND ITS ATTAINMENT HANGS BUT ON THE
MEASURE
OF WHAT THY SOUL CAN FEEL."

-- ELLA WHEELER WILCOX

- THE WAY OF PRAYER -

Early in this course we promised that we would instruct you in the way of resultful prayer.

Later in this course we will give you a pattern of never failing prayer. Now, our effort shall be to point the way more specifically. Prayer is a call and a demand upon the universal for certain materialization.

We must first appreciate that our intelligence is a part of all intelligence, and that it has been given to us that we may understand the laws of harmony that we are expected to obey, and when we attain proficiency we may contact infinite intelligence and by appropriation realize the divinity within, and go forward to the dominions promised.

There is no prescribed posture, time or place for prayer. It takes place when we allow the infinite intelligence to flow through us and to pervade every cell of our body, as we express our desires, by deeply holding in mind that which we sincerely seek.

The mechanics of prayer is not understood universally, because it has been allowed to descent into a petitioning and an asking for things for ourselves, and we permit too much of selfishness and too much of our outer consciousness to enter into it, and our asking takes the form of seeking some dispensation outside of a perfect, ever-working, just law.

Remember this; that prayer is the effort of the individual to reach the universal, omnipotence, omniscience, which is in fact ever present, and to commune or carry a message to this infinite substance; we might call it to the creator of all things, where truth, intelligence, wisdom, and strength reside.

We have instructed you with respect to relaxation, with an object in view. We have given you definite instructions as to stretching, as to tensing and then letting go, and all of this must precede the perfect attitude of prayer. In that attitude, one must realize that the true mission of the individual is to be a co-creator with the great, ever-present creating principle, which we call God, and to be an interpreter of pure intelligence and a supervisor of the work of the atoms of the universe, and an architect of cosmic designs.

Having put one's self in the perfect attitude of prayer, one must then be fully conscious and have implicit trust that he is about to work with principle, and that he is going to do something in accordance with a law which, properly applied, always works.

We can certainly have the trust that the universe is subject to laws and that the results are dependable, and that you are not going to address some pagan god, who could be influenced and changed by appeals of discontent and dissatisfaction. That the contact is going to be with an intelligence which is ever active, ever living, and ever present, and that it is a self existing principle which fills the universe and surrounds us on every side. It manifests every second by creative activity, and is always at work in compliance with an orderly law.

Prayer is in fact - Power. Our slightest impulse toward prayer has a dynamic and beneficial effect upon our lives and effects all creation.

In the Silence, in perfect calmness and with this frame of mind, and with this attitude, you must realize you have a law to follow, and that you are about to put forth invisible emanations from the real You of which you learned in the first lesson, and that you are going to exert one of the most powerful forms of energy of this earth.

What is the orderly arrangement of prayer? How is it done in accordance with the law?

Of course, you must know that for which you pray, and this is vision. Prayer is of course a call and a request being dynamically communicated to the universal, and therefore your desire in accordance with your vision must ring with sincerity and it must have the approval of that conscience within you that it is one hundred percent in accordance with justice and right, and that when granted, it will be guarded and used in the furtherance of right, justice and truth.

Being very clear as to the request, and the desire being powered with a deep feeling, we must then pass to tranquility, which is a natural result of confidence, or faith that the overruling law has always, does now, and will ever work when properly contacted as you are in the process of doing.

At this same time in the process of prayer, you must give forth a sort of pledge of fidelity. You have learned it in these lessons as "persistently determined to do or have." This means that your desire is deep, sincere, and not just passing, and that you will hold in mind the consciousness of the realization of the prayer, which in effect means, that you are going to hold the mold or model until such time as the universal, in an orderly manner, shall fill the mold; -- this is living with and living the prayer -- this is faith vitalization, faith in action.

The final element which you learned in your formula of success is known as the Law of Balanced Compensation, and this means that you must add, in your attitude of prayer and asking, that you will rightly use that which you know is coming as a result of the prayer, and at that moment you give forth thanksgiving and a feeling of gratitude that the petition has been granted in accordance with the universal and unchanging laws of the infinite.

Dr. Alexis Carrel, whom we have mentioned a number of times in this course of instructions, who is an outstanding scientist and perhaps the world's greatest coordinator of scientific laws and cosmic laws five centuries has produced, says; - "The influence of prayer on the human mind and body is as demonstrable as that of secreting glands, and its results can be measured physically and mentally." He makes the positive statement, too, that "Prayer is a force as real as terrestrial gravity, and that as a physician he has seen men, after all other therapy had failed, lifted out of disease and melancholy by the serene effort of prayer." He says that "Prayer, like radium, is a source of luminous self generating energy, and that it is a definite way for humans to augment their finite energy by addressing themselves to the infinite source of all energy, and that prayer does link us with the inexhaustible motive power that spins the universe."

Prayer is simple. It is but asking that a part of the infinite power be apportioned to our needs; and even in asking, our human deficiencies are filled, and we arise strengthened and repaired.

Awhile ago we said there was no particular time or place, but like any undertaking, it must be given time and consideration, as Dr. Carrel has wonderfully said, "True prayer is a way of life; the truest life is literally a way of prayer." Prayer is truly our deepest source of power, and perfection. We have lived through an age when it has been sadly neglected and left miserably undeveloped.

In the course of preparing these instructions our workers have been guided by infinite intelligence, and we demonstrate by these instructions which have been so effective in the lives of many. Prayer in accordance with this plan should be actively practiced in your private life, and should be the basic exercise of the spirit.

When the power of prayer is released and used in your life, then will come a transformation, and you will come to realize yourself as one with God, and that you are a part of the great and infinite universal intelligence and source of power.

Therefore, we must practice with the spirit and learn to declare our desires clearly and boldly, and we must do it without a fear and without a doubt. That great Essene teacher of Nazareth laid it down as a principle that that which you ask, believing that you have it, is given to you. "Believing that you have" certainly connotes, "without fear or doubt."

When you have clearly worked out your aim or vision, and when the desire has truly become a heart's desire, and when you have boldly and definitely stated it, and then have exerted your Divinity by having perfect confidence and faith, it is not a matter for kneeling, repeating, and asking; it is a matter of showing your faith by acting as though the answer was here and now, and living a life expressive of gratitude and thankfulness, and as we have so often said, - acting as though failure were impossible; - the answer has been given. The condition or thing exists potentially -- use its potentials - It is to be.

To keep asking shows a doubt, and into the cosmic mold or thought form by doubt you put base metal, substitutes and imitations, instead of the real and the genuine. Put the prayer. Then live the life triumphant - confident it is to be - is cosmically - and must come forth in the material.

As you know, you are composed of millions and billions of cells, and cell activity in the body and in the universal is not dependent upon us, but the form that these cells take is our responsibility, and this depends upon the images or visions we hold.

Having practiced prayer in the manner we have outlined, and made our lives prayers, we must learn perfect calmness, perfect tranquility, perfect relaxation, and perfect open-mindedness, that we may get the answer and may have the way pointed to us - Reread Lesson Number Thirty - and as Dr. Elmer Gates did - Seek the Silence - Expect and receive and follow the guidance of infinite intelligence.

True ideas are transmitted to us from the infinite intelligence, but they can only reach us through a pure and unobstructed medium, and we must learn to control our human, negative beliefs, to control our fears and worries which put destructive elements into the cosmic molds, - we must practice receptivity by expecting an answer - That is faith in action. Doubt not - the way will be opened to you.

Recognize this; the body but houses the essence of life. The real You which can become a creator of conditions and things you rightly vision, is a part of the universal, and the great Essene teacher taught it in this form: "You are one with God." Know and commune with the God in you.

Comprehending this, and working with principle, you will find within yourself the power to manifest perfect conditions in your body, in your outlook upon life, and in your material affairs. It is but finding the true pathway, and the true pathway has been and will be pointed out to you, and it will come about by prayer in the effective form we here suggest. In prayer we "achieve that complete and harmonious assembly of body, mind and spirit which gives the frail human reed its unshakable strength."

Ask, and it shall be given unto you. Reread the Thirty-fourth set of instructions, and learn to reach forth your hand, and take from the world health, happiness, and success, ever keeping in mind the right use you will make of it, and ever keeping in mind that as you give, so shall you receive, and that constant giving keeps a clear outlet, and then doubt not the supply at the intake, for it rests in the infinite, and the inexhaustible, and is yours to appropriate.

WHY SOME FAIL IN REALIZATION

Many say, "I pray but I get no response, no results. Why is that?"

The principal reasons seem to be; First, The holding in mind (casting the cosmic mold) disease and health, lack and plenty, faith and fear, serenity and tension, happiness and worry, confidence and discouragement.

The positives, health - plenty - faith - serenity - happiness, and confidence, are forced mental pictures - fleetingly held, - lacking in warmth and depth of conviction; the negatives, disease - lack - fear - tension - worry, and discouragement, are propelled by emotion, vibrant with feeling and hence are magnetized and draw the substance from the universal for materialization. These are the messages that get over to the subconscious and contact the superconscious.

If the vision or desire embodying health, plenty, faith, serenity, happiness and confidence carries with it a solid conviction that the universal laws work, not sometimes, but always, and you can live mentally the enjoyment of these things (believing that you have them) you put motive power behind your ideals - you give them the power of attraction, and they go forth to the universal for fulfillment via the subconscious to what some term the God mind.

Second - We grasp mentally or intellectually enough of the life principles to work an instant revolution in our lives, but we fail of spiritual conviction.

The evidence of our failure to grasp the deep meaning of these truths of life is that we do not reach out our hands to grasp the good that is for us - If it is health we seek, we cease our efforts when we "feel all right." We do not carry on to the vibrant, magnetic stages, and we fail to reach out for material supply, for love and harmony and the different kinds of good things.

If it is the material we seek - plenty - we limit our periods of prayer to the time required to emerge from our temporary embarrassment or difficulty - When this amount of supply has come, we heave a sigh of relief, and let down in our efforts in contacting the universal supply.

Third - We comprehend in a vague sort of way that all Nature, all creation, the life principle is ever working for good, that life itself is the constant endeavor of organisms to harmoniously meet existing conditions -- to repair injury, to adjust errors committed by the mortal man. It has ever been so from the time of the single cell floating on the surface of the waters, up through the ages, giving to the camel his hump on his back and multiple stomachs, that he might withstand long periods without water and food, that he may live and meet the conditions of his environment. Yet we fail to take this truth to heart, to rely upon it without wavering - without doubts, and act accordingly. We fail to live the life as though we were (and we are) a part and parcel of that triumphant principle.

The power of this principle can only manifest itself to the extent that we are conscious of it, recognize our Oneness with it, and use it. There is a definite answer to every prayer. The universe is set to bring perfection. Properly sought and permitted to manifest, good will ever be the response from the infinite.

Fourth - We are prone to seek a major blessing, without regard to the law of balanced compensation, without earning it. We are given to desiring to enter a race, without first learning to walk.

As we learn the laws of the Infinite, we do not apply them in small things, and like the child, learn to walk by taking one step at a time.

When we do apply them in small things and get results, we fail to recognize that it was a demonstration of our contact with principle, we think of it in terms of "luck changing" - a fortunate break, or chance, or "just happened" - We do not accept it for what it is, a working out of our creative powers, and then go on and on with our prayers and materializations. We rest on our oars - we cease rowing.

To attain the perfect contact with the infinite, we must use each day the degree of understanding that is ours at that particular state of our unfoldment.

Fifth - We often fail by reason of our reliance upon friends, influence, material means, and contacting these by means devised by the intellect or conscious mind, and by our reasoned approaches and seeking, and into such efforts inject our self-seeking aims and ambitions, and the thoughts center upon "getting."

The error of this way should be apparent to those who have advanced through thirty-four or more of our lessons.

That great teacher of Nazareth, gave you the key to health, happiness and success when He said "Seek ye first the Kingdom of Heaven (the universal or infinite -- the invisible) and all these things shall be added unto you."

In the first place - in the seeking of the contact with the infinite intelligence and power, you must be (at least in the early stages of the realization of your unity with the universal) in the Silence --- meaning, Alone, quiet, uninterrupted, relaxed, receptive, and with your conscious mind stilled from passing and fleeting thoughts. You must have given your heart's desire to the subconscious, ceased your reasoning and conscious thinking or planning with respect to it, and have put forth with the desire,

the question, "What is the answer" - "Oh, what is the answer!" Then you must know that in that attitude the answer always comes back. It will if you expect it, and then open the avenue of the mind to receive it.

"From within are the lights of interpretation that fall upon all roads, all scenes, all plans."

"From within springs the only God we can ever know. When the heart is great enough to give birth to a God who is great enough, the life will be turned to glory. We need not be beaten back or discouraged by the threats from without. They cannot destroy or harm him whose inner life is buttressed and protected. The tides of destiny wait upon the phases of the heart. That which comes out of a man alone can defile him and his life or make them magnificent. When that which comes out of a person runs from springs of faith, appreciation, and love, he and all upon whom falls the light of his soul are healed, guided, and strengthened. The world shines with a radiance that he brings with himself. He walks with God, for God is within, and he and God are one!" says Sheldon Shepard.

Doubt not you will know and recognize the answer when it comes from the Infinite. There will be something about it telling you to do and be.

When you are thus informed in answer to true prayer - follow it up, - do the thing - see the person or persons - use influences or the means as directed in full faith that only good and only the true answer can come from the infinite.

But of all things, be sure that you have not, in stating the problem, put into it base metals, and that that which you seek comes from a pure well spring - and is meant to materialize the good and the true, and will add meaning and purpose to life.

Sixth - Finally, the attitude after the period of prayer must be right. What is right? Simply stated it is that you must be thankful and grateful that the world is built around unchanged and unchangeable laws, that by attunement with them, that which you seek from a purified heart, will be given unto you.

In this spirit of praise of the wonderful enfoldments about to take place, begin to live, be, and do the things you would do upon complete demonstration or enfoldment - beginning in small things and progressing to the greater - knowing that as you give, it shall be given back to you.

Know ye that the world is not a finished product. Creation is taking place every second. Above all, realize that the real You of your being is in contact with the infinite and that you are a creator - casting molds and patterns for the infinite to fill - and fulfillment is inevitable if the cosmic form is earnestly, sincerely, and trustingly given to the infinite. Likewise - cosmic forms impelled by fear - worry - and despair, materialize, -- so be ever alert.

Pray for - seek - and confidently expect - "the eternal miracle, the awakening of the inner consciousness of power, the realization of your oneness with the eternal." Then with faith - expect the good you seek, and live and act as though the prayer has been fulfilled - and lo! It is at hand. It's just that simple -- It works -- It is a never failing law.

AN APPROACH FROM ANOTHER ANGLE

Whether you realize it or not the Bible contains comparatively few basic principles and laws of life. Its volume is great because of the many approaches to these Divine laws. Christ knew quite well that the same key would not fit the locks of the many doors which lead to the human minds.

In the course of our instructions, we too approach conscious understanding ever mindful that the key to understanding must fit the locks of the present day minds, and hence we quote the following precepts from a mind which is crystal clear and as orderly as the laws of the universe.

"What do you want? Is it fame? health? romance? money? peace of mind? Select what you want most. Then prepare to meet the only person whose pull and influence can get it for you --- yourself.

For the most part, people spend their lives in mad pursuit of happiness, fame and fortune, running madly from one thing to another. -----

"Why? Because they looked for the answers to all their dreams and problems in sources outside themselves, never realizing that they individually were the center of their own universe, and that all capabilities and possibilities lay only within themselves" -----

"Now what is it you really want? You alone know. But whatever it is, be it some secret ambition cherished by you from childhood, or some change in your present mode of life, makes no difference. Phrase it clearly in your mind, and visualize it in perfect clarity. Don't try to figure out how to get it. Just hold in your mind a picture of what you want, as clearly as you can see it. This is creative imaging --- We all have our pet ambitions, but most of us seldom realize them because we do not make them live in our minds - - - - Picture it clearly as if you were watching a private movie with yourself as the star actor in your favorite role - Do this for about fifteen minutes a day" ----- Do not tear down the picture by doubting your own efforts, for your efforts are potentially as great as those of any one who has ever lived -----

"Tell no one. Secrecy avoids the ridicule of friends and consequent discouragement and loss of faith. Keep it to yourself and give it a fair chance. This formula is based on a sound law of nature."

"When we follow this technique, we make the most powerful law in creation work for us. Know what you want; have no fear that you will not get it; admit no doubt. Believe it with every bit of force in your being, and it is yours."

"Do not keep continually picking at your brain child to see if anything has happened as yet. When a farmer plants a seed he does not constantly dig it up to see how its growth is coming along" -----

"Select one small problem and work on it. When that is solved you may feel it was nothing more than a coincidence. OK. - try a second problem and when that comes through, you will not be quite so sure that it was just an accident. When the third, fourth, fifth and so forth develop, you begin to feel that you are a bit of a miracle worker. And you are. But the miracle does

not lie in the fact that you found your solutions but rather in the fact that you have realized the miracles of the laws of nature, and can now work with them" -----

"Don't try to rationalize - to your friends or to yourself - the idea on which you are working. Don't explain. Explanation is a type of defense mechanism; it means you don't have enough self confidence in your own ideas, and you are seeking means of bolstering up your plan. Avoid it. Know what you know, believe what you believe, and keep it up until you see the results. ----- The only thing under the sun that can prevent you from obtaining your goal is yourself. Be patient, train your mind in seeing what you want, and keep your idea to yourself - and the results will be more than worth your while. There is only one way of proving it. Try!"

Thus says Mildred Mann in "Ourselves."

Success comes for value given, at the right time, and in the right place, when and where it is needed.

Tune in to the universal. There is the answer found as to the value you can give - the time - the place - and the need.

- AND HERE IS THE USE OF AFFIRMATION -

Many are the organizations, brotherhoods, preachers, teachers, and societies stressing the use of affirmations. There is and can be no question of the great value of this principle, but to have a new affirmation for each morning, noon and night, or for each weekday, or for each week, might prove a dissipater of energies, very ineffectual, and lead to discouragement.

A positive affirmation, oft repeated, is a message to the subconscious, and calls for a mold or pattern for presentation to the fulfilling power, to make real the thing affirmed.

Oft changing the claim upon the universal for fulfillment of a desire, by affirming this at one moment and affirming that the next, throws the billions of life cells into confusion as to just what is the good design they must unite in creating for materialization.

Do you long for something? Does not that very expression put a time element into it - a sustained and a continuing desire - "long for" -

You surely pray for that for which you long - You must if you would experience answered prayer.

Therefore let your affirmations be - "I am" "I have" "I do" that for which you pray.

That takes to the inner consciousness the message - "the prayer is fulfilled" and that is praying, "believing."

If you are praying for one thing today - another tomorrow. Don't. If you affirm this in the morning and that at night. Don't.

Observe the growth of trees, of grass, of flowers, and of grain. Note the time element. Your affairs, your desires, your cherished aims and heartfelt longings - - - your prayers which will be answered need the time element

too - for natural unfolding. It may not be obvious or even apparent, but there is a growth taking place in your affairs. There will be a natural flowering of the mental seed you sow. Causative prayer is a seed. It is fertile, it germinates, it grows, flowers, and bears fruit.

The patterns and designs your subconscious presents to the infinite require time to reach their affinities in the universal, to cast and fill the cosmic molds and fulfill the demands upon it.

So let your affirmations be plain and simple and sincere, following the line of your prayer. In substance - "It is done" -

Why not? It is the law - Being demonstrated every day in the lives of men and women - It is within you to do likewise.

The affirmation can be made in full faith - potentially it is - in the material it will be -

When the prayer has been uttered, and the call has been made upon the infinite, and the affirmations made "so it is" - The channels for receiving are opened, the mind is made receptive - You have "made straight the way" - Listen for the answer - Trust your intuition -

You will know the prayer is answered, if as you affirm it to be, you feel exalted, uplifted, thrilled, and you can act and live the new condition - The prayer fulfilled.

. THOUGHT GEMS

Thomas Edison was surely one who could speak with authority upon the subject of "From whence comes successful ideas and methods." He said "The key to successful methods come right out of the air. A real new thing, like a general idea, a beautiful melody is pulled out of space - - a fact which is inexplicable."

It is our aim to take it from the inexplicable, to the understandable, and to make the practice of drawing upon the infinite not casual, but habitual. This is the source of abundance - health, happiness and success.

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Get this --- it is the very essence of an understanding faith --- You can be, do or have anything you desire (desire is prayer.)

Having formulated and expressed it as we have directed (spoken the word) then live in the Is-ness of it, not in the is-to-be-ness of it. It is potentially - The child of the brain - the thought projected, is conceived.

As the Mother-Father live the joy of it. The great miracle is the conception. The coming forth from the womb of the universal is a natural process. It is -- it lives from the moment of projection - fertilized with faith - Thenceforth it is not be-lieving; - it is be-living it.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

It is so easy for you to understand that if you put money in a bank, you expect to get it back. You have faith and a "consciousness" that it is there for you. In other words, that is the normal and as it should be. While the bank has it you can't actually count the dollars, the tangible, but you have kept account and you know how much is there and you mentally figure the balance.

Helpful deeds, services to mankind, thoughts, expressions of joy or love, and all things spiritual such as the feeling of loyalty or thankfulness, are values and they are automatically deposited in the bank of the Universal -

There is this difference - Banks, depositories of money, might fail. The Universal, - never.

If every day you are conscious that what you think, say or do is a deposit, repayable to you in kind, perhaps you will be just a little more thoughtful. The front cover of Instruction Thirty-six contains in poetic form the substance of an immutable law, and by those with worldly experience is acknowledged and recognized as such.

Because your thoughts and feelings are not solid like silver dollars, and because they are not charged or credited on a pass book or deposited with a deposit slip or drawn upon by a written check, it may seem difficult of understanding, but if you accept it as so, and live accordingly - your check calling for health, happiness, or material welfare will be honored.

There are those who wish for infinite wisdom and are ever seeking some mysterious avenue of approach, symbols, rituals, mysticism, or incantations, or are seeking it from the far East from Llamas of Thibet or Yogis, or those claiming to be reincarnated Sages, Saints or Saviors, - ever going thought to the means, to the system, or to the source, to the neglect of the end.

Just put this down. No man's check will ever be honored by the Universal upon another's account.

Your wisdom will be measured by your daily deposits of time and thought.

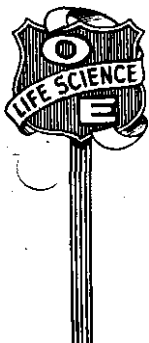
Contact with infinite wisdom is never through an intermediary and comes in the silence - in meditation, and each measures his own capacity for understanding by his daily disciplines, - and more important is the fact that wisdom is the arrangement in perfect order of the simplest truths of life.

THE ORDER OF THE ESSENES

By

S. Hamur Da

Enc. 36



THE Essenes

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INSTRUCTION 36

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

I HOLD IT TRUE THAT THOUGHTS ARE THINGS
ENDOWED WITH BODIES, BREATH AND WINGS,
AND THAT WE SEND THEM FORTH TO FILL
THE EARTH WITH GOOD RESULTS - OR ILL.

THAT WHICH WE CALL OUR SECRET THOUGHT
SPEAKS TO THE EARTH'S REMOTEST SPOT,
AND LEAVES ITS BLESSINGS OR ITS WOES -
LIKE TRACKS BEHIND IT, AS IT GOES.

--- ELLA WHEELER WILCOX

There is no good thing any man can ask, believing, that he cannot get.

We have throughout the weeks pointed out the path to and the processes of accomplishment.

We have shown that the most potent laws of the universe are set into action when you know definitely what you want. That vision is clear cut in all its details, and you so intensify the power of desire, that it acts as a motivating and propelling energy - and thenceforth you have confidence in the eventual coming into being of that which you cherish. This last element we call faith power.

Every religion and every philosophy and every worthwhile formula for achievement, either of health, happiness or material success, contains as an essential element - Faith.

Faith is not and cannot be just some nebulous something, half heartedly and hazily accepted - It cannot be general and at the same time efficient as a motivating influence. - Faith must be coupled up - it must be a faith in something - such as a faith in the working of a law, a faith in the coming about of events, or a faith in means and methods of accomplishing a desired end.

Having, in these instructions, set forth that a vital element in any plan of accomplishment, and even in all life processes, is faith, we must so far as humanly possible make faith understandable, to the conscious reasoning minds of those who seek with us a more abundant and a worth-while life.

Bruce Barton in his book "The Man Nobody Knows", telling of the works of Jesus, says - "Jesus himself was very reticent about his miracles --- - He was often reluctant to perform them, and frequently insisted that the individual who had been healed should "go and tell no man." And on one celebrated occasion - his visit to his home town, Nazareth - The narrative tells us clearly that the miraculous power was powerless, and for a very interesting and impressive reason. Of that visit the gospel writers set down one of the most tragic sentences in literature. "He could do there no mighty work," they tell us, "because of their unbelief." Whatever the explanation of his miraculous power may be, it is clear that something big was required of the recipient as well as the giver" -

That "big thing" required was - Faith.

Is faith a power element of the universe, capable of tapping - and drawing upon omnipotence? - Does it function here and now? - Does it click? Does it work? Can you use it? All fair enough questions.

If you do not use it to some extent - you do not live --- - That you eat is an act based upon faith. The greater the faith the more complete the life - - - How put it in operation?

You cannot but be aware that the instructions of this Order are without price and are never sold - There is no solicitation of funds. We have those studying with us in every state in the Union.

How are the expenses of printing, postage - and administrative help, and other expenses, met? Those who are instructed and are benefited give, that the instructions may be extended to others - They are conscious that others gave that they might be instructed, and out of the fullness of their heart and without solicitation they give in accordance with their means - Much or little. They know the

They know the law.

Has it not been often written that as you give, so shall you receive? Is not "giving" first - a prerequisite to receiving. This is the law. Can you imagine Christ setting a price upon His works?

Is that not faith in action? Yes, it works! That is a practical application of a universal law - and it leads to a real brotherhood of man - fellowship of the adequate and the prepared - preparation for the new age which dawns, when there shall be a new basis of values - when men, like Nature, shall work for perfection.

We live by faith alone. - We live in accord with the principles we teach. It works for us and thus for you who read. Let it be understood that this is not a solicitation of funds. - We accept only from those to whom we have first given on behalf of others, - the greater values - and then we accept only as a medium to extend understanding to others.

The contribution made under pressure benefits neither the contributor nor the recipient - - - the substance of a definite law is contained in "The Lord loveth a cheerful giver." - - although a fine shade of meaning was missed in the translation.

More about this miracle worker - - faith.

Will faith feed hungry mouths?

We are not going back to the "loaves and the fishes" in the New Testament - We are taking our answer from examples now existing - that can be witnessed by you, have been witnessed by many of us, and can be proven by the testimony of thousands now living.

Incredible though it may sound to those who know naught of faith, - one hundred and fifteen mouths have been fed, one hundred and fifteen human bodies clothed, and one hundred and fifteen living souls housed for years past by faith alone - - - Yes - - - three meals a day - and always a sweet as dessert - - - and a positive yes - - no begging - no solicitation of funds -- no making known a single need - - - save to God alone, as they express it. Such is Faith Mission at Crystal Beach, Florida, just a few miles out of Tampa.

In 1923 there came into Tampa, Florida a man, his wife and two small daughters - a Rev. Markert. They had been missionaries in the Canary Islands, and conditions compelled their return to this country. All that they had was a little less than one hundred and twenty dollars, four souls - four mouths to feed - no job - no place to call their own - but faith in abundance.

Faith in what? Faith that "As you give, so shall ye receive" - so their thoughts were centered upon giving. They decided to open a mission - to take in and care for babies, none over two years. They paid out of their scant funds one hundred dollars rent for an abandoned cigar factory building in West Tampa. - They took in a baby - and they kept on taking them in - - - to raise - to be their very own - by love and adoption.

Furniture - food - clothing just came - not from people solicited to give, but from those souls who somehow, some way learned of the good work and were guided to give in accordance with the ever-working, ever-effective law of giving.

In the minds of Rev. Markert and his wife, came the realization that on city streets and with car tracks and trolleys in front of the door, and with no yard or play space, was no place to bring up children, and they visioned a building in the country, facing water, where evening sunsets would make child minds conscious of nature's beauties and wonders, and where they could play on lawns of vast expanse.

They learned of a vacant boom time hotel at Crystal Beach on a beautiful bay in Pinellas County, some eighteen miles from Tampa, Florida. They rented it, moved in, and today they own it, free and clear of debt.

When the institution was in Tampa there came into vogue Community Chest campaigns to care for all charities from one fund. It was suggested that Faith Mission file its budget and share in the funds. "Never have we solicited funds -- Our needs are known to our Father - He has always met and will ever meet our needs" -- was their answer, -- He has.

Countless were the occasions when meal time approached and there was nothing at hand to eat - and someone would drive in with donations of food -- or some fishermen in the bay would stop by and leave them fish - or a check would come in the mail, just in the nick of time.

Being responsible for the lives and welfare of one hundred and fifteen souls - meal time approaching, nothing at hand - What a responsibility - Only a brave soul would undertake it.

Through these many years - - never a skip - not a hungry mouth - - and all by Faith provided - and then to doubt the efficacy of faith as a living force?

Rev. Markert has left to go to his Heavenly reward but this labor of love is carried on by his family - a monument to a wonderful man -

Throughout the length and breadth of this country are wonderful schools, founded for the care of under-privileged children which are living monuments to the power of faith - - - some person, with no material possessions, but burning with a desire to meet a crying need - has generally been the founder of such institutions. They asked with faith in the worthiness of their mission - faith in themselves to put it over - and faith has been the seed that blossomed into material accomplishment. There are more so-called miracles being performed in this country every week, than all the miracles reported in the Bible, and Faith is back of all of them.

Faith in something - faith in some one - faith in yourself - and the scene of a miracle is at hand - - - for where there is perfect faith - fears and the negative hordes of destruction are barred.

Hand in hand with faith must go action; "Faith without works is of no avail" -

Man is coming to the realization of his divine heritage - chief among which is faith - and its power to contact and relay omnipotence - Does this give meaning to the command of Jesus - "Go ye into all the world and spread the gospel to the whole creation" - Only one faith - sustained could have given a command so all inclusive.

Faith is enlarged vision, true insight into life - a knowledge that man is in, made out of, and cannot be separated from omnipotence, that he is a part of a whole, with all the attributes of the whole, that he is a creator in his own right, that he can be, do or have anything of good he may desire, and that unlike the seed he is not single purposed, that as the perfection of creation he is given a mind, can create his own purposes or destiny or flowering - and fruiting. That the mind given him enables him to think - make his choices, and that that mind through the subconscious mind can contact the universal mind or omniscience - and thoughts become things by laws of attraction, and immutable and dependable laws governing the universe.

With this enlarged vision, insight into life and knowledge, faith is not a vague

thing - with shadowy outline - a sort of "hope it is so" half conviction. It is not a matter of Be-lief -- it is a matter of Be-live it. Your attitude will not be "I desire to be" -- It will be "I am," when you are operating in accordance with the laws, and faith has become a living force, and you are fully conscious of your oneness or unity with the life principles or laws which work and have ever worked for perfection - and that means very definitely to perfect and bring into being the things demanded and needed. --- By your thoughts you have and exercise the power of projecting demands and needs into the universal, and when you do it rightly and understandingly they will not return unto you void. They will become manifest - very real --- not perhaps in accordance with your ideas or plans of how they should come ----

Don't make too many plans as to how your desired blessings shall come about; life abhors our plans, and knows better ones than we can imagine -

Project the ultimate aim - hold fast to the objective or end in view - have faith in the attainment --- Don't scatter your powers on the details of how - - the paths of attainment --- live at the end of the road you vision; not the difficult journey along the way.

How many times we have said that life is made up of simples! - - You perhaps are looking for something hard and miss the understanding of these principles and laws because they are so simple - - - It is just the matter of developing a consciousness.

Do not criticize or condemn yourself and say you are slow at grasping these truths of life -- you are unfolding just like a flower - You could not seriously study these instructions and fail.

You do arise to heights of enthusiasm or exaltation - Faith does take root - - You do soar physically and mentally - You feel it in every fibre of your being -- You do tackle some little problem - it does melt away - vanish, - and is banished from your mind -- Then you have a let-down --- You overlook that it was a triumph of a conscious state or a state of consciousness -- a thought that became a thing - a coalescing of your thoughts with universal mind in triumphant pursuit of an objective.

Accept this encouragement - You stepped to a higher plane - the next burst of enthusiasm, blossoming of faith, centralizing of inherent powers and inspired action will be easier. The channels will be less obstructed - You are consciously or unconsciously drawing nearer to the ability to projectively think - to constructively think - to putting the power of feeling and emotion behind your thinking, to a realization that something deep within you vibrates to it - that people and things respond to it and sooner or later the realization will dawn upon you that you can be, do or have your heart's desire.

That is Faith - Then you ever possess and are ever possessed by a consciousness of some kind or other --- a health consciousness - and health abundant is the result -- or a joy or happiness consciousness - and you will carry a song in your heart --- or a money consciousness - and you will think and deal in the material in larger and larger ways and denominations.

Why not such faith? The real You can do it -- just put aside the limiting, doubting, hesitating, fearful, conscious personal you, you have so long let impede your progress - You are one with the Infinite --- Be - Live it!

* * * * *

Faith does nothing alone--nothing of itself, but everything under God, by God, through God. --Stoughton.

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

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

If you will just reread the letter that came with Instruction 36, and then read Instruction 37, you will find it helpful.

In this set of Instructions we again speak of "consciousness" with respect to health - money - and happiness. It is an attitude or frame of mind. It relates to the way you think about these things. It is how you think, act and live, with respect to a definite mental conception.

If you merely wish for health or wealth or happiness and mentally say: "Oh, I am a failure at everything I try. I can never have that" - if you desire to accomplish something and say: "Others can do that but I am afraid I never can" - you have a "consciousness" but it is inverted. It is in reverse. You have created by your own thought processes a limiting factor to accomplishment. You have then and there a "consciousness" but it is the wrong kind of a consciousness. It will be effective - doubt not - but it will not materialize your wish nor bring the realization of your desire.

You are going through a course of training - surely you can control your own thinking by discipline. The effective, result getting, creative consciousness grasps a vision clear-cut and definite - takes the attitude: "Certainly, that's normal for me. I want it. It's to be had. That's what I am going to be, do or have. There's nothing unreasonable about it. With it I can do so much. It's appropriate that I do it, have it, and get that way. I am fitted to that condition - that condition is my rightful position. It is so. It will be a joy to just see it materialize. It is promised to me - the promise is valid. Nor for plans as to what to do when it appears - that will I do now."

Hence - the front cover quotation from Matthew. Be likened to a wise man!
"Doeth these things!"

If you are fully satisfied in your own mind that you have given serious and earnest study to these instructions, and are confident that you have given us proper assurances of that fact and your conscience is clear that you have in accordance with your ability and your understanding given adequate expressions of gratitude and thankfulness, you can be sure that you will be continued in this study.

At this point the individual records of each student are being examined to determine those who are to be continued in the first year's study, the completion of which can lead to a Certificate of Merit from The Order of The Essenes.

Surely you have caught at least a glimpse of your Divinity and will want to continue, that you may adequately give expression of the Infinite of which you are a part and know the satisfying rewards that are a natural sequence, and will desire to share that understanding and add leaven to the bread of life.

You can develop a consciousness appropriate to your every need and with it materialize your cherished aims. It is just a matter of proper deposits being made in the bank of the Universal. Faithful study will chart the way, and the instruments of navigation will be supplied to you.

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 37



THE Essenes

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INSTRUCTION 37

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

THEREFORE WHOSOEVER HEARETH THESE SAYINGS OF MINE, AND
DOETH THEM, I WILL LIKEN HIM UNTO A WISE MAN, WHICH BUILT
HIS HOME UPON A ROCK:

AND THE RAIN DESCENDED, AND THE FLOODS CAME, AND THE
WINDS BLEW, AND BEAT UPON THAT HOUSE: AND IT FELL NOT: FOR
IT WAS FOUNDED UPON A ROCK.

AND EVERY ONE THAT HEARETH THESE SAYINGS OF MINE, AND
DOETH THEM NOT, SHALL BE LIKENED UNTO A FOOLISH MAN, WHICH
BUILT HIS HOUSE UPON THE SAND:

AND THE RAIN DESCENDED, AND THE FLOODS CAME, AND THE
WINDS BLEW, AND BEAT UPON THAT HOUSE: AND IT FELL: AND
GREAT WAS THE FALL OF IT.

(MATTHEW VII)

THE ETERNAL MIRACLE

AN AWAKENED CONSCIOUSNESS

The instructions of the Order of the Essenes, as you well know if you have attempted to get understanding from some of the instructions presented by other courses of study, are quite different.

We instruct with respect to the use of your mind, your powers, your abilities, and how to apply the Science of Man - Life Science, - the laws of the universe to your situations, and not with respect to minds in general like a surgeon lecturing upon anatomy.

We deal with functions and functioning - powers - and the application of powers - abilities and the successful utilization of them, which you as an individual and a personality possess.

The whole trend from Instruction Number One is to acquaint you with the real you--We work from the potentials to demonstration and manifestation -- with the living, not the dead - with the activities and accomplishments and not the instrument. We are not interested in violins or pianos -- we are interested in what great artists can bring forth from them.

An iceberg is one-eighth above the surface - seven eighths submerged. You are a most remarkable person if you display to the world and utilize your powers in that same proportion -- The aim and object of Life Science is to enable you to function more efficiently, to express more abundantly, to develop and use your potentialities, which have laid dormant - unused - submerged, - and to you perhaps unknown -

--- and why not know and inventory your resources of mind - emotions - powers and aptitudes and prove or disprove once and for all, a possible unity with the Infinite?

Life Science is a most difficult thing to teach, not alone from the standpoint of a lack of words with the right shade of meaning - words developed in this long era devoted to the material and mechanistic, but also because the true solution of the major personal problems of our time is in the development of any appropriate consciousness. Consciousness is an inner experience. To so phrase that experience that another can catch the spirit and the feel of it, is the task we set ourselves.

Those who have advanced this far in these instructions are those selected who first asked for them - and that asking was prompted by some need - a desire for enlightenment, a longing, an ambition - something that impelled them to seek an answer to a problem.

This fact predetermines success in our mission. First - the faith that prompted the seeking of aid, fertilizes the mind of the student, and makes it receptive to the seeds (words) we sow. A need meets a desire to fill the need, and an inspiration is inevitable -- The problems presented contain the germ of their solution; the questions, the seed of the answer.

There are many forms of consciousness - There is a money consciousness, and many degrees of that. The person who has an ambition to get a job paying fifteen dollars a week, has a fifteen dollar ceiling or limit at that moment -- When he satisfies that ambition he may extend it and keep extending it - but rarely do they ever attain beyond that which they vision at the time of the projection of the desire.

The man who pictures and strives for five hundred dollars with which to go in business for himself has a five hundred dollar consciousness -

He who aspires to gather together three million dollars to build a sugar mill, to be successful, must have a three million dollar consciousness -- He must comprehend what three million dollars is, its use in such an enterprise, who has or controls or can influence that amount of investment as a whole or measurable portions of it. That takes us back to the essential element of vision we have often mentioned - and to the basic requirement that that vision must have outline and definite detail. He must have faith that it can be had - that he can get it - and that the planned methods of inducing the investment will work - He must just see himself building the mill with the "consciousness money".

There is a health consciousness - True it is you can build up to that state by observing others, the picture of health, and radiant good feeling - or by contemplating pictures of those of perfect form, physique, and in perfect health, and by developing a desire to be like that - but you have not the true health consciousness until you can say "I am", and not "I desire to be."

We again repeat there is no violence to reason when you say "I am that" - which your present physical condition denies. You are potentially -

Get a mental picture of yourself, clear in outline, in perfect health, doing what you would do in that happy state. --- Set it apart - contemplate it as yourself - call it "that I am" --- Live in the is-ness of "that I am" -- and then actually "say the word" - Feel it - Live it - and say "I am that I am". --- Billions of cells that make up your body - each with a constructive mentality of its own that accepts implicitly the "word" and the message you give from the conscious mind, are waiting for that rallying call. Repeat it - Don't think of how the cells and organisms and organs are going to do the job - They know that better than any physician, surgeon, or scientist that ever lived. --- You live in the consciousness that it has been decreed - "I am that I am" --- not a phrase - or so many words - but a mental picture projected of "that I am". --- Feel the surge and the uplift as you say it - "I am - - that I am". You and the mental picture "that I am" coalesce - combine and unite --- You are. --- Billions of intelligent workers are at work - making it manifest - materializing - and bring into being the perfection you picture - and claim. With the uplift and surge of feeling that comes with the "word" - guide it to a feeling of thankfulness and of gratitude that IT IS.

Bruce Barton calls the awakening of the inner consciousness of power, the "eternal miracle" in his book, "The Man Nobody Knows."

There is a success consciousness - It might be expressed in words as a feeling that the effort or undertaking will turn out well - as pictured -

Words alone will not give you that consciousness - you must confidently expect -- have not a doubt of -- and live and act as though it were an accomplished fact - It exists in space --- You are going to greet it ---

Time is just a human device or measure for space, to meet material sensory conditions. Don't think in terms "I desire it to be", or "It is to be" -- It is - and the law of attraction will move it and you and all related to the success through space to the appropriate setting, and the unfolding or materialization will be apparent to all -

There is a joy or happiness consciousness - That is purely a matter of feeling, a matter of right relationships of ideas or thoughts - a matter of harmony or rhythm in your thinking -

The world's thinking has been out of tune for lo these many years. The mass thinking has sown the wind - and the world is reaping a whirlwind. In the process, happiness or joy has been related to material possession -- Thinking so has made it so - for those who accept the race consciousness of the times, instead of an individual consciousness. If you desire a joy consciousness, just live in the consciousness of the things that make you happy. Don't poison your thinking by fears, doubts, dreads, or by living in past unpleasant experiences, nor in a sense of lack, or unfulfilled desires - Project your thinking into the future - for there there is happiness for him who observes the laws of life as being unfolded in these instructions -

It should be a source of satisfaction and joy that in the rapidly unfolding future you will be prepared to meet the new conditions --- that you have done that which not one in a hundred do - studied for self improvement. No effort is ever lost in this universe, and your expressed desires for good will not return void. There is an appropriate consciousness for this -- An awareness of being a creator and not merely a creature, of being "the master of your fate, the Captain of your soul", and not the child of circumstance!

Are you willing to believe that you are but a creature, when all observation, reasoning and experience should convince you that you are a creator - inseparably linked with the infinite in contact with omnipotence (all power) and that these powers enable you to transmute your thought forms into realities.

In the acquiring of an appropriate consciousness, there must be a harmony or a rhythm in your thinking which is attuned to the state of being which you seek. There is and can be no question but that the harmony of our organic and psychological functions is one of the most important things that we possess, and that when there is harmony between the physiological and mental, man's whole state of being is transformed.

We want to be intensely practical and make you conscious of the vital necessity of harmony and rhythm in all things, and in all functions, and most certainly, thinking is one of man's most important functions, and consciousness is just as real as all things that can be weighed or measured.

That Life is the constant endeavor of organisms to harmoniously meet existing conditions - should be a clue to your potentialities. Lack of harmonious relations - is your fault - Lack of harmony - that is your answer. Restore harmony -- you have Perfect Health - Happiness, and Success.

* * * * *
THOUGHT GEM

As knowledge advances, science ceases to scoff at religion; and religion ceases to frown on science. The hour of mockery by the one, and of reproof by the other, is passing away. Honceforth, they will dwell together in unity and good-will. They will mutually illustrate the wisdom, power, and grace of God. Science will adorn and enrich religion; and religion will ennoble and sanctify science.

Science--in other words, knowledge--is not the enemy of religion; for, if so, then religion would mean ignorance; but it is often the antagonist of school-divinity.
-- O. W. Holmes

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

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DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU:-

You read the biography of some great man, one of the world's accomplishers. You are thrilled - You marvel. You want to take it from the realm of simples.

There was never yet an individual who performed any feat of accomplishment who was not simply a medium by which a higher power, which he himself did not create, was able to create or bring into manifestation the objects of his vision.

The purpose was an unseen thing - the power was an intangible thing. It was a demonstration of the law that power always flows from the greater to the lesser, from the higher potential to the lower.

What you need to understand is that you are dealing with an impersonal law - available to all alike - not to a chosen few. You obey the laws and you can be the medium through which the higher power operates. It must not be a matter of theorizing - but a matter of practice - Think! Of course. But ACTION for results.

Perhaps you are one who procrastinates. Many people know they should write to someone and put it off. If they would just put the paper and ink and pen in front of themselves - and sit down and start, it would be all over with and done in a short time. It would make them feel good - It would result in a glow of satisfaction. The next time it would be easier. It is just the matter of starting.

If you should call someone on the phone, it's just a matter of lifting the receiver and dialing the number - the hard part is done.

The so-called psychology of it you will come to understand.

Overcome the initial inertia and the task grows simple - Procrastination dies a natural death.

Act! Gain confidence in yourself and the law of reflection will work - the world will gain confidence in you. The world is like a mirror. We see objectified in it our deep sincere mental attitudes.

Read understandingly the front cover of Instruction 38 and then the text.

Your mental attitude is the spirit in which you labor.

Work not in the spirit of fear but in the spirit of faith, for truly FAITH is the substance of things hoped for, and that which you greatly fear will come upon you.

It works! - Put it to the test.

THE ORDER OF THE ESSENES

By

S. Hamner Davis



THE Essenes

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INSTRUCTION NO. 38 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

" A HUMAN SOUL MAY BE THOUGHT OF AS AN OPENING THROUGH WHICH INFINITE ENERGY IS SEEKING A CREATIVE OUTLET. IF THAT OUTLET BE A CLEAR, OPEN CHANNEL, ALL IS WELL. IF, ON THE OTHER HAND, IT SHOULD BECOME OBSTRUCTED BY ANY MEANS, THEN THE INFINITE ENERGY, THE LIFE FORCE, IS FRUSTRATED, DAMMED BACK -- AND ALL SORTS OF LOCAL STRESSES ARE SET UP IN THAT SOUL: AND THESE WE SEE AS SICKNESS, POVERTY, FEAR, ANGER, SIN, AND EVERY KIND OF DIFFICULTY.

NOW WE ARE IN A POSITION TO UNDERSTAND WHAT THE REAL ART OF LIVING MUST BE. IT MUST BE TO MAKE THIS CHANNEL CLEAR, AND TO KEEP IT CLEAR. ----"

EMMET FOX

BRINGING SPIRIT DOWN TO EARTH

As a basis for understanding Life Science we must observe that development, growth and unfoldment is a fact. It is true in all nature, in the physical man - in the mental man, and the tremendously important fact is, it is true with respect to the consciousness, the intangibles, the subconscious, what religionists call the spirit or the soul -

That man fails to grasp just what the spiritual essence is - that it is - and its contact with what we term the powers of the universe or omnipotence, is the reason why the study of man - the science of man - life science, in this day and in these times, is a transcendant need, and vital to further progress -

Why is it difficult for man to understand spirit? You go to a concert, if you love music, as it progresses you catch the spirit of it - you thrill to it - you are lifted up by it -

You go to hear a great lecturer or orator; as he develops his theme your attention becomes centered upon his utterances -- it is not words that strike you - it is ideas - you get the spirit of it -- Your heart beats faster - you burst forth with applause - your feelings are aroused - You have tangible physical results, increased blood pressure - you have spiritual changes - your emotions are aroused - The feeling or spirit of the speaker has permeated your whole being -

Again, you go to a meeting where the discussion is with respect to troubles, friction, war problems, economic difficulties --- The prevailing sentiment is fear, resentment and complaint. You get the spirit of the meeting - your thoughts are centered upon the past, upon the negatives, and the intensity of feeling held by those about you, or expressed, engulfs you -- you are depressed, dejected, discouraged, perhaps anger and hate are aroused, and the life principles immediately throw into the system the corresponding poisons which accompany that spirit -

Again you can sing, and singing about joy - about happiness - about love - you put your whole soul into it, - you do it feelingly - and the spirit of joy is in you.

You say of some person that he puts spirit into his conversation, that he throws his whole soul into his effort; you even say of horses, that they are spirited animals - You say that you like the spirit of suggestion, or that you do not like the spirit of someone in connection with some of his efforts.

You say "He entered into the spirit of the occasion." Your whole language shows that you recognize spirit - and yet when you see poise, charm, wisdom, personality and power in another, and one says that they are highly developed spiritually - it does not register -- Your mind seems to wander in a daze, or a fog - and you think of it in terms of anything and everything, except what it is -- an attribute or quality every individual possesses inherently - in some permitted and encouraged to grow, develop and unfold, but ever a fact or truth of life. Within you is the Kingdom -- You have to come to it for the creative power that is all, and that brings all into manifestation - yourself included -

Reread front cover of Instruction Number 25.

Truth is all about you - as nature, as law, as life, as growth, as beauty, as love, as power - Look not with unseeing eyes - recognize the good - the life principle in everything and every body - - perfect your spirit - your attitudes, your feelings, your emotions and your desires and you can transmute them into higher values, and you will neither be ill, weak, poor, friendless, nor will you lack in anything -

We often say that "It is the spirit in which a thing is done" that measures the results. Therefore spirit must be very real and actual because by the spirit of the action are the results obtained.

Spirit is coming into its own, with the intellectual, it is being accorded recognition in all literature. In the book "The Man Nobody Knows" by Bruce Barton, is found this comment with respect to Jesus - - "There came the majestic conviction, which is the very soul of leadership, the faith that his spirit was linked with the eternal" - It was then and is now the "soul of leadership" -

Every science has its technique of investigation. Every principle accepted must have some form of test of its soundness and proof that it is principle and not theory. Each student is a laboratory unto himself.

The efficacy of spirit is demonstrable.

In many the approach is wrong. Some desire or pray that they may have friends -- fighting loneliness, whereas the idealizing principle should be exerted to the acquiring of the qualities which would attract friends - studying the art of friendliness - - learning love of fellow man and its true expression, desiring ever to be a friend - to say and do that which would bring joy and happiness to another or be a source of encouragement or an inspiration.

The effective way to materialize desire is never to think in terms of getting friends or anything else - but in terms of worthiness of self, of deserving, of preparedness to receive and thus acquiring the spirit of the things sought - and the consciousness of its is-ness, and not of its is-to-be-ness.

Truly material blessings are wafted to us on the wings of the spirit of giving or service. -

In an analysis of some of the things we desire, let us be certain that we, like the man who seeks equity in the courts of the land, come with "clean hands" -

Perhaps you are resenting, fault-finding, nagging, disagreeable complaining -

Make sure that this is not a reflection in the mirror of life of some of your qualities -- Perhaps your closest friend in an analysis of you would point that out as your great fault or failing -

Can you not see that that is a matter of spirit - a spirit of resentment? -

Again you may want to correct the shortcomings of or make over some other person, to change another, to force compliance with some rule or standard you may set.

If this be so, look about you and see if you do not find that among the most unhappy persons of earth are those who want to change or correct some one else - - and as a study in human nature observe closely and see if that which they

desire to alter is not a projection of some of their own shortcomings -

It is too often true in life that those who judge condemningly of others, are discerning faults that they themselves possess and have projected, like the movie projector puts a picture on the screen. Here, too, the matter of spirit manifests.

The dishonest do not ascribe honest motives to another - The greedy, grasping, and avaricious think that all others are thus constituted and they ever view them with suspicion - Is it not ever so simple to see that the point of correction is the within of the dishonest, and that a change of spirit would work a transformation? It is easy to see that with a change from greediness to generosity, that suspicion would be changed to confidence, and that the returning tide would bring its rich rewards.

A great truth is thus brought home to us most forcefully - Change must take place from within outwardly and the great proving ground is within ourselves - and not in another - The spirit is within us.

Seek ye first the right-use-ness within - and all else you shall receive -- It is not a matter of striving -- It is a matter of letting. From the beginning of the world and the single cell life in the waters, to the present day, all nature, the life principle, and the all-power, has worked for good, for perfection, so just let it --- The only interference in man is in wrong thinking - the spirit in which he lives.

In the Silence - In relaxation - In calmness and serenity - and in meditation - you will find your strength. You may be certain that if you will just open the door of your mind - and confidently expect the answer to your problems, the answer will be forthcoming. Make sure however that love, the universal solvent, is the spirit of your seeking.

How to attain this realization of spirit, or our soul, and how to contact the infinite, is our problem. The world's condition today presses for a solution.

In "Sadhana" by Rabindranath Tagore, it is said, (and we repeat what you should have seriously studied on Page 2, Instruction 23:) "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."

"When we select for observation a limited area of our activities, our individual failures and miseries loom large in our minds; but our life leads us instinctively to take a wider view. It gives us an ideal of perfection which ever carries us beyond our present limitations. Within us we have a hope

which always walks in front of our present narrow experience; it is the undying faith in the infinite in us; it will never accept any of our disabilities as a permanent fact; it sets no limit to its own scope; it dares to assert that a man has oneness with God; and its wild dreams become true every day."

"We are on our way to overcome disease and death, to conquer pain and poverty; for through scientific knowledge we are ever on our way to realize the universal in its physical aspect. And as we make progress we find that pain, disease, and poverty of power are not absolute, but that it is only the want of adjustment of our individual self to our universal self which gives rise to them."

The instructions of the Order of the Essenes are of untold value if from them you are prepared for this understanding.

* * * * *

THOUGHT GEMS

Of course, we are unhappy only because we concentrate our attention on things that we believe cause or represent unhappiness. It is easy to see that unhappiness is a state of mind, for only in mind is the experience possible. But not everyone knows, and not everyone who knows always remembers, that in mind is the cause as well as the most unpleasant part of the effect of his mental state.

* * * * *

Cultivate joyous expectancy, instead of ominous forebodings, anticipate happy surprises rather than disappointments, expect kind and thoughtful expressions from others instead of slights, insults, and hurt feelings, count upon good fortune and good news, instead of bad luck and bad news, and then watch for better experiences to come to you.

* * * * *

The way of fortune is like the milky way in the sky; which is a number of small stars, not seen asunder, but giving light together; so it is a number of little and scarce discerned virtues, or rather faculties and customs, that make men fortunate. - - Bacon.

* * * * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

A new world is in the making! Undreamed of readjustments lie ahead for all mankind and every realm of human thinking and endeavor will be effected by the revolutionary changes near at hand. We would term it the transition from the machine age to the mind age.

We look upon that which is taking place in the world as a vast preparation for a new way of Life. This is reasonable, because the world has ever been advancing and all that we see and know is material evidence that there is an infinite plan and that all things are ever working for perfection, and man is but an instrument or a channel for infinite expression.

Electricity we know can be utilized for the creation of light or the creation of heat. What the world needs today is more light and less heat. Let there be light! This should be the affirmation of every individual, and he should visualize that Light means understanding and that Understanding means Freedom from the bondage of fear, worry, and negative thinking and destructive action!

In our last letter to you we stressed ACTION, and we have faith that those who have advanced to the Thirty-ninth Instruction appreciate that these truths accepted, give to the serious and earnest Understanding, Encouragement, and Inspiration, and that you as an earnest student will come to know the joy and happiness which is a natural result of being a part in this great movement and helping to spread the Light of Understanding.

Do not worry or have fears with respect to the daily events chronicled in the press. The night may be dark and it may become darker still. This is but the darkness that precedes the dawn and the advent of a better world.

Those with true insight can appreciate that in the new day those who have this understanding will be the triumphant of earth, and the mantle of leadership will naturally fall upon them, and in the fellowship of those who have equal understanding there will be a sustaining strength.

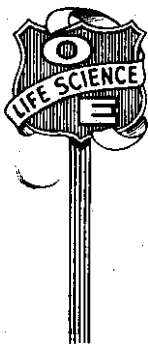
Instruction Thirty-Nine should give you a greater appreciation that you can syphon the power to do, be or have from the Infinite, and give you the realization of your Unity with the Universal.

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 39



THE Essenes

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INSTRUCTION 39

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

EACH INDIVIDUAL MAINTAINS HIS IDENTITY IN LAW, THROUGH HIS PERSONAL USE OF LAW, AND EACH IS DRAWING FROM LIFE WHAT HE THINKS INTO IT. TO LEARN HOW TO THINK IS TO LEARN HOW TO LIVE. MAN, BY THINKING, CAN BRING INTO HIS EXPERIENCE WHATEVER HE DESIRES IF HE THINKS CORRECTLY. THIS IS NOT DONE BY HOLDING THOUGHTS, BUT BY KNOWING THE TRUTH. THERE IS A VAST DIFFERENCE, A DIFFERENCE WHICH TOO FEW REALIZE.

THE TENDENCY OF MODERN THOUGHT IS TO RETURN, BY THE ROUTE OF INDUCTIVE SCIENCE, TO THE GREAT SPIRITUAL DEDUCTIONS OF THE AGES -- THAT ALL IS ONE.

--- ERNEST HOLMES

TO THE STAGE OF UNITIVE LIFE

We do not have to wait for a milk man or ice man or a delivery boy to bring us the morning light, we awaken, open our eyes and there it is; neither do we have to have anything delivered unto us to comprehend the infinite. We just submerge self, open our minds, and there it is -- Infinite wisdom - Infinite love, Infinite power; the answer to our every problem -- our prayers fulfilled. The great secret is to submerge self -- to have an "infinite consciousness" -- and that stated as a mathematical equation is: Forgetting self, plus giving in every thought and deed, equals realization of inexhaustible supply.

In physics we are familiar with the syphon. There must first be an out flowing, which creates the vacuum, which gathers in the fluid at the source of supply by suction.

Once started, fluid does run uphill - to be discharged at a lower level.

Let us contemplate the parallel. Thoughts of self constitute the column of fluid in the syphon -- We release it, (forgetting or submerging self --- it flows (we give). There is a vacuum created (our needs are expressed) and the supply flows. The infinite supplies the finite (from the higher to the lower level).

It is so, even though there must be an overcoming of the law of gravity and it must flow upward first (our constant giving is the overcoming principle).

With an "infinite consciousness" we harbor no fears, we anticipate no lack, there is a unity between us and principle and universal laws. We realize we are part and parcel with them -- we operate and direct their course by our conscious thinking -- but we know that directions must be followed, just as directions for operating things mechanical must be followed to make them function. The directions are plain and simple -- "Seek ye first righteousness and all else will be added unto you." And why not? All Nature works for good - for perfection - for right-use-ness, and when you are working to that end - that unites You and the Infinite.

The love principle unerringly points the way of right-use-ness (righteousness). Love of good - Love of service - Love of fellow man -- an all encompassing Love that can focus upon the inherent, inborn, natural good, though the surface or expression has been marred by misunderstanding or misdirected efforts, whatever the cause may have been.

Thus was born the expression, "One with God is a majority." In all that we do, if we just keep our minds on the infinite - that there is an infinite - and that all burdens and all problems have a purpose, and are not to be a matter of concern or worry, but are just elementals that go into bringing about the ultimate good - though you understand not at the time - we can face them with joy and anticipation. You have learned that to expect a happy ending -- to confidently expect it - is one of the power elements that helps bring it into being.

With a complete understanding that there are things spiritual - and that we have within us the ability to measure them within ourselves from a quantitative as well as a qualitative basis, although there may be as yet no accepted standards whereby another may evaluate them, we realize they are the most vital and important things in life. This constitutes knowledge. We not only say it is so -- we know it. -- Then must follow right-use-ness. We must develop spirit - by exercise, use, and expression.

The world will recognize the subtle effect, be influenced by it, and accord it recognition. The fact that it has no specific gravity or quality for human measurement does not make it the less real.

Most human beings are like cattle - they have the herd instinct; they wish to conform to the mass consciousness. They relate spirit to the dead. They deny its reality because there are no human so-called scientific, instrumentalities for evaluating it.

As late as the period of the Renaissance - less than two hundred years ago, chemistry was a hybrid, part science, part religion, and part magic, and had no instruments for measurement, weighing or evaluating elements.

Upon the work of Roger Bacon of about 1268 A.D. and his opus majus, and of Paracelsus (Phillipus Aureolus Theophrastus Bombastus von-Hohenheim) in the early fifteen hundreds, and Robert Boyle of about 1650, and of Georg Ernest Stahl, with his phlogiston, who was for nearly a hundred years the demigod of Science, the inspired prophet of a perfect theory (which fell), Joseph Priestly, - Henry Cavendish and Antoine Laurent Lavoisier in about 1768 gave the world its first means of weighing and evaluating the elements such as oxygen - hydrogen and other elements. Before that date it was a matter of superstition, and wild conjecture, and uncoordinated speculation, and false theory.

In our modern world chemistry now occupies a key position. Without it civilization would fall to the ground - and yet the real science of chemistry is less than two hundred years old.

In that period our minds have been devoted to the material, to invention and discovery with respect to things, but scant indeed has been our study or research with respect to mind, which is responsible for these things, with respect to our thoughts, which are the seed of things, with respect to emotions, feeling, spirit, the motivating influence and power behind our thinking and action, with respect to man himself in all his aspects.

The great science of the coming days will be the science of man - Life Science.

What we call the sciences had to battle every foot of its progress -- It was fought by religionists and by the organized church.

The sciences are now something of an established church. They have their endowments and institutions. There is apparent a great danger to progress. Perhaps science itself will become a conservative dogma desperately and ferociously opposed to a new kind of thought growing out of modern philosophical physics, or the still-to-be-discovered phenomena of the mind.

An education which consists wholly of knowledge getting, and in which the training of the emotions and character constituents are entirely left to chance, is not calculated to fit a man or woman for the delicate complications of personal relationships, or for the rough and tumble of life in trade and the professions.

Intelligence is almost useless to those who possess nothing else. The pure intellectual is an incomplete human being. He is unhappy because he is not capable of entering the world which he understands.

There is such a stage as unitive life, when man is conscious of being in, of having come from, and being a part of the universal. In that consciousness man acts with and manifests and expresses the omnipresence we call God.

From "Man The Unknown," by Alexis Carrel, let us give you a few scattered expressions which definitely fit in with the lesson we are trying to bring home to you.

"In the absence of concentration, intelligence is unproductive. Once disciplined, it becomes capable of pursuing truth. But to reach its goal it requires the help of moral sense. Great scientists always have profound intellectual honesty --- They never seek to substitute their own desires for facts, or to hide these facts when they become troublesome. The man who longs for the contemplation of truth has to establish peace within him. His mind should be like the still water of a lake."

"The happiest and most useful men consist of a well integrated whole of intellectual, moral and organic activities. The quality of these activities, and their equilibrium, gives to such a type its superiority over the others. Their intensity determines the social level of a given individual. - - - "

- - - "The development of complete human beings must be the aim of our efforts - - - - Humanity has never gained anything from the efforts of the crowd. It is driven onward by the passion of a few abnormal individuals, by the flame of their intelligence, by their ideal of science, of charity and of beauty. - - - Organic modifications are observed to correspond to the succession of the states of consciousness - - - Mind and organism commune in man - - Man thinks, invents, loves, suffers, admires and prays with his brain and all his organs."

After journeying this far in the teachings of this Order, we trust that of your own accord you have concluded that the worthwhile search and endeavor to which you should bend every effort is to the discovery of your real self. - The real You of your being - (reread Instruction #1). That is the one thing which when known, all is known; which when found, all else is within your reach.

We are just completing an age or era in which man has focused the light of his thinking upon material things. He has set into motion a race consciousness which has separated man and nature. When we have spoken of "human nature" we have mostly done so in connection with perverseness, obstinancy, contrariness, petulance; - we have put a wide gulf between nature and human nature, between the individual and the universal.

We have during this age, given encouragement to the idea that man and nature were at war. We speak of "wresting things from nature" as though the bounties of nature were the prizes of conquest, and life itself were the laurels of Victory in a battle with the elements, - and our wealth and property rights came about by subduing or overcoming nature.

Even superficial thinking should call forth praise, gratitude and thanksgiving, and a whole-hearted recognition that all we have and are is nature's gift - and that the principle of cooperation and not combat, and that the laws of love, of good, of reciprocity, of giving and balanced compensation have produced our states of civilization, material, mental cultural.

Only by harmony between the individual and the universal has man achieved - it could not be otherwise, for the laws that govern the universe include man. The whole world and man are included in one great truth principle.

We now know that there are no two thumb prints in the world alike, and it is likewise true there are no two individuals alike. Each a different character - each a different personality. It is true whether you know it or not that the cells of the body of each individual are different.

That is easy to understand when we realize that every thought we think has its effect upon the cells of the body - and each individual is a law unto himself as regards his thinking.

Each came out of the infinite, as an expressing medium for the infinite - Each remains in it - and none can be separated from it. Each puts into and takes from the universal, expression.

What is the means or medium for this putting and taking? - Man's thinking. - Thinking is power. It is action. It is contact with universal -- it repels -- it attracts -- it is very real. It is the determining factor in man's well being, - physical, spiritual, and material.

As James Allen says. "Tis true that mens thoughts blossom into deeds, and his deeds bear the fruitage of character and destiny. Thoughts have a way of externalizing in words, actions and accomplishments. Sorrow and gladness, suffering and enjoyment, hope and fear, hatred and love, ignorance and enlightenment are solely mental conditions."

"Life in its entirety proceeds from the mind. Inward processes of thought make up the sum of character and life. All growth and life is from within outward; all decay and death is from without inward. - This is a universal law."

THOUGHT GEMS

If you receive little, it is due to your small capacity to receive, not to a lack or a scarcity at the fulfilling source.

Christianity began with one.

Never live in hope or expectation, while your arms are folded. God helps those that help themselves. Providence smiles on those who put their shoulders to the wheel that propels to wealth and happiness.

It is only the constant exertion and working of our sensitive, intellectual, moral, and physical machinery that keeps us from rusting, and so becoming useless. -- C. Simmons

The race of mankind would perish did they cease to aid each other.--We cannot exist without mutual help. All therefore that need aid have a right to ask it from their fellow-men; and no one who has the power of granting can refuse it without guilt.--Walter Scott.

Men are not to be judged by their looks, habits, and appearances; but by the character of their lives and conversations, and by their works.--It is better to be praised by one's own works than by the words of another.--L'Estrange.

Inward religion, without the outward show of it, is like a tree without fruit, useless, and the outward show of religion, without inward sincerity, is like a tree without heart, lifeless. -- Venning

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

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DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU:-

You are progressing. Intellectually, or in your conscious mind, you know laws and principles which put into practice can bring the realization of your cherished aims.

The question is - Do you have a spiritual grasp of them? Do your feelings or emotions prompt you to action? Do you have some fine resolves, and then fail to act?

Goethe gave some pertinent advice on this point, saying "Seize this very minute! What you can do, or dream you can, begin it! Boldness has genius, power and magic in it."

Now you want to be and we want you to be socially successful - make and have friends. It's simple. Study the other fellow. Forget yourself - You will not find the other fellow perfect. He is much like you. We are all just children grown up.

We are going to teach you how to acquire a good memory. The rules to acquire friends are like the rules to acquire a memory. Pay close attention - center your attention on him - find something in him of interest, be interested in him.

Harry Hepner says in "It's Nice to Know People Like You" that "persons who lack the feeling of belongingness often become enemies of mankind or appear to be perverse by nature. Sarcasm, 'barking', grumbling, scolding, self pity, gossiping and kidding are ways such a person uses in his attempts to be friendly."

So don't be like that.

To be really friendly feel friendly. Say the sincere and friendly thing. If you lack for something to say, ask a question and be a good listener.

We just cannot imagine one who masters Life Science failing in friendships. Such a one has within himself that which will just naturally radiate - and attract friendship, and giving of himself is second nature. That is the cement that binds.

We trust Lesson Forty will be helpful to you, as are all our instructions to those bent on making a life - to living a complete Life.

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 40



THE Essenes

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INSTRUCTION 40

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

" A MAN IS LITERALLY WHAT HE THINKS, HIS CHARACTER BEING THE COMPLETE SUM OF ALL HIS THOUGHTS. LET A MAN RADICALLY ALTER HIS THOUGHTS AND HE WILL BE ASTONISHED AT THE RAPID TRANSFORMATION IT WILL EFFECT IN THE MATERIAL CONDITIONS OF HIS LIFE. MEN IMAGINE THAT THOUGHT CAN BE KEPT SECRET, BUT IT CANNOT: IT RAPIDLY CRYSTALLIZES INTO HABIT, AND HABIT SOLIDIFIES INTO CIRCUMSTANCES - - - THE VISION THAT YOU GLORIFY IN YOUR MIND, THE IDEAL THAT YOU ENTHRONE IN YOUR HEART, THIS YOU WILL BUILD YOUR LIFE BY, THIS YOU WILL BECOME."

- - James Allen.

THE SOURCE OF ALL LIFE VALUES

Can any one state why the truth is true? It just is - It is an absolute.

Need we inquire why the whole world is a spiritual universe - including laws, principles, people, intelligence and the material? - This is another absolute. Why each responds to the other, no man can reason out. It is fact absolute.

How? That is another question. We can discover the reactions - and by our findings discover laws and principles, and in the process we are lead to the inevitable conclusion that man, the imperishable man, the real You, is purely spiritual. Being so, an absolute also, there can be no other conclusion than that the creative principle is spiritual and man is just that.

The material sciences have kept resolving things material into smaller and smaller units and it is now established and accepted that everything is from one source but in different forms of energy and manifestation (Now see and understand Instruction #33.)

In the beginning we told you to accept only that which appealed to your reasoning mind. There is no occasion for mysteries. Reasoning together, if all things therefore are from the universal source, or resolved to the last analysis; are spiritual, then that source must be altogether good - perfection - perfect life. Let us call it the building blocks of the universe, that we may visualize and deal with it understandingly.

Man can take perfect building material, and by poor workmanship, spoil it. He can take the finest of materials and produce a hovel or a palace - a work of art or a commonplace commodity. The result is measured by the use of the building blocks. If our objective situations in life are hovels instead of palaces, the fault lies not in the perfect material from which created, but in the use of it.

Suffering, discord, lack, disease and the negatives of our objective experience are therefore from a misuse of perfect material. There can be no other conclusion than that the building blocks of the universe, so to speak, are all good. All nature is the evidence.

All Good is the definition of God. Man is of this All Good, therefore God is in man. Being a free moral agent, he may manifest it, show it to the world in the form of perfect health, joy and happiness, and material welfare, or he may display it in distorted form, but behind it all is potential perfection. The good is in the laws governing manifestation, the eternal principles upon which the world is founded, and in the eternal substance of which and from which all things spring.

Perfect effects must come forth from perfect cause. Man motivates cause. To him is given the power to create form. The absolutes supply the material to fill his molds and bring into being, as he has designed. The pattern is man's; the fulfilling substance God's.

Heaven is not in the skies, a distant place, an abode in the hereafter. It is within you. You can experience it now in the degree that you are conscious of it. It is perfect order, eternal harmony, truth absolute, law immutable, creative principle. You are in it, it is in you, from it you cannot be separated. Your every thought directly affects it. It is cause. It causes or manifests for you in accordance with your reliance or faith, and from it you can bring forth health, joy, and supply, if by your conscious thoughts you give it an appropriate design or pattern.

You are the architect of your own destiny. If you would have attunement with the infinite, affirm as did another inspired, - "Build ye stately mansions, Oh my soul!" Then be very practical, and do not violate the terms of your affirmation.

See no evil hear no evil - speak no evil with respect to another. Do not set yourself up to be a judge with respect to your fellow man. Thoughts are cyclic - They ever return unto their creator.

No man can afford to think in terms of hatred, jealousy, criticism, condemnation, revenge, or punishment with respect to another, for all are incarnations of the one spirit - There is a unity of all Life. If you cannot afford to think in terms destructive you surely cannot afford to speak in that vein.

One of the most beautiful tributes that any person can pay to another is to truthfully say "I have never heard him or her say an unkind thing about another." If you never do - you will live your life in a heaven here on earth.

Strictly avoid saying, "I am filled with fear." "I am worried sick." "I am so unhappy." "I feel terrible." "I am getting old and feel weak." "I must be going crazy." "I am poor, I don't know what is to become of me." "Business is terrible, I give up." "Nobody cares a darn about me." "Suppose so and so happens - I am sunk," - or any other similar expressions. Metaphysically speaking, you are affirming the opposite of good, and in some degree you inevitably experience that which you affirm.

If you just firmly fix in your mind the fact that within you, and all about you is the principle of causation, that you cannot be separated from it, and that by your positive thinking you can make definite use of it - you can and will acquire the corresponding consciousness, and with it comes the power and the ability to be, do or have. This is the gift of Life.

We clearly mark the channels of the stream of life. By mental direction, worthy purpose, and with the light of love you can steer clear of hurts, limitations, and the confusions of life.

If you will live the life as taught by the Order of The Essenes in these instructions, you will not even be tempted to seek personality road maps, you will have magnetic and radiant personality, reflecting truly your character and individuality. You will have an unselfish desire to bring joy into the lives of others. That is a definition of love - without which personality is tarnished.

Note always that the teachings direct you to do something about you. If you see something in others you do not like, eliminate that from your life. By the process of elimination, you leave the perfect and unique individuality intended in the great plan - the real You. Personality and individuality become One.

Each must and does express. Perfect expression brings forth perfection. The perfect mold is filled with perfect material at the fountain source - the universal. Man's imperfections are defects in the form, and not in the substance. Man must accept his responsibility for he creates the mold and life processes fill it.

It should be a never ending source of joy - that life is evidenced by change - substance is fluidic, and it is given unto man to create and to re-create and every error all nature works to erase, and NOW is "In the beginning."

There have been many men who have devoted days, weeks, months and years to the endeavor to transmute lead into gold. These men were wont to call themselves

alchemists. Had their efforts taken the direction of the utilization of lead in new ways, they would have, through the service that it rendered, brought back into their experience all the gold they required.

It has been stated that man can create gold by turning the base nature of man into a higher state of expression. Each has within himself everything that is needed to make life valued. The one essential is to discover how to properly express ourselves.

The object of our study is that we may take our own nature and find out how to express it more fully and completely, that we may become of greater value to mankind. He who makes the great discovery and worthily expresses, experiences health, happiness, and success and is a true alchemist.

Steel has little value in its one pound weight. Yet take that same pound of steel and make it into hair springs for watches, and we have changed its value from a matter of a few cents to hundred of dollars.

It is but a matter of refinement and processing. Each is capable of self refinement, it is but a matter of the spirit in which we work, a matter of just a little more regard for all mankind, a little more admixture of the ingredient we call Love in our daily tasks.

The process - Do whatever you do in the spirit of a master - the best that you can do it. The gold in that particular performance, from the material point of view, may be nothing or very slight, but what it adds to you - the uplift - the consciousness of mastership transmutes base metal into gold in the great within - That which is within must come forth. The attainments of the truly great of all ages bear witness that this is the way and the law, - Cause - revealed.

Let us reiterate, -

In the performance of your daily duties, no matter how menial or how insignificant they may appear, try to sense and feel that that is a form of expression on the infinite, that it is a part of a great plan of preparation. Put expression into it. Be a master craftsman in that task. Perfection is the ideal. Doing your part in the best manner possible, even though no other is to judge of it, is a preparation for the larger tasks, and makes them easier.

Does that simple statement impress you - or would you have us dress it up in some ancient garb to strut across a stage to imprint it indelibly upon the mind? - It is important - It may be a waste of printers ink and a paper sacrilege but let us see---

"Verily we say unto thee that if thou wouldst fit thyself for a leading role in the play of life, the preparation consists in playing well the minor parts. Become master in little parts and greater parts will be assigned unto thee - The greatest mastery is mastery of self and this great art is learned only in the minor roles. All the world is a stage and thou art an expression of the infinite. Self mastery enables thee to better express - and when thou art master of self, there is a leading part for thee, for knowest thou not, that within thee is the limitless, thy God and thy heaven, and thou art a ruler -- a King in thine own Kingdom - and a creator in thine own right. Knowing and believing these things which every mystic and master hath told thee places a scepter in thy hands and maketh thee a ruler. Prove thyself to thyself in small matters and thou shalt come to rule extensively."

Your belief sets a limit upon your manifestations of the universal which of itself is limitless. It therefore resolves itself to the proposition how much

can you encompass in your consciousness - not only believe but have an awareness of, to the point of acting without fear or hesitation in the now-ness of the new conception.

If it be true, and it is, your limited beliefs and conceptions have brought about lack, strife, and discord, then a change of your conceptions will bring about a corresponding change in conditions.

It is just a case of aiming high, becoming as a little child, "make believe," "Let's pretend," "Let's play like," our cherished aims were a reality, and living in the atmosphere of the accomplished purpose, with full faith that it is here and now demonstrated or manifested.

This is nothing more nor less than a practical opening of the channels for the outflowing of the infinite - Remember always that there can be no expression of omnipotence nor omniscience except through the individual - and that there can be no other purpose in the great plan as we know it for man, except to express some part of the universal, because he is a part in it and of it.

If his expression is limited it is purely and simply because he grasps but a meager consciousness or awareness of his potentials, he is just a poor outlet - because man's contact and connection with the unlimited is through the mind. - - - and how is he to clear the channel, remove the restrictions and get clear and distinct reception from the All?

By preparation for receptivity - which means a living in accordance with the principles we teach - a study of the basic truths of life, and learning the processes of inductive and deductive reasoning. Then he must by playing in the minor roles, the sustaining parts of the play, demonstrate and prove the laws and principles, and their applicability in the every day affairs of life, and thereby come to know that he is a unit in the universal, a part of all knowledge, all power and all present. Then must he have his periods of Silence and meditation. Time for his visions to take definite outline, and for his desires and purposes to become concrete and to formulate both the means and the ends; time for a growth of confidence and the crystallization of a living faith; time to generate a determination by the application of will power to his own faculties (the only legitimate use of will power) to do and be, - universal, to the all knowing, for guidance and help, and in the Silence be receptive to the answer.

That last is most important. - Don't be in an outpouring state, be in a receptive state. There can be no coercion or forcing - It is a matter of "letting."

From our contacts throughout the world and an endless flow of letters, we find that the great majority "Just don't know what I want to do" - "Can't make up my mind what I am fitted to do" -- are without purpose or objective. Is it any wonder they do not progress - - - So busy doing. - They do not have time or will to meditate - to plan - to fulfill the first requirement we give in these instructions for accomplishment (See Instruction #13).

You are urged to have periods of silence. If done rightly it will be the most enjoyable and valuable periods of your life. It is a period of complete quiescence. By this is not meant a period of resting or relaxation. It is a time when you are alone, unconscious of the world of matter, meditating and contemplating a time when you are sedately quiet, with thoughts withdrawn from human activity, and with your individual mind united with universal mind, and you sense and feel the unity, and acquire an attunement with the infinite, self realization - and a consciousness of power of which you are a part, and which is yours to direct in the fulfillment of desires, which assay good.

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

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU: -

When you were a youngster did you spin tops? It seemed the top was spinning pretty fast, didn't it?

The earth is like a top. You are at one point, say at twelve o'clock noon - At noon the next day you will be at the same point approximately the earth having made a complete revolution on its axis. You have traveled something over 25,000 miles, the circumference of the earth, or at the rate of about 1250 miles per hour.

You think of that as tremendous speed - and it is.

When you were a child did you have a ball or weight on the end of a string, and swing it around your head?

Well, the earth is like the ball on the end of that string going around the sun. It takes one year to make the circuit, but the distance is approximately 372 million miles, so you and the earth are traveling more than a million miles a day or about 42,460 miles an hour around that circuit, or about 34 times as rapidly as your spinning travel - Now that is a tremendous speed - Over 700 miles a minute, or over 11.6 miles a second.

This is not theory or fancy. Anyone versed in Astronomy can verify the figures and the speeds.

That which is set forth in Instruction Forty-One is not theory or fancy - You can experience it. - If there is any straining or striving - any anxiety, fear or doubt as to the results, there will be none.

The last sentence in paragraph four, page one is the key - "follows naturally habitual journeys into the silence."

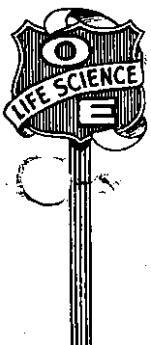
If you get this, it will be of untold value to you. In the straining, striving, tense world of today it is needed as never before. - Confusion becomes self-possession, calmness comes in a season of distress, hesitation and doubt give way to certitude - and you do come to the complete realization of your One-ness with the infinite - and the pathway to accomplishment opens up.

To be even a small part in taking this understanding to others is one of Life's greatest satisfactions.

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 41



THE Essenes

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INSTRUCTION 41

Insuring to the acceptable and accepted
HEALTH, HAPPINESS AND SUCCESS

TO ME SIN IS NOT AN INTEGRAL, ORGANIC PART OF A
MAN, LIKE HIS STOMACH OR HIS LUNGS, BUT IS SOMETHING
EXTRANEIOUS, ADDED FROM THE OUTSIDE, LIKE A BURDEN ON
HIS BACK OR DUST UPON HIS FEET - - - TRUE HE MAY VI-
BRATE TO HIS SIN AND GIVE COMPLETE AND UNRESTRICTED
EXPRESSION TO IT, BUT SO DOES A VICTROLA VIBRATE AND
GIVE UNRESTRICTED EXPRESSION TO A RECORD WHICH IS
PLACED UPON IT. ----

Glenn Clark

SET DOWN THE BURDEN - DUST OFF THE FEET - CHANGE THE
RECORD!

"It is in the silence all masters have learned mastery."

Emerson gave a key to the understanding of what can come forth from the silence when he said "There is one mind common to all individual men. Every man is an inlet to the same and to all of the same. What Plato has thought, he may think; what a saint has felt, he may feel. Who hath access to this universal mind is party to all that is or can be, for this is the only and sovereign agent." That is from the standpoint of a philosopher.

From the standpoint of a scientist, Dr. Alexis Carrel, we have it in this form. "Men of genius, in addition to their powers of observance and comprehension possess other qualities, such as intuition Through intuition they learn things ignored by other men they unconsciously feel the presence of the unknown treasure. All great men are endowed with intuition. This phenomenon, in former times, was called inspiration."

The all important thing however is that this "access to the universal mind," this "intuition," and this "inspiration," cannot come in the midst of mental confusion, it comes only in a pause, a condition of receptivity, and faith inspired expectancy. This attunement of the consciousness follows naturally habitual journeys into the silence.

Conclusive proof of the efficacy of silence and meditation is found in the fact that there never has been an outstanding genius in the arts, trades, professions, sciences or religions who did not have his periods of silent communion, even though he knew nothing of the laws involved.

If you would prove to yourself your one-ness with the infinite, that all that it is or has is yours - the way is opened unto you in the silence - and you have but to travel in that illumined way.

We have instructed you with reference to going into the silence. There have been many misconceptions with respect to this. There seems to have been a lot of nonsense published connecting this quiet, relaxed, still, calm period with occultism, and suggestions with respect to sensing colored lights, and something fantastic in the way of visions -

It is just so simple, you will miss the true purpose if you are consciously in a search for something. Again you miss if you are day dreaming your conscious objective desires and filling in detail of how it shall come about. Yet again you miss if you are sleepy. Silence periods are certainly not to be confused with unconscious periods.

You first shut the doors of the senses - meaning you are not consciously following an auto in the road or street, nor an aeroplane overhead. Nor are you consciously trying to hear the neighboring radio, or the children singing at the piano, or wondering why you don't hear them and speculating as to what they are doing, nor are you thinking of your corns or stomach ache, or stiff ankle. You just become oblivious to business problems, household requirements or problems that have had the center of the stage in your thinking. - The door of the five senses is closed.

Just dismiss these with this thought - "I am closing the book on conscious planning and searching - I am one with omniscience - I am going to tune in" -

If you are rigid, tense, tight muscled, or anxious, practice relaxation as we

have taught you, which is simply exaggerate the tension, get sure enough tense and then relax and let go gradually until you get the sense of feeling and knowing complete limpness and relaxation.

In this relaxed, let-go condition, with no sense of detail and with no speculation or wondering about what is to take place, just form definitely in your mind that you are in a cosmic sea of knowledge, of power, of supply - That it is through you - in you - that you were made out of it, are a part of it, and cannot be separated from it. That in it is health, happiness, abundance. That all that is, has come from it. It knows your needs and longings from your conscious thinking (you have followed the mental-chemical formula laid down). Now, what is the answer?

If it is health you seek, there will come no prescription nor routine directions. You will just feel that life forces always do work to the end of perfection, and there will come a feeling that they have been given the go ahead signal, and all obstructions are cleared. You will have a health consciousness - a knowing that there is a perfect cosmic you hovering about you to take its rightful place in the bodily you. There is hovering about you perfect form, perfect conditions and perfect functioning, desirous of taking its rightful place in your physical make up, and that a mighty force of billions of intelligently directed cells are at work preparing the house for the moving in of this cosmic perfect you - and the two shall become One.

The answer, in other words, will be in a Feeling - better than words. You might doubt that words came from the infinite - You can't doubt a surge of feeling. That you will know - just as you know the one certain thing that you are.

If it is happiness you seek, you will sense a feeling of lightness - a sort of love sense - a flash that everything is all right - a happiness consciousness. The language of the answer is unmistakable - it is not in words - it is a sensing, a feeling - a conviction. It is not going to leave you - it will hover about you when the silence period is over, and after awhile, in one or many consciousnesses. It becomes a working principle, subject to summons and practical uses at will - and you become master of your moods, your outlook, your thinking and your emotions, and are no longer slave to them.

If you seek the answer to a so-called material problem - a business move - a decision - a procedure - a mechanical adjustment - a source of supply - or a personal choice, your answer may take the form of a feeling or conviction that there is an answer to every problem, that there is a "way out."

Your spirits are lifted, the feeling of defeat, discouragement, inadequacy and inability seem to disappear, there is born a new hope - a new faith, self confidence, self realization - an expectancy that the answer will be forthcoming. This too puts the answer in an unmistakable emotional or feeling form. You have created a free channel through which the coveted solution may reach your conscious mind, and be translated into action. There is then and there born the attracting nucleus of a success consciousness - This grows in the natural order of growth, and when it becomes another one of the aggregate of consciousnesses, the solution of the problem is in process of materialization.

Countless are the letters in our files which in effect say that the student recognizes that it was a guiding hand of providence that put them in contact with this Order, and that in it, by it and through it came the answer to their longings.

It is called a flash of illumination. There is nothing said - It is something felt.

Doubt not. Illumination will come as you become more and more conscious of your unity with the whole, that you are actually one with omniscience, if your whole search is for the truth - for good - for a cosmic consciousness, for an interior awareness.

You are one with the infinite, and that very definitely means that you have all the powers that any other person on earth has or ever had. You, the real you are limitless.

This is not true unless you believe it. You either believe it or you do not believe it. Put it this way -- Until you do believe the powers of the infinite are resident within you, and available for your use -- you are believing that they are not.

That is not a complicated thought. You cannot get out of a chair and walk unless you believe you can. You cannot speak unless you believe you can. You can be hypnotized and told you cannot move your arm and you cannot. In that state you can be told you cannot speak and you cannot.

Now - Back to this illumination or feeling you get in the periods of silence. It is just an awareness or a consciousness that you can and will - be, do or have. You just "see the light of day" on the problem, so to speak - and it is very often accompanied by a sense of light - illumination.

To this point your problem or the condition still exists - You want the answer - the solution.

When you get this feeling - this flash - this illumination - If you will just realize and recognize it as a "pillar of fire" or an omen that the attractive powers of the universe are at work in every nook and cranny of the world to bring to you the idea, the influence, the situation or the person to meet the condition - you will be filled and permeated and impregnated with a living faith the very substance of the thing longed for.

In your daily life then you again tackle the problem, you still hold the desire in your heart, you give it sane, sensible thought, and your best business judgment. But now you do not fear and worry - You expect the solution - You go ahead preparing for the action to follow the solution - You act as though failure were impossible - You have prayed, "believing".

As if by chance, the idea comes - You see an advertisement - You read an article in a magazine, book or paper - a way seems to open. You meet some person, or some person just "out of the blue" gives you a lead or a suggestion - You intuitively recognize that at last the way is open - you follow through. Thus - out of the silence comes your heart's desire.

When you analyze all of this you find: (1) THE CONSCIOUS MIND contacts (2) THE SUBCONSCIOUS MIND, a part of (3) THE SUPER CONSCIOUS MIND OR OMNISCIENCE controlling (4) INFINITE SUPPLY OR OMNIPOTENCE, and (5) THE REAL YOU REVEALED - A CREATOR IN YOUR OWN RIGHT.

Triumphant Thinking leads to Triumphant Living.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

IT IS TREMENDOUSLY IMPORTANT
YOU GET THE FEEL

OF THIS INSTRUCTION -

You have often heard the expression "without beginning and without end." You perhaps think of that as difficult to understand. Draw a circle. You will find that when completed you have that which is without beginning or end.

Perhaps the earth being round or nearly so, and its orbit about the sun a rotary movement, and so many motions being circular or rotary, and a radio wave powerful enough circles the globe and comes back to its originating source, are object lessons.

Man's thoughts of love return to bless - Man's thoughts of envy and hate, to work his own undoing.

Bruce Barton ends his splendid book "What Can a Man Believe" with the story of Sir Christopher Wren, the architect of St. Paul's Cathedral in London, inquiring of three different men doing the same kind of work in the building of the Cathedral, "What are you doing?"

One responded, "I am cutting this stone." Another, "I am earning three shillings and six pence a day," and the third responded, "I am helping Sir Christopher Wren to build this great Cathedral."

Mr. Barton adds, "There are three ways of looking at life!

1. I am just cutting this stone.
2. I am only earning a living.
3. I am doing a small part of a great work.

"I have not seen the architect and I do not altogether understand the plan. But I believe there is a plan, so I work with good spirit, in which is no fear."

Vision - Desire - Faith and Determination resulting in Action, work seeming miracles every day - Most people don't realize it because they don't try it.

Read Instruction 42 understandingly - You have the tools of the Infinite - Use them - Share the results with your fellow man, and the dawn of the new day will shortly advance to a noon-day sun and the Brotherhood of Man will be at hand.

You can help to speed the day by helping to spread the understanding - Give and share - and thus tap the Infinite Source.

Sincerely,

THE ORDER OF THE ESSENES

By

S. Hammer Davis

Enc. 42



THE Essenes

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INSTRUCTION NO. 42 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"ALL TOO LONG HAS PRAYER BEEN SOLELY A PIOUS
RELIGIOUS EXERCISE WITH NO PRACTICAL MEANING
FOR THE EVERY-DAY NEEDS OF HUMAN LIFE; BUT WE
ARE AT THE DAWN OF A NEW ERA, IN WHICH THERE
IS BEING REVEALED ANEW TO THE RACE THAT PRAYER
AND FAITH ARE DYNAMIC SPIRITUAL FORCES WHICH
CAN BE USED TO TRANSFORM SICKNESS INTO HEALTH,
POVERTY INTO MORE ABUNDANCE, DISCORD INTO
HAPPINESS, AND SORROW INTO PEACE AND JOY."

THE SCIENCE AND KINETICS OF FAITH

Many are not willing to recognize metaphysics as a "science!" They feel that it is too abstract, that there are no scientific yardsticks with which to measure.

Every science is based upon principles - and principles are invisible and intangible. We know them by the results. Any scientifically proven proposition rests upon an immutable principle - unchanging and unchangeable.

All laws are invisible - the laws of physics, the laws of chemistry, the laws of mind, the laws of life. They are all equally tangible and demonstrable. Out of the invisible comes the visible always. There is one way to prove the laws of life as we teach them. - Try them - and leave out no element - just as you would leave out no element in a chemical formula in making a chemical test.

To think or assert that life itself is not based upon principles is to pro- pound that this is not a world of order and law, when every tree, flower, plant, animal and the rocks and earth itself prove by every manifestation that this is true.

If by the instructions we give you certain results can be obtained, certainly we must know with what we are dealing. If principle works for one it must work for all, otherwise it is not principle. Whoever puts two parts of Hydrogen, one part of sulphur and four parts of oxygen together (H_2SO_4) will produce sulphuric acid, whether he be the most ignorant or the most intelligent person on earth -- That's the law - that is principle. Why it does it the best scientist cannot tell - It just does.

Fear and terror - purely thoughts and feelings (intangible and invisible) put poisons into the blood stream. Why, no physician on earth knows - but it takes place, whether the terror stricken one be king, potentate or pauper. - That is a result.

Telepathy takes place - why, no one knows. Clairvoyance is an extra sensory power of some people upon some occasions. Why or how we know not. It just is and science recognizes it.

There has to be a principle or law back of it or we have to concede the un- thinkable - that this world is a chaos - and it is not.

People every day in this world and throughout the world are changing their personalities from the attractive to the unattractive and vice versa - posi- tive to negative - negative to positive. They have to deal with something to produce the change. There has to be a principle and a law. - Yet they say it is too abstract.

If any one can understand the principles, all can understand them who take the time to investigate.

Are men forever going to study the principles of mechanics, chemistry, electri- city and worship them to the exclusion of the study of the principles of life, of human relations, of man's relations to the infinite?

Each can think a thought and prove a principle or law - each can speak "the word" and prove a power principle. We need no lathes or presses, - we need no scales or measures. The tools are self contained within each researcher. We require no factory buildings or expensive plants. Man can prove to his own

satisfaction his unity with universal power - at his desk - at his home-
or underneath the panoply of heaven.

This research requires no dynamos or motors, no steam plants or Diesel plants -

The power is in thinking - and the contact is immediate with the original
source of all power - self propelled - unlimited - and available to all men
who become conscious of their selfhood.

The world moves by thought. Every invention is the result of thoughts. Every
business transaction originates in mind. By thoughts men and nations are
ruled. Health - happiness and prosperity are a result of it - and likewise
are sickness, sadness and lack.

Certain mental causes produce certain material results. It is the relation of
mind and matter then that we would study. Look up the definition of metaphys-
ics. It is the science of first principles.

It is our aim to prepare you for true fellowship with the spiritually enlight-
ened, those with an understanding of the rewards and responsibilities of con-
scious one-ness with the all pervading intelligence and power.

There is transcendent importance in the realization that thoughts are things,
are a fundamental creative element, are a force and a power as much so as
electricity, and with many of the characteristics of the hertzian waves, which
our radios transform back to sound.

Densely ignorant is the physician who does not know that fear, hatred, jealousy
and the horde of negative thoughts are the underlying causes of many of the
diseases he is called upon to treat. He knows full well that we can poison
our bodies by our thoughts -- actual, tangible, material poison, subject to ana-
lysis, and equally certain is he that organic changes are worked by thought forces.

When poisonous drugs are sold from drug stores, or poisonous chemicals or mate-
rials are packaged and shipped by manufacturers they are clearly labeled "Poison."

We have "pure food and drug" acts and supervising boards, departments, officers
and administrators without number. We have "boards of Public Health" and Public
Health officials in every little political subdivision.

But who is there to label destructive, negative thoughts as "Poison," who is
there to teach the sanitation of the mind, and that when we cleanse our think-
ing, we cleanse the channels of the body.

Who is there who ever weighed or measured a thought? It is neither solid nor
hard nor weighty according to mechanistic standards or "yardsticks," but does
that make it the less real?

Can any thinking man question that they influence and effect people? Business
is commerce in thoughts. Why do people buy anything? Because they think it
will be USEFUL in the carrying out of a purpose or that its use or utilization
will give them PLEASURE, or that by its use or by its resale they can PROFIT,
or that in its use will be found a source of PRIDE, or that it is a PROTECTIVE
THING and their sense of caution or cautious thinking prompts the acquisition.
These are the five buying motives upon which all transactions are based. A
motive is a WAY of thinking.

Truly our visible world is a thought world. All the things man has wrought
originated with a thought - All the things men do so originate. All of this

inevitably leads to one sane conclusion. All creation is thought objectified. The universal, unlimited, surrounding fluidic substance awaits a purpose. It is its mission to transform from the invisible to the visible. -- Purpose is directive, formative, and creative thought.

Man is endowed with the power of thought - directive, formative, creative thought, and when he arrives at true self realization, he is conscious that he is a Creator - and creative substance is his to commend. He needs but to formulate the objective - envision an idea and a purpose, and by desire project it into the circumambient sea of power and supply, and it comes to pass.

It is not man's province to inquire how or why. The laws of creation are set - They are undeviating - They work - They produce. This each can prove in his own life.

Thoughts are a creative energy which can and do form the human body into the likeness of health or disease. Thoughts attract and control creative substance and activities and by the right mental processes we can pour or attract this into the body or create them within it and send them to every cell, gland and organ, and so mingle them with every fluid and secretion, and influence every action in accordance with the laws of harmony and creation and build or restore abounding, vibrant health - even when physicians' skill has failed. We have witnessed it - we do witness it.

These instructions are read throughout the United States. For the moment we are going to give thought to the present modes of life and thinking in the United States.

The fact that a high percentage of the young men between the ages of 18 and 28 called into army service are found physically unfit, is a sad commentary upon our way of life.

By a population of 146 million approximately, we find there is spent annually millions of dollars for medicines - and medical care in all its forms.

The hospitals of this country are crowded with patients and it takes many thousand Pharmacists to compound and dispense the drugs administered. Our doctors, nurses and dentists are all busy in spite of the fact that all diseases of bacterial origin have decreased in a striking manner.

Very evidently, our mode of life is faulty.

This organization is not a cult. We have no reform crusades to foster but we do observe that modern life is opposed to the life of the mind.

Picture shows and television, cocktail lounges, liquor consumption, night clubs, newspaper reading of war and threat of war, murders, scandals, accidents and gossip, auto riding at high speeds in pursuit of pleasures, labor saving devices on every hand, magazines and novels filled with the froth of true thinking, sex conversations, our penal institutions costing three billion a year to maintain; our institutions for the insane over-flowing!!! Such a way of life!!!

Yet we see this NOT as a return to the black night of barbarism, but as it has been recorded in the great pyramids, and as it has been foretold by all the great sages and prophets in all tongues and in all ages, we recognize it as a series of vast preparations for a new world, a new order, and as the cosmic process toward a glorious dawn of a new day, and that a new world is about to come forth, and that there is a glorious future for mankind.

This new order shall be lead by those who have become attuned to the ways and means of the infinite. Triumphant shall be those who rediscover and reveal anew the Science of Life - man's unity with the universal, that man is a creator in his own right. Man, when freed from the poison of self seeking, gives and shares and the infinite source is his to draw upon. True brotherhood will surely come about — It is the ideal of all men; Hence must come to pass.

Father, Son and Holy Ghost - Trinity!
Symbols are these of man's divinity;
The units - mind, spirit and material -
Lacking one, there is naught of man to tell.

These the implements of creative man
Enable him to work out every plan;
By his thoughts he creates design and mold,
And by word the plan is to spirit told.

The spirit then relays it to the All,
And it, as is its nature, heeds the call.
'Twas by the spoken word the world began
And set the pattern for creative man.

When man is conscious of his native powers,
He worries not, There are no fearful hours.
Man is the rightful heir of all that's good;
His aim should be peace, joy and brotherhood.

The universal source, man can contact,
And by the process make each dream a fact.
It is by the great law that this is done,
For mind and spirit and supply are One.

Conscious of this Truth, man can bless the earth,
For of basic supply there is no derth.
When man fails to use the powers within
It is the world's loss and man's greatest sin.

That eternal laws are within your reach
It is our mission here on earth to teach.
Your best expression you can surely find,
By faithful study of the laws of mind.

* * * * *

Just Talking It over

We find that books on psychology deal with minds in general, everybody's mind. It is our aim to deal with your mind and above all else to help you to the realization that it is but a bay or harbor in the great mind ocean, is of the same qualities as the limitless, is affected by it, and that there is an ebb and flow between the two - more strictly speaking, they are one. A bay is a part of the ocean. The ocean includes all the bays. There is an inflowing and an outflowing. When you once grasp this picture, put absolute dependence in the unity of your mind with omniscience or the All Knowing mind, and cease your struggle for conscious solutions of problems, stop endeavoring to force your solutions, and open the flood gates at the entrance to your bay and let the solution come to you, having prepared for the receptivity of truth, your fears and worries are at an end - for truly you are in command of the wells of life.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

AGAIN TALKING IT OVER

WITH YOU:-

We give you in INSTRUCTION 43 an affirmation. - Please remember always that any affirmation that does not convey a picture - any affirmation that does not represent a complete, conscious understanding of the thing affirmed, and any affirmation that does not arouse and stimulate the feelings and emotions, is just patter - rain on a tin roof.

That is why we give you with the affirmation the facts of Life which you can consciously grasp - and they give you a foundation for the understanding that you assert that which is true.

Henri Bergson in his "Creative Evolution" says, "The living body is composed of unlike parts that complete each other. It performs diverse functions that involve each other - It is an individual, and of no other object, not even of the crystal can this be said, for a crystal has neither difference of parts nor diversity of functions" - - -

Continuing as a scientist to reach the conclusion that the metaphysician has always held, that man is one with the universal and is the heir to and possessor inherently of the powers of the universe, Bergson said "Like the Universe as a whole, like each conscious being taken separately, the organism which lives is a thing that endures. Its past in its entirety, is prolonged into its present and abides there actually and acting."

"Every day before our eyes, the highest forms of life are springing from a very elementary form. Experience, then, shows that the most complex has been able to issue from the most simple."

"That life is a kind of mechanism, I cordially agree. But is it the mechanism of parts artificially isolated within the whole of the universe, or is it the mechanism of the real whole. The real whole might well be, we conceive, an indivisible continuity. The systems we cut out within it would, properly speaking, not then be parts at all; they would be partial views of the whole."

This is the letter we suggest you read more than once - Then you can say with conviction "I am wonderful," - And it will come into your heart to desire that your fellow man may know that he too is wonderful, and we are all Brothers in spirit - parts of the whole!

THE ORDER OF THE ESSENES

By

J. Hamner Davis

Enc. 43



THE Essenes

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INSTRUCTION 43

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

WITH THE COMING OF EACH NEW DAY YOU ARE FACE TO FACE
WITH - "IN THE BEGINNING".

YOU CAN DO IT. YOU CAN HAVE IT. YOU CAN ATTAIN AND
ACHIEVE.

THERE IS AN OLD, OLD STORY ABOUT ONE WHO WAS WARNED
NOT TO LOOK BACK, AND VIOLATING THE INJUNCTION SHE TURNED
TO A PILLAR OF SALT.

"IN THE BEGINNING" AND ON THIS NEW DAY LET NOT YOUR
MIND DWELL ON THE UNHAPPINESS AND DEFEAT OF YESTERDAY.
CARRY NOT INTO THIS NEW DAY YESTERDAY'S LOSSES, PAIN, OR
GRIEF. DISCARD YESTERDAY'S LIMITING THOUGHTS.

LOOK NOT BACKWARD, WE ENJOIN YOU. - LIVE TODAY!

"I AM WONDERFUL"

"The law of mind, like other laws in nature, has to be used. But since it happens to be the greatest creative force we shall ever contact, and since it is absolutely receptive to our thought, everything depends upon what our thought patterns are like."

Who is there to deny that thinking has its laws and principles, and that they can be charted and proven? When the law is formulated it works for every man or it is not a law. The surest thing that we can know is that every man is subject to these laws - He will not be punished for a violation of them but he will be punished by the violation.

By the observance of the laws man can choose his destiny and attain his cherished aims. He will not be rewarded for his good deeds, but by them.

With eyes to see, we observe the law in operation. To know and heed them is the new aim of man in the mind era we now approach.

Most everyone has heard of or read of Dr. Coue' who taught the affirmation "Every day in every way I am getting better and better and better."

That, you will of course recognize as a form of auto-suggestion.

He put the suggestion in that form because he found that with the race consciousness and the limited understanding of most people, they could not with faith immediately proclaim "I am that" which they desired to be. Therefore he was bringing them to the point gradually.

That was good metaphysics, and beyond any question Coue' performed many seeming miracles.

If one would at some quiet time in the day, and each day, take a few seconds out and just say "I am wonderful" - "I am wonderful" - "I am wonderful", that would be very helpful in raising the "vibrations and tone of the body" and especially so if they were to do it knowing something of how really wonderful they are.

The study of the human body, and an understanding of the function of the various organs and glands and processes of the body, would enable one to say feelingly "I am wonderful."

Most persons are familiar with vaccination.

The object of vaccination is to give a person the disease vaccinated against in a very mild form. When this is done the cells and substances of the human body marshal an army to fight and overcome this stranger within their sphere, and they do overcome it and then they have a trained army to fight the thing, and when a person is exposed to that disease in the ordinary processes of life, he is immune to it

because the wonderful processes of the human body have built fortifications to withstand it, metaphorically speaking. Isn't that wonderful?

Those who become addicted to the use of morphine or opiates, to get the desired effects, have to keep increasing the amount of the drug administered because the antidote chemical factories in the human system, by production, are immunizing the bodily substances from the ravaging effects of the poison. Isn't that wonderful?

The life processes are harmonizing processes, meeting every condition and anticipating every emergency. Isn't that wonderful?

A disease, or a diseased condition is so to speak, a stranger and a poison within the portals created in the image of perfection and always endeavoring to bring about balance, harmony, and perfection.

As you should remember, in Lecture 32 we touched upon the miracle working sulfa compounds.

The observation was there made that these compounds merely weakened the enemy within the gates and enabled nature's process to win the battle over the weakened enemy.

Every such chemical, medicine, or compound introduced into the human body has what might be termed two effects, the one desired, effecting the germ condition or symptom, and the other is what might be termed a poisoning effect or a disarrangement of the natural processes, and then it is nature's job, and nature does overcome the germ or diseased condition and then eliminates from the system the foreign material introduced as medicine. Isn't that wonderful?

It is no longer a matter of mysticism that thoughts can quicken the pulse and stimulate heart action and the blood pumping processes. It is no longer a matter of conjecture that certain thought processes actually create poisons within the system, and it is not a matter of speculation that harmonious thinking tends to create harmonious conditions both within and without.

Certainly if a fear thought can kill a person, and there are countless authentic cases where it has, why should there be any wonderment or surprise or doubting when miracles of healing take place? Certainly if it can work to the extremes in one direction, it can work to the extremes in the other. Isn't that wonderful?

It may seem childlike to say "I am wonderful," and thus convey encouragement to the intelligence in every call of the body, but that Master Metaphysician, Jesus, often said "Ye must become as little children."

This organization makes no claim to being miracle workers, nor do we take credit for the countless seeming miracles that are reported to us as a result of understanding by reason of our instructions.

We give the credit where the credit is due, to Omniscience and Omnipotence. All Knowledge and All Power in which each and every one of us is immersed and bathed and live and have our being, and to the operation of immutable laws, and we further give credit to each individual whose conditions are corrected and who by his conscious thinking has set the laws to work as is the right and power of each individual.

We are now going to capitalize the secret of all seeming miracles:

"TO RISE IN CONSCIOUSNESS TO THE LEVEL
OF THE THING DESIRED AND TO REMAIN THERE
UNTIL SUCH LEVEL BECOMES YOUR NATURE
IS THE WAY OF ALL SEEMING MIRACLES."

You want health? Then don't think in terms of getting rid of gall stones or diseased conditions. That places your consciousness upon the condition to be rid of.

By the true laws of life, banishment of disease is not a battle, or fighting a condition. It is a process of substitution.

Get a consciousness of YOU as a perfect you. Just picture vividly in your mind that you go to a mirror and you look at the ideal you, which you have held in consciousness - and just imagine the surprise and joy you feel, that it really worked. Just live that picture. That is what is meant by "rising in consciousness to that level and remaining there, etc."

Do not confuse this with something you may have heard about "holding a thought." This is knowing and fully realizing a law, a working principle, the truth - and a compliance with it - and a rightful exercise of your inherent and inborn creative powers. That is the meaning of the symbolic expressions of "you and the Father being One." It works! The Trinity is mind (the ideal), spirit (consciousness), material (materialization) - Verily, "The Kingdom of Heaven is within you." Make it manifest!

You will note above that we said that the banishment of disease is not a battle, and yet before that we pictured the life processes as battling anything foreign within or attached to man's physical body.

The subconscious, a part of the superconscious, knows that process. The conscious man does not know it. He knows and observes the effects.

But man's conscious mind does control the subconscious and superconscious, and controlling it, and not knowing the inner processes, he has no business by his conscious mind, to be engaging in the battle.

That's why we advise that the ordinary person do not read medical books, and center his consciousness upon symptoms, diseases and disorders.

Running as a thread through all of these instructions you will find that if man centers his consciousness upon love, upon good, upon

truth, and upon principle, and gives conscious recognition to the fact that he is wonderful, and realizes and lives the knowledge that he is one with ALL, and that if we call the divine order God, that he is one with God, and as it was expressed by Jesus, he is one with the Father, then he has perfection within him and it will manifest in perfection. It is not his battle. It is the process of God.

So be as little children, and often say "I am wonderful," in the full consciousness that you speak the truth. To You we say You are Wonderful, and you may prove worthy of Fellowship with all those others to whom we give the word "You are wonderful."

When you are fully aware of the intricate and matchless performances of the within so marvelously and harmoniously synchronized - you can feelingly and knowingly assert "I am wonderful."

Every living thing depends intimately on its surroundings, and adapts itself to any modification of these surroundings by an appropriate change.

All living cells depend absolutely on the medium in which they are immersed. They modify this medium unceasingly, and are modified by it. They are inseparable from it.

Man is comparable to a living cell. He is immersed in a surrounding medium which he modifies, and by it is modified. Isn't it wonderful that man by his conscious thinking can control that modification?

Think how wonderful! Supreme intelligence is exhibited in every cell and every functioning within the human body.

The blood plasma contains proteins, polypeptides, sugars, fats, enzymes, metals and the secretions of all glands and tissues. Each cell finds in the blood plasma the food stuffs indispensable to its maintenance, and also substances accelerating or retarding its activity. Certain fatty compounds linked to the proteins of serum contain substances opposing the multiplication of bacteria, the antibodies. They always appear when the tissues have to defend themselves against invading microbes. There is in the blood plasma fibrinogen, father of fibrin, whose shreds adhere to wounds of blood vessels and stop hemorrhages.

How marvelous are the blood corpuscles. The red ones are tiny sacks full of hemoglobin - not living cells. The white ones are living cells.

The red ones as they pass through the lungs take a load of oxygen which they deliver to tissue cells. Simultaneously they unload carbon dioxide and waste products on to the blood. The white corpuscles float in the blood stream and have the ability to escape the capillary vessels, slip through their walls into the tissues and creep on the surface of all the organs of the body. The blood acts as a mobile tissue, a repairing agent, and is both solid and fluid, capable of going wherever necessary. It surrounds microbes attacking a region of the organism with a mass of leucocytes, which

fight the infection. It brings to the surface of a wound of the skin or of an organ white corpuscles of the larger type, virtual material for the reconstruction of tissue.

What do we not owe to the men who have spent their lives in scientific research to learn these things and who make us conscious of the marvelous properties of various gland secretions, and that we are in every part and cell wonderful?

Then stop to think! What do we not owe to those whose life work is to now teach that man by his thinking and his conscious states can enable this wonderful aggregation of parts, activities and organizations we call the human body to attain perfection - its end and purpose, so created by supreme intelligence. It should give a thrill, a feeling of exaltation, to feel that one is a contributing factor in a work so vital - creating health, happiness and prosperity!

Can you not truthfully assert - "I am wonderful!" - The very affirmation is mind at work. Try it. Make a habit of it. Believe it. Be-live it.

.... THOUGHT GEMS

Ed Bodin says "Jacques Romano, a chemist and world authority on iodine is said to reserve one hour of every day to go out and actually and physically put his feet on real 'earth.'"

In his youth Romano passed some time in a lamasery in the Orient. There among the unexcited, low voiced priests, he learned the philosophy, the science of soil strength. It is a wisdom known to all animals and primitive people, but civilized man has largely forgotten it. A dog knows by instinct. Ned Corey, nationally known kennel man says: "Shut a dog of any breed in a cement-lined kennel, where there is only a square yard of soil. Place soft blankets or pillows at convenient spots on the cement surface. The dog will ignore them. If left alone he will make his bed on the earth every time."

Many people intensely believe that there is some virtue in the soil which passes into the body.

"Commander Lemarc, middle weight boxing champion of the French Navy during the World War, would never dream of imitating what to him is an uncivilized practice. Yet he is numbered among the men I have known who insist upon standing on soil for some period at least once a day. -- Soil strength is no imaginary factor in human life. I do not present it as a panacea. But I do submit that the nervous breakdown, the whole chain of physical disorders due to jangled nerves could be prevented, if not treated, by this ritual. Once each day to walk in communion with the cosmos, feet treading confidently the life giving bosom of Mother Earth."

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DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU: -

"The existence of which we are most assured and which we know best is unquestionably our own, for of every other object we have notions which may be considered external and superficial, whereas, of ourselves, our perception is internal and profound."

"What are we, in fact, what is our character, if not the condensation of the history that we have lived from our birth - Thus our personality shoots, grows and ripens without ceasing. Each of its moments is something new added to what was before. Each of our states at the moment of its issue, modifies our personality, being indeed the new form that we are assuming. - - - - - We are, to a certain extent, what we do. We are creating ourselves continually. This creation of self by self is the more complete, the more one reasons on what one does."

That is taken from "Creative Evolution" by a scientist in the truest sense of the word, reasoning with respect to the proof that man is a creator.

In this course of Instructions we want to be eminently practical -

The world is like a looking glass - What you show to it will be reflected. This may be called the Law of Reflection. If you have confidence in yourself the world will have confidence in you.

If you are interested in other people, have a true love of your fellow man, they will be interested in you.

Can you who have advanced through Forty-four Lessons in this course say that there are not those who love their fellow man? Someone has made these lessons possible to you - knowing that they would be unknown to the recipient - that there was no way possible that you could repay them.

Whatever you have given to this work, you know is to the end that others may get that which will enable them to help themselves. Yes - those unknown to you - but surely you would not have given had you not received the greater value - An uplift - an inspiration - a better understanding of Life - a realization of your real selfhood and of your possibilities.

In the giving, you deposited in the within a sense of pride in the fact that you were helpful to others. That very feeling gave you greater respect for your sense of human relationships. That becomes a part of your personality and character. It must shine forth, and by the law of reflection will pay dividends spiritual and material.

Instruction 44 should add something to your store of wisdom and send you into the world mindful of Right-use-ness, and with the will to do the thing that will add to the sum of human happiness and with faith that laws and principles are absolutely impersonal - and that the Bank of the Universal never honors a forgery - but always pays in full to the true depositor.

THE ORDER OF THE ESSENES

B. H. Hamner



THE Essenes

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INSTRUCTION 44

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

THE ONE EVER-EFFULGENT STANDS CONCEALED IN ALL
BEINGS. IT PERVADES EVERY KNOWABLE OBJECT AND
IS THE INNER SELF OF ALL. IT IS THE WITNESS OF
ALL ACTION, THE ALL-EMBRACING RESORT OF BEING,
THE UNAFFECTED SEER, ALL THOUGHT, UNIQUE AND
WITHOUT PROPERTIES.

S'vetasvataropanishad

"By devotion to the material, man has come to contemplate with fear and trembling any prospect not insulated by the ease and the smug protection that money can buy, and in the process has sacrificed the spirit for the flesh." The study of Life Science can lead but to an ideology not based on superficial things, but rather upon something vital, profound, spiritual. Strange as it may seem this ideology will lead to health, happiness and the material welfare one would require.

A. J. Cronin says "Times are changing; values are in the melting pot, let us remember that God fulfills himself in many ways. Today man's best assets are his health, a stout heart, confidence in his own integrity. His only true capital is, was and always will be his soul. We must learn to look to life with a gaze less clouded, less afraid."

If these instructions taken as a whole mean anything, they teach that fear thoughts are destructive - that that which you fear most will surely come upon you. That man's thoughts are things - that the fulfilling source is subservient to mental seed men sow - that they are fertilized and materialized by the propelling force of man's emotions.

That metaphysical injunction by the Master Metaphysician -- "O, ye of little faith! Take no thought, saying, 'What shall we eat? or What shall we drink? or Wherewithal shall we be clothed?' " - - has come down through two thousand years unchanged. The whole history proves such expressed dreads and fears are poison in the cup of life, and no individual has ever demonstrated health, happiness and success whose mental brooding has violated that injunction.

Mind, spirit and supply are a trinity inseparably linked and ever subject to the immutable law that the fulfilling source must ever manifest in accordance with the mold and pattern given unto it. Yet man the patternmaker and mold caster, by his conscious thinking, continues to cast into the universal thoughts of doubt and lack and limitation, and mourns that by him and through him is reflected his offspring and his own creation.

The great hindrance to mastery is doubt - there can be no doubt when we realize our unity with the All - the fulfilling source, in which there is no lack or limitation.

Glen Clark, the author of "Fishers of Men" gives expression to these thoughts in the religious form in this manner, - "For God is so all-pervading, so all-infilling, that all we need to do is to empty ourselves of our own little self, and with it, our own little voice, and we shall hear his voice speaking through us -- The only thing that can keep God out is too great fulness of self."

If we remember the story of Solomon, he was told that he could have anything he might desire. Did he ask for riches? No. He asked for wisdom, for the truth which is another expression of wisdom. (Here we would have you note Wisdom differs from mere knowledge). With what results? Riches came from the Queen of Sheba - and other rulers and countless sources. The law worked for him as it will for you. That was seeking right-use-ness - - putting first things first.

The facts of life are all about you as nature, as law, as life, as growth, as power. If you would make life more beautiful, more worthwhile, you must not let your mind just drift. Thinking upon life principles can surely lead you to the knowledge that as you vision, you create a purpose. As you come to desire its fulfillment, your emotions prompt action, your will comes into play, and directs your conscious faculties to the task of creation and by that immutable law the purpose is fulfilled if it is for good.

By conscious thought upon the facts of life, your oneness with creative principles, and your power to set the pattern and form for creative substance, and your ability to consciously set the laws of creation into operation, finally dawns upon you - and becomes a part of you. This is creative consciousness. Nevermore are you just a creature - You are a creator in your own right - and being conscious of it, it shines forth in face, form and expression.

Then you are a true mystic - worthy of the fellowship of true mystics - many of whom are throughout the world in the arts, trades and professions. Here let us make it plain that he who claims he is a mystic, and takes upon himself personal credit, and works not as a medium of expression of omnipotence - giving credit unto good, to love, and to principle and recognizing man's unity with the universal, is not a mystic.

Science now knows, and to believe otherwise is to be uninformed, that all material substance is derived from the same source - the universal. This means that the human body is of the same material - from the same origin - the ever present - the surrounding.

In Lesson Number Two you read and definitely understood how one tract of land produces sugar, oils, turpentine, rosin, wood, cotton and various foods. Man eats the foods, cattle eat the grains and grasses, man eats the meat of the cattle. Follow the thought through. These things are ever on the road back to the universal. Man has not one atom of his body that is fixed or permanent or that is very old. They have gone back by the processes of nature to the universal.

Let us consider sodium nitrate, which we observed in Lesson Two. We put it in the soil as fertilizer, it aids plant growth - change - ever change - back to the universal. We take sodium nitrate, mix it with other natural substances - we make explosives - a spark, a blow or concussion - it explodes - back to the universal.

It is rich gold-bearing rock which contains two ounces of gold to the ton of ore. It is crushed or pulverized and possibly passed over quicksilver and the gold is absorbed into it, and then squeezed out mechanically, or it may be treated with cyanide of potassium - put into solution and then precipitated, or it may be concentrated and then extracted by heat.

In Lesson Thirty-Three we touched upon plating operation - gold in solution. The thing to be plated is immersed in it, and by electrical processes of attraction it receives a coating of gold, change - ever changing - and it all came from the universal as did you - trees - flowers - plants - animals - rocks. This is neither superstition nor supposition - It is fact - and the sciences can now demonstrate and prove it.

In the proof we find that the atom is a little world of energy in itself and that no two atoms in the universe touch. There is between them space, corresponding to the space between planets. They are played upon by laws - cosmic rays penetrate the spaces - they are intelligence laden and controlled by intelligence. Laws presuppose intelligence. Laws as discovered reveal intelligence - and it takes intelligence to observe and interpret the intelligence.

You cannot escape the conclusion that you came from the universal. You can observe and reason that your body, and your bodily nourishment and your bodily changes come from it - that is all there is - there can be no other source. You not only came from it, but it surrounds you, you are immersed in it, just as a fish is surrounded by water. You cannot get out of it - there is no escape, it is All.

Now that part is easy to understand, but we ask you to think about it, realize it, be conscious of it, and have it so fixed that there can never be a doubt about it. You may not sense just where this is leading but it is a part of the basis for the

most profound knowledge and a consciousness that can solve the world's problems.

Having firmly established that there is one source for all things, and that all things are here and now, the next step is to realize that manifestation is ever taking place, that what we call the immaterial is becoming the material, and what we call the material is ever becoming the immaterial, and that the law of the universe is change. Now if manifestation is ever taking place, and we can prove that the form they take is in accordance with the will of man, then we must recognize our kinship and our unity with the All.

In the field of agriculture, we can understand that man plants the seed. It is his will to produce a field of corn, and corn he plants, and corn is the crop. Man desires to produce cattle for human food. He feeds the corn to the animals and they, as is their nature, grow and thus following a different line of thought we find that man first obeys the law and then directs it.

By a study of all processes we conclude, and it is true, that the processes of nature display intelligence, but we must examine that form of intelligence. When we put food into the human body the cells, the organism, and the organs perform their functions and they know how to do and what to do better than any conscious mind ever perceived, but the objective is ever to work for good, to work for perfection and to harmoniously meet existing conditions. The intelligence therefore is deductive in nature and not inductive. It must and can only work with what is given it. The field cannot say when given corn as a purpose, that it will produce wheat. In the field of man the organism can only work with that which is given to them. The selection is by the conscious mind.

When the realization dawns upon us that manifestation is ever taking place, and that the direction and purpose of manifestation is not within the universal itself, but that it must come from a directing source that can inductively and deductively reason and determine, we must conclude there can be no creation without direction.

We are dealing with a substance that is all about in what we might term a fluidic state, and it but awaits purposeful guidance. When the objective has been given unto it, it ceaselessly pursues that object in accordance with immutable laws.

We now have two guiding principles - All that ever was or ever will be is here; Supply is unlimited. And next, all that we see and know and may desire in the way of material things have come from the ever present supply, and have come and could only come when plan, design, purpose and direction have been added unto it.

To solve the riddle of creation and to discover the creator and to complete the Trinity, we have but to search out the giver of the plan, and purpose, the speaker of the word.

Conscious that we are dealing with material-minded people, steeped in race consciousness and ever thinking with respect to the material, the effect, and giving little thought to cause and creation, we shall start our search for the creator with the observation of the material. The automobile you see going down the street is a thing of steel, of metal, of alloys, rolling upon rubber inflated with air. It needs no argument that it was all put together by men.

No depth of thought is required to realize that by men the aluminum was extracted from bauxite, the iron was mined and separated from the rocks, and the iron was refined and made into steel, and that the alloys are combinations of minerals put together by men by processes of heat and chemistry, and in accordance with laws, and that the rubber came from natural plants extracted by man and refined, and shaped by man. We know that the propelling power is gasoline, that it was made by a process of refining crude oils, and that the source of crude oil is decayed vegetation, and that the vegetation drew upon the universal by natural processes

when they came into being, and that the discovery and the refining processes and the production and distribution of this gasoline have all been worked out by the process of thinking, the observation of laws, the obedience of laws, and by the creative instinct inherent within all, but brought to creative purpose by inductive and deductive reasoning, by human intelligence.

So we find the automobile produced from that which in the process of time came from the universal in accordance with a plan and a purpose back of which was intelligence creating for an ultimate purpose in accordance with laws which could not be violated or countermanded by creative substance, which ultimate conclusion then must be that man united his intelligence with supreme intelligence. Man first observed the phenomenon or working of the law, and then by his intelligence, came to understand the law. He obeyed the law, and set the laws to work and fitted and adapted them to his plans of creation.

The radio was as much a possibility in the time of Jesus as it is today, but it is because man by observation, by meditation, by concentration, has mingled his consciousness with a super-consciousness and has brought forth an understanding of the laws and has complied with them and has demonstrated that man is a creator in his own right.

Greater than all the things that man has produced will be the universal, understanding among men that the great Trinity is the conscious mind in unity with super-conscious mind and all of creative substance, and the ability of all men to attain self realization, and to repeat with full knowledge of the truth, that "I and my Father are One."

* * * * *

THOUGHT GEM

The story is told of a beautiful emperor moth ruined by a sympathetic effort to help it.

The moth struggled for what seemed hours to force its way into the world through the narrow neck of the cocoon. Its struggle appeared so painful and so prolonged that a kind hearted person thought to ease its labor by snipping the opening of the cocoon with a pair of scissors, thus making the moth's egress easier. The moth was saved some struggle, but when it emerged its wings would not unfold -- they were shriveled and useless.

That struggle to squeeze through the narrow neck of the cocoon was nature's method of forcing strength into the wings to develop them for their work - and ignorant kind-heartedness spoiled it all.

It is no kindness to save either a moth or a mind the labor of developing its wings.

THE ORDER OF THE ESSENES

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DEPARTMENT OF INSTRUCTION

REVALUE YOURSELF
AND THE WORLD WILL

CONFIRM THE CHANGE-

Manchester Boddy, of the Illustrated Daily News of Los Angeles, in an editorial once wrote "There is one asset that ranks higher than government bonds, first mortgages, life insurance, or even pure gold. It is a well developed, sound philosophy of life. Aside from being the most valuable asset a man can have, it is the one asset that any man may acquire".

"Let us, then, face life and its many practical, everyday problems with the calm assurance that every day we are learning more and more how to live; not how to run away from living."

If one sorely pressed by trouble would record the fragments of thoughts that dart here and there through his tortured mind for twenty-four hours, he would be amazed at the strange assortment of meaningless words. Confronted with this tangible evidence that his mind, which alone can help him, had turned traitor and was doing all it could to harass and torture him, he would take stern command of himself and put his mind to work on a sane, practical program of relief. In the absence of anything else it would be well if he made it repeat, whenever vague fears and doubts seek to enter, a few solid truths. We would suggest these.

"No matter what I have done in the past, I have learned from doing it how to live in the future. Therefore my past will help, not hurt me."

"Character is what I am. Reputation is what people think of me. Very well. Let them think anything they may for the present. I am building within me the stuff character is made of, and soon character will overcome reputation and people will know me for what I am."

"I am constantly striving to live in harmony with my inner self and with those about me. Therefore, I will await the future with the calm assurance, that all will be well."

Back of every effort is a motive. Unless this motive is right, nothing that follows can be right.

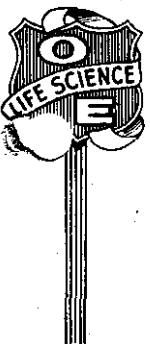
You are seeking a better way of Life. Your motive is therefore right. The rewards - inevitable.

Study Instruction 45. Revalue yourself. Be useful and helpful to your fellow man. Those who help to make this work possible know the warm glow of the heart that follows the act of helpfulness.

THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 45



THE **Essenes**

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INSTRUCTION 45 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

WE UNDERSTAND TODAY AS WE COULD NOT HAVE UNDERSTOOD
A GENERATION AGO, THE WONDROUS OPERATIONS OF THE SUB-
CONSCIOUS OR THE SUBJECTIVE MIND; THE NEW MEANING AND
THE POSSIBLE WORKINGS OF THE LAW OF SUGGESTION FROM
WITHOUT, OR OF AUTOSUGGESTION FROM WITHIN: AND WE KNOW
THE IMMENSE INFLUENCE THAT MENTAL ENVIRONMENT HAS UP-
ON THE INDIVIDUAL.

THE RELIGIOUS SPIRIT IS AT LAST GRASPING HANDS WITH
THE TRUE SCIENTIFIC SPIRIT AND IS MAKING CLEAR AND
PLAIN THE POSSIBILITIES OF MIND AND ITS POWER OVER THE
INDIVIDUAL.

TRIUMPHANT THINKING - MORE IMPORTANT THAN CAPITAL

Think of the almost inconceivable amount of mechanical force exerted to crack the atom and work the wonder of transmutation, then stop and consider that within the human system transmutations are ever taking place by the processes of thinking. The fear thought with its resultant poison - the joy thought with its nutritive and curative substances.

What is catalysis within the human system but a decomposition and a new combination affected by one substance acting upon a compound body, itself remaining unchanged. That is atomic change. What are enzymes but a chemical compound of animal or vegetable origin which causes chemical transformations in other compounds. That is a rearrangement of atomic structure.

By synthesis we proceed from the simple to the complex. Man within himself shatters the atom - hence has resident within himself undreamed of, undeveloped and unused powers. Every movement, every thought is the utilization of power. Matter turns into energy as positrons collide with electrons of nearby atoms.

We eat food - within the system many are the transitions. The vital elements are absorbed, the waste eliminated and the elements themselves are transmuted to forms of energy. Life itself is a form of energy (the constant endeavor of organisms to harmoniously meet existing conditions) and this by transmutation - and transmutation is the rearrangement of atomic structure.

Why then is an almost instantaneous cure by prayer or faith a miracle? Nay, it is natural, and so simple that man, looking ever outward, has failed to discover within himself his own divinity, his unity with the universal wherein is the unlimited and inexhaustible supply - nucleous - proton - neutron - electron - awaiting selection for combination - to realize and materialize as atoms and to combine with other atoms and thus give material expression of the infinite purpose.

Man's thinking gives to the nucleous, the central core or sun of an atom, its attractive and selective vibratory, circulatory or energy rate or whatever it is which determines the number of protons, neutrons or electrons which shall become a part of its miniature planetary system and thereby assume a given identity that it may fulfill the purpose projected into the all-filling and ever fulfilling fluidic surrounding something by the creator man.

Can you not therefore grasp that thoughts are things - because when once released into the circumambient they become - they are potentially. Never are they void and without effect, and enlightened man accepts his own creation - without complaint. Having conceived, he lives with the children of his thinking.

If the conditions he creates are not to his liking, he has this divine principle of forgiveness as his light. The same power that is given unto him by which he creates, carries with it the power to disintegrate.

Now is "In the beginning" - The new condition is without form and void, and but awaits the Creative word (which is your mental chemical formula of attainment, Vision, Desire, Faith, Will to Do, Be or Have and Paying the Price.) First will come "Let there be light!" (Understanding, attunement, wisdom, truth and right-use-ness). Next gratitude and thanksgiving that the laws of the universe are so just, so undeviating, so immutable that as man gives so shall it be given unto him and that only as man forgives is he forgiven.

The supreme gift to man - free will and free choice is liberty in its pure and original form and with it was given a self perpetuating principle - "Not for transgression, sin or violation of consciousness of good shall man be punished, but by them." As he sows so shall he reap. There need be no judgments. Man shall not be rewarded for his good deeds, but they shall bear an appropriate fruit, and by it shall he be rewarded.

The purpose of the instructions of this Order is to teach man to see clearly his real interests, to see afar the distant results of his deeds, to criticize and coordinate his desires out of a self cancelling chaos into purposive and creating harmony. This is Life Science.

Man, knowing that he is not to be judged, but that by his own thoughts and actions he prescribes his own rewards, and punishments and realizing that these rewards or punishments are inviolate and inevitable and appropriate, he should see the wisdom and the philosophy and the self compensating possibilities in the teaching found in every religion to the effect "Do unto others as you would have them do unto you." That is not a matter of religion, or service to God - That is good sense and self service -- and the beauty of it is - It works.

He who claims to be a mystic and capitalizes upon mysticism is not. Even Socrates did not claim to have wisdom, but only to seek it lovingly. Upon the frieze of the Temple of Wisdom is inscribed "If you would understand life's meaning - woo wisdom."

As one launched in the study of Life Science you can rest assured that you will attain your cherished aims if you but have a consciousness of and obey the principles we set forth. The way is plain - constantly review the instructions the way a religionist studies his Bible, and it will surely dawn upon you that it could not be otherwise.

You say you are beset with difficulties and troubles - you have doubts and fears, you can't see how to get out of the dilemma. It is an inherent desire of man to emerge from the maelstrom of daily circumstance. As Will Durant says "Our life is full of sound and fury" and "chaos is about us and within us."

Accept this - you get the understanding of these eternal principles and the way is open. You are united with us, and we with you. United we are one with the Universal - with Omnipotence.

Suppose you entered a moving picture theatre just as the feature picture was coming to its end. All that you saw of the picture was the happy ending. Because you wanted to see the whole picture you waited for it to unfold again. With the anticlimax sequence the hero is displayed as accused, surrounded by false evidence and all that goes to wring tears from the audience. But you, secure in the knowledge of the ending, remain calm with the understanding that regardless of the direction of the picture the end has already been defined. We have seen the end of the picture. Hence our assurance to you. Remember too the assurance that where there is united asking, it shall be done. So you remain calm, regardless of the direction of the picture. You may be surrounded by false evidence - but the end has been defined. Marshal your faith! Live in the is-ness of the happy ending - Your ideal made real - It is in accordance with the law.

You have already been instructed that expression means a pressing outward. Every accomplishment and every achievement and every effort and every form of work whether it be a trade, art or profession is expression. It is easy enough for you to understand that the orator, speaking, is expression, and too you can understand that singing is a form of expression. It is likewise true that the artist is engaged in expression as is the cabinet maker, the bricklayer, the sculptor, the carpenter and the ditch digger. Every ability, talent, knack, skill, or energy in use is expression. If any form of inherent power is being used by anyone, that person is expressing.

Comprehending this we arrive at a principle, and that principle can be very simply stated; To be, have or do, man must express. The action or movement is from within outward - first a giving, first a sowing, and then a harvest.

These instructions come only to those who have expressed a need and a desire. The great majority express a need and a desire for money to carry out some desire, and to the credit of most of them they add "with which to do good," - but just what that is, is in most cases vague and indefinite.

If it is money or means with which to do things that you desire, you must realize that money and means comes as a natural result from some form of expression - there must first be a giving, or a sowing. It is quite logical therefore that a solution of the problem must go back to the answer to another question and that question is "What can I do?"

If this question is of paramount importance, we want a practical answer. That answer must originate in the mind. You have advanced far enough in this study to know that if you give that question serious thought in the Silence, you will have the resources of the infinite working with you for a solution.

To be intensely practical you must inventory your assets and abilities as a merchant would inventory his stock. List the things you can do especially well. Then list the things you do fairly well, follow this with a list of things you could do which it would be a source of satisfaction and pleasure to do.

If you are seeking a solution of a life problem, it is not a matter for snap judgment or superficial thinking; it is something that calls for whole-hearted study. As you make these lists you will find that it will start your mind into activity.

Be assured of this. If you can think of some work or effort that is worthy and that you would love to do, you have the power to carry it out. Your ability is measured by your belief in that ability.

Review in your mind the past lessons with respect to the progressive steps in accomplishment. You first find what you can do and thus set your vision. Next you make a decision and you have a desire for that form of expression, you warm it with deep emotion and make it a "loving desire." Next you put behind it the faith power element, you confidently expect and determine to do the thing.

This is triumphant thinking, and far more important than capital. Following the formula you then determine to do the thing. You put behind it will power, always remembering that the only legitimate use of will power is within, exerted upon self, not upon others.

The last ingredient you then add - DO SOMETHING ABOUT IT. The law of Balanced Compensation is that no effort goes unrewarded, and that when you think and act for good and that which will be to the injury of no man, you are reinforced by, draw upon, and utilize unlimited power. There are thousands of useful things to be done, and great accomplishments of the earth have started in a small way.

Elsewhere in this course you have learned that "He can who thinks he can." Your need you state is for money or means. These come naturally as a result of expression. The great search therefore is and must be how you will express; what you will give to the world in the way of goods or service that will fill a need and a desire. Forget the ultimate objective, money or means, it comes as a result of law and order which exists throughout the universe. You chart your course of expression - Send out the ship - and on the sea of life your ship will return heavily laden.

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

DEPARTMENT OF INSTRUCTION

FROM THE ORDER OF THE ESSENES
TO ONE SERIOUS IN THE MATTER

OF SELF IMPROVEMENT -

Contemplate this: "A change in circumstances starts with a change within ourselves. Never before."

Some wise poet has said "It takes a deal of living to make a house a home."

"Hundreds of thousands of men and millions of dollars constantly are at work seeking to create better and ever better houses. Radios, comfortable furniture, heating and cooling systems, and innumerable other devices are continually being improved and brought within the range of the average pocketbook."

"But the sole opportunity of creating a home belongs exclusively to the people who live in the house."

"When a bulb burns out we call the electrician, who quickly supplants our loss. But when discord and neglect dims the light in mother's eyes, who may restore it?"

"The carpenter, the plasterer, the paperhanger and others are all at our beck and call to repair or rebuild when the house needs it. But who is there to encourage and comfort father when he finds the going hard and his ability to cope with fast-moving competition weakened?"

"When we buy a new mechanical device for the house we study the printed instructions carefully. We know that we must follow these instructions or the machine will not work." - This from "Thinking and Living" by Boddy.

Week by week - month in and month out, these instructions come to you. All credit to you. You are one who is not trying to make life's mechanisms work without studying the directions, and are happy in the thought that these instructions are being shared with others.

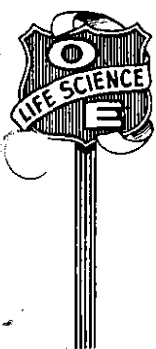
Change your conception of yourself and automatically change the world in which you live. Instruction 46 will help.

THE ORDER OF THE ESSENES

BY

B. H. Hamner

Enc. 46



THE Essenes

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INSTRUCTION 46 Assuring to the Acceptable and Accepted
HEALTH, HAPPINESS AND SUCCESS.

HEREIN WE DEAL WITH IMAGINATION. IMAGINATION IS A FORM OF AUTOSUGGESTION. IT GIVES TO THE SUBCONSCIOUS A PATTERN, A DESIGN, A WORTHY OBJECTIVE. THE SUBCONSCIOUS RELAYS IT TO THE SUPERCONSCIOUS. IT BECOMES A MAGNET TO ATTRACT FROM THE FOUR CORNERS OF THE EARTH ALL SIMILAR AND RELATED THOUGHTS. THE SUBCONSCIOUS - A PART OF OMNISCIENCE - IN THE SILENCE WORKS OUT THE SOLUTION. BY MEDITATION, AND IN THE SILENCE, THE CONSCIOUS MIND IS GIVEN THE TRUE ANSWER. THUS IS MAN A CREATOR.

EXERCISE YOUR IMAGINATION

In the attainment of health, happiness or success, there is a definite procedure as we have pointed out. The first step was the exercise of the faculty of visioning. This means that we must have imagination. The way to develop imagination is to use imagination. It is the law of the universe that man is given that which he uses. To develop muscle, you use your muscles. To develop your voice, you use your voice. To develop skill with your hands, you use your hands.

So, we suggest that you imagine something about everything you see -- just ordinary every day things of life. You now walk into your neighborhood grocery store and glance casually at the display of canned goods, etc., you make your purchase and leave.

The next time you enter the grocery store, don't give the display merely a passing glance, but look at it - really look - and imagine how the display could be improved. Would you move some of the items now displayed in the front of the store to the back of the store, and replace them with different type products? See, in your mind's eye, that grocery store with a new, different appearance. Imagine how you would arrange the rows of canned goods and packages and the bins of fruit and vegetables to attract the attention and excite the interest of customers. Imagine yourself changing the locations of the various displays and rearranging them, and all the while answering to yourself the question, "Why would it be better that way?" or "In what way is this going to be an improvement?" Many a store position has been obtained by one suggesting to the proprietor certain changes.

It was by just such exercising of the imagination that Clarence Saunders conceived the idea of the Piggly-Wiggly Stores, and created a fortune.

Whatever little thing you handle or see or use, just question whether it has to be that way. One man was working on the idea of a sewing machine, and he never could make it work because he just accepted the old-time theory that the eye had to be at the blunt end of the needle, and finally he began thinking, "Well, why does it have to be at the blunt end?" and he put it in the point and solved the problem of the sewing machine, and so today you have the sewing machine which you could not have if the eye were in the blunt end of the needle.

If you were going to be a farmer, what would you have on the farm? And how would you arrange it?

If, for instance, you had an excess of milk, what would you do with it? Figure out ways of using it, such as feeding it to pigs or chickens or making cottage cheese, take every other thing that would be raised on the farm and see what you would do with excesses, and figure out how you would coordinate every activity on this imaginary farm, and figure out why you would do each of these things. Then figure out clever ways of marketing the products from this imaginary farm, and new ways of packaging the farm products. Fortunes have come out of such things.

Whenever you see a product of any kind packaged in a certain way, try to figure out some other way of packaging it and making it more useful.

In the old days, toothpaste came out of a round hole in the end of a tube. One man made a fortune by making the outlet flat so that the toothpaste came "out like a ribbon and laid flat on the brush."

If you were going to build a house, how would you build it? Does a house have to have plaster? Fortunes have been made in inventing wallboard and ornamental material that could be put on the walls in sheets and in big blocks.

The designs of table knives have been changed. The blade is made smaller in new designs, because someone looked at the long blade and wondered if it had to be in that shape, and figured out that he didn't use but a very small part of the blade - the first three inches - and therefore he designed a new form.

If you work in a store and there are certain items that give large profits, put yourself in the position of the manufacturer of them and invent new ways of displaying them. Figure out new ways of calling them to the attention of people who do not now use them.

Look at the menus in restaurants when you go in and let your imagination figure out new kinds of menus and different combinations of food.

Figure out possible new shapes for dinner plates. The designing of compartment plates made money for the manufacturer and designer.

If you see a street paving being laid, see if you can figure out some way that it could be laid more economically, more rapidly, or in a better manner. Cement highways today are being built by the mile, by machinery. Formerly there could only be a few yards of it laid in a day by hand labor and wheelbarrows. A fortune was made by the contractor who figured that out.

Everything that you see displayed in stores and every instrumentality by which they are displayed is the result of an idea. The originating source was imagination. There is absolutely no limitation to the idea world and you have just as much access to it as has anyone else.

In all the simple daily functions which you perform and in all the things that you handle and use, see if you can figure out some other way to do it more economically, more easily and more swiftly. The object of this would be to exercise the faculty of imagination.

After you have exercised it, there will come into your mind a new idea about your plans, your future, your business, your activities, and then with an active, exercised, and functioning imagination, you will be able to plan and make your life purposeful.

As you progress in the study of this science it is going to become apparent to you and you are going to know by the processes of reasoning and intuition that all things first had their beginning as mental images. Imagination is therefore the ideative principle, and the power of imagination was exercised by the Divine Mind in the beginning and has been exercised by every individual since that time, and it is a part of the causative principle. The faculty of imagination each has, and its development is essential because it is significantly and practically related to the daily life of man in this work-a-day world.

Throughout these instructions we tell you that the development of a consciousness is a necessity for accomplishment.

When you develop a money consciousness or a health consciousness or a happiness consciousness, it merely means that in your imagination you can recognize it as a perfectly normal thing for you, and that it is not something "too good to be true" or "not for me" but that it is a way of life suitable, acceptable, reasonable and attainable, and that you are adaptable to it and it is adaptable to you in the present.

The beginning of such a consciousness is in the imagination. Its crystallization comes about by desire, faith, and the other elements we have outlined to you.

Some night after you have retired and you have perfect silence, and perfect relaxation (lying flat on your back) look at your toes, or feet, and just imagine that the blood of the body is rushing to them, and just picture the blood running through the heart and being pumped down through the legs, and just imagine that the feet tingle with this rush of blood, and just imagine that they get pink and red with the blood rushing there, and concentrate on this for two minutes, three minutes, four minutes, - five minutes, and don't let outside thoughts interfere.

After you have done that, if you have some part of the body that needs repair, or if you have some part of you that you think is sick, just shut your eyes and imagine that you can see the blood rushing to that spot, and carrying with it the chemicals manufactured within the body needed for repair, and just feel a tingling at that spot and feel the working of it and just realize that Nature has the only cure and that it is working. We don't advise too much of this form of imagining, because the tendency would be to think of the disease.

Another little exercise in imagination. You know that the body is composed of millions of single unit cells just the same as the first living cell on earth.

Magnify these cells in your imagination to be millions of them of a size that you can see them vibrating, and parts of them revolving about other parts, just like the heavenly planets are revolving, and just see food and substances being absorbed into them just like water goes into a sponge, and see this being utilized and changed and a waste being sent out, and that these little cells are all related to every other cell of the body, and that they all work together. Be conscious that if something goes wrong in one spot that they can all rush to it like so many firemen to a fire, and that every one of these little cells will obey your command and believe what you say. Remember the pixies, elves, and fairies? - Add to it a cry of victory - "I am." "I am that -- I am" -- and the marvelous part is that then you are.

In other words, just by your imagination, picture yourself as a commander of this whole army of cells and then give them a task to do. The thought is not to be of a defect or disease. The thought is to be that the real you, perfect in all respects, and the bodily you, are to become one and the same. To say "I am health" - "I am happiness" - "I am success" is to set the task.

In the early instructions in this course, we gave you an outline of how the body is constructed, so far as taking in, handling and receiving food is concerned; the stomach, the intestines, the colon, and all of that. Now go back to that early lesson (Number Three) and as each one of these canals or passages is described, just see each organ perfect. Remember! - No forcing, no coercion. The law works. You but direct its field of activity. The picture you hold is perfection, and not of defects or the repair job. Nature knows that better than any man. You set the pattern. The law knows perfection and works to that end.

Another little exercise in imagination.

If it is a position or a job you want, just imagine yourself going to the person who has control of that position, and picture yourself seeking it in the way that would be successful and in a way that would make you grant the request if you were in the other person's position.

Picture yourself, not as going to him and saying "I want a job" or "I want work" or "I need a position," but picture yourself going to him as one who recognizes that as you give, so shall you receive. Picture yourself as one who can do something for that other person that he needs done.

If you are a carpenter, and a man is going to build or is building a house, picture in your mind what it is that he wants in that house, and why he wants it, and picture yourself saying to him something like this, "Mr. Smith, you're building a house. I know that you want it built right, to be mechanically right and you want it to go up economically and rapidly. It's perhaps going to be your home. I am not only a carpenter, but I am one who is accurate. I am careful. I know what I am going to do and how to do it, and can be very helpful to you on this job, because I would do my work just as though I were building my own home. If I serve you beautifully and you like my work I am not only going to receive the fair pay you are going to pay, but you will tell other people that I am a good mechanic, that I'm conscientious, that I recognize that by service men are known. In getting another position when this job is done, I am sure of your help. I just got through working for Mr. Stone, and he can tell you how helpful I can be."

Remember, in making such a talk that it isn't what you want, and that it isn't your necessities that interest the other fellow -- it's his wants and his necessities that are of interest to him, and when you talk in terms of what can be done for him and his interests, you are making a good sales talk and making a proper application for a position.

Many people in this world are out asking for jobs and telling how much they need them. Most of the world is sympathetic, but new positions and extra positions and extra men are put on jobs only because those particular persons can be of service.

A great civic organization known as the Rotary Club has as its motto "He profits most who serves best," which motto has many counterparts in the Bible.

In this course of instructions there is work outlined for weeks and months ahead. To some the use of the imagination in this manner may seem childish, but it has been said that "Ye must become as little children."

In accordance with our mental chemical formula for achievement, visioning is the beginning. The world is yet to learn and consciously comprehend that now, the present, is "in the beginning."

The understanding of Life Science will become simple and easy when we no longer think of "the beginning" as something past, and in the long ago. We are forever dying to the old and being born to the new, as is everything in nature.

Man is a creator and as each day is born it brings with it new opportunities to live a more abundant life, and today, this moment, is **THE BEGINNING**.

"In the beginning was the word," so speak it - "I can - I will - I am!" ---
Court the presence of some definite concept.

* * * * *

THOUGHT GEMS

The light of nature, the light of science, and the light of reason, are but as darkness, compared with the divine light which shines only from the word of God.--J. K. Lord.

* * * * *

The soul without imagination is what an observatory would be without a telescope. -- H. W. Beecher.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER WITH YOU: -

If you get the full significance of and grasp the logic of that which is on the front cover of Lesson 47, you have something fundamental and you can open your mind to and get a consciousness of a more complete life.

The front cover is not the only part of this Instruction that calls for reasoning. It is filled with that which should appeal to your better judgment.

You are rapidly nearing the completion of the first year's work, fifty-two instructions, at which time you may be eligible to receive the Certificate of Merit evidencing successful completion of your initial year of study with us. But what is more important - you are by faithful study and review of these instructions being prepared for the understanding of the higher teachings.

It doesn't make any difference whether you care for these Certificates, but it does make a difference whether you care for the better things of life - for health, which is the natural state of man, for contentment, joy, and happiness, which is your God-intended state, and for material well being - prosperity - freedom from want and worry, which is your birthright.

If these things you desire - they are yours when you comply with the laws and principles we teach. These laws are absolutely non-personal. They do not work for some and not for others. They would not be laws if that were so.

We have laws enacted by legislative bodies for our government. If we violate one of these we are guilty whether we knew the law or not. Ignorance of the law is no excuse. This is true of the Universal laws - the laws of Nature. The beautiful part of knowing these natural laws and complying with them is that the rewards are health, happiness and success.

Why? Because that is the nature of the Universal - All Good - is the true definition of God.

We have throughout the weeks past, by these instructions, been laying a foundation for spiritual understanding. The man who does not know that this is a spiritual world has just lost his way. He doesn't know the things that move men to achievement. He doesn't know the causes that have wrought all we know. He has not found the lever that lifts burdens. He is a materialist of the first order - a soul in utter darkness.

When we begin to stress the spiritual powers of man we want those studying with us prepared to accept and utilize those powers. To just start out and lay down a creed or to state beliefs is of no avail - There must be an intellectual and spiritual understanding leading to acting upon those beliefs. There are too many today who "believe in Jesus" - but too few who "believe Jesus." He was a great teacher of the laws. To believe Him is to know and utilize the laws. To believe in Him is to worship the teacher and not the teachings.

The greatest form of helpfulness is to help others, that they may help themselves.

Such is our mission - such should be yours,

We are deeply earnest,
THE ORDER OF THE ESSENES

S. Hamner Davis

Enc. 47



THE Essenes

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INSTRUCTION NO. 47 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

THE HIGHER THE GRADE OF LIFE, THE HIGHER THE INTELLIGENCE; FROM WHICH IT FOLLOWS THAT THE SUPREME PRINCIPLE OF LIFE MUST ALSO BE THE ULTIMATE PRINCIPLE OF INTELLIGENCE. THIS IS CLEARLY DEMONSTRATED BY THE GRAND NATURAL ORDER OF THE UNIVERSE. EVERY ADVANCE IN SCIENCE CONSISTS IN DISCOVERING NEW SUBTLETIES OF CONNECTION IN THIS MAGNIFICENT UNIVERSAL ORDER WHICH ALREADY EXISTS AND ONLY NEEDS OUR RECOGNITION TO BRING IT INTO PRACTICAL USE. IF THEN, THE HIGHEST WORK OF THE GREATEST MINDS CONSISTS IN NOTHING ELSE THAN THE RECOGNITION OF AN ALREADY EXISTING ORDER THERE IS NO GETTING AWAY FROM THE CONCLUSION THAT A PARAMOUNT INTELLIGENCE MUST BE INHERENT IN THE LIFE PRINCIPLE WHICH MANIFESTS ITSELF AS THIS ORDER; AND THUS WE SEE THAT THERE MUST BE A GREAT COSMIC INTELLIGENCE UNDERLYING THE TOTALITY OF THINGS.

WE APPROACH LIFE'S DEEPER MEANINGS

We daily receive the experiences of countless people and from this contact we see the laws and principles we teach at work. If there is a great need, if the person in great need is frustrated and desperate and knows not which way to turn, then he always finds a solution. Now that is in accordance with the law that any great need provides the means and draws to itself all the elements it must have for solution.

We by no means desire to convey the impression that one must be desperate and frustrated to achieve his cherished aims. The laws and principles which we lay down for accomplishment and the mental chemical formula for success, health and happiness contained in Instructions 11 to 18 will always work, but if there is weakness in the first step, by reason of a lack of definiteness of vision, it is not an error in the formula. It is an error in the use of it.

If in the second step, Desiring, there is weakness and vacillation and changing, it could not be expected to work because mental laws are just as inviolable as the laws of chemistry.

If in the next step, Faith falters and wavers and instead of a confident expectation of the desired results, one goes at it in the spirit of "I don't think it will work, but I will try," the formula has been fundamentally violated.

A fixed determination to accomplish some aim or purpose you have learned must be vitalized by the emotions. There must be steadfastness of purpose and enthusiastic contemplation of the desired results. There should accompany this contemplation the spirit of thankfulness that this world is a world of law and principles and that he who follows the law and obeys the principles receives the reward of his own sowing.

The last step in the formula, observing the Law of Balanced Compensation must be strictly adhered to. Great is the satisfaction that one has when he fully realizes that every act and thought has a corresponding reaction and effect, first in the universal and then in the material.

Some people have to be driven to desperation. They have to have the great need or desire forced to the forefront and the question often has to resolve to the proposition of "sink or swim" - "survive or perish." Then the subconscious ever striving for survival and perfection gives the message through to the conscious mind and the means to the end are found. Thus by the hard road, by the road of experience many learn that the need provides the means and draws to itself all the elements necessary for expression.

Poverty is not a reality. Some might say that it is a lack of something; and that very statement shows that it is not a reality.

We might compare poverty to darkness. Darkness is not a thing of itself; it is just a lack of light. When we turn on the light, there is no further darkness. It did not go somewhere else, like thoughts travel the universe. By the turning on the light, we just proved its nothingness.

Again, we might compare poverty to a vacuum, which means a lack of air, and that is, metaphorically speaking, a condition of nothing present. You can break a tube in which is contained the vacuum and air rushes in.

If a man is experiencing what is called the condition of poverty, this conscious thinking and state of consciousness has created the condition. When we break that, like the outer shell that contains a vacuum, all nature will cooperate, and a condition of well being will rush in.

Poverty itself is not a reality. It is not like a thought or intelligence which can be imparted to another. This being explained to one without understanding, answered, "But I have nothing." Yes, that is true. Its nothingness proves its non-reality.

This is not a mere play upon words - nor is this process of reasoning sophistry. Of course the condition of poverty exists - coexistent with poverty-thinking, but it is still not a reality, as we would have you know reality. No one is willing to concede that condition to be fixed and unchangeable.

Here you are - where you are - a creator in your own right, surrounded by a part of a great law, and all about you are the building blocks of the universe - creative substance - the essence of all that is to manifest - and from which all things that are, came - With your conscious mind you are the patternmaker - with your subconscious you are the law and its director - and all that ever was or ever will be, exists - With these, can you build such a thing as poverty - a void, a nothingness?

You say - "I had money, I had property, I had luxuries - I lost them, now I am poor -- have nothing but misery and want - Is that not poverty?"

You may call it poverty but you cannot prove its reality - It is not. Let us reason together -

The money and property still exist; you enjoyed the luxuries. The ownership of the one has passed to another. The enjoyment is a memory. The experience has added something to you. You say you have "misery and want." This is a state of mind - a way you view or think about your losses. Does this prove the reality of poverty?

Suppose your money and property had been a source of care and worry and the loss or parting with it had really been a source of relief, a source of joy, as many have come to view their losses. The transactions would have been the same in each case. Would you call that poverty? Reality must be good or truth. There is no such thing as comparative truth. Truth is absolute. It is either truth or it is not truth. There are no degrees of it and it is not affected by what men believe of it, their wishes with respect to it, nor by how they view it. Absolute good is both principle - and power - and reality.

That the truth we teach may reach your reasoning mind - and above all reach a state of consciousness, let us now agree that what you call poverty is a condition. Do you agree?

Then logically you must agree that this condition could only be when there is some one to experience it. Granted? Then we arrive! If some one must experience it, it must be in the consciousness of that one. Presto! Change the consciousness of that one, and the condition disappears. Conditions are not entities - Individuals are entities. Conditions are yours to change. That you can is proof of a "divine heritage."

Study on this. If you do not comprehend, be not discouraged - You will as you progress. Above all, banish poverty thoughts from the mind - If you cannot establish belief to the point of Be-living it, have faith that it is the Truth, and failing that, live at least with hope of understanding - live in the "when" you do realize it.

Our mission is to turn your thoughts and consciousness to the Cause side of life and to develop within you as a student of this science an awareness of your inherent powers and your unity with the Cause and Source of all things.

At this time we want to give you a simple exercise that you can do many times a day with beneficial results. Forcing all of the air out of the lungs feel the abdomen going in, lift up and extend the chest as you expel the air through the mouth. This is a muscular expanse of the chest and you can feel a pulling upward of the muscles in the chest. By steadily practicing this exercise you can increase chest expansion one or more inches. This exercise in blowing out the air through the partly closed mouth and raising and expanding the chest at the same time is a very efficient means of creating and storing energy.

By a little self contemplation and a review of your life and thinking, you will come to the conclusion that you have in your consciousness accepted a condition of lack or want and you have been struggling against it.

Heretofore in these instructions we have taught you that by fighting a condition you give recognition to it, and it is a fact that by keeping your mind upon a battling with some unfavorable condition you feed it the very substance which makes it thrive.

If you have a sincere and earnest desire to better conditions in your life and to be more prosperous, to be healthy and strong physically and to bring about peace and happiness in your environment, then you can vision clearly the condition you want to bring about, and by so doing give an impetus to your endeavor to know more of the laws of life. You will recognize that life is governed by law and you will seriously and earnestly study this science and will demonstrate in small ways, and each demonstration you make will increase your faith and will supply the incentive to work for greater things.

All of this calls for active, creative thinking, and this is made effective by the realization that you are actually a part of the Infinite.

David Seabury, an eminent psychologist says "There are psychic germs that are just as real and perhaps even more effective than physical ones. Just as when the forces of the physical organism become torpid the physical germs of disease seize upon the opportunity to multiply and grow stronger, so when our mental faculties are stagnant these psychic germs, or race ideas, seize control of our thinking and emotional natures. If we have an all consuming interest and purpose in life it is impossible for these germs to take root in our mental processes." This simply means that we must have a guiding star for our thinking.

We ask you to accept the Bible statement "Heaven is within you." We, throughout these instructions, past and future, teach, and we believe conclusively prove, the God to which you should pray is not in some far off Heaven or in the skies but that He exists within your own being as a spiritual principle. In future instructions we believe that we shall make it plain and simple how the world came into being, how you came into being and by what laws and principles it and you came about. That you are a part of the creative principle, and how you with the same laws and principles can become a creator in your own right.

In laying down these laws and principles we will not deviate from the principles taught by Jesus.

True religion is an effective force in the lives of men and women. In the Bible you find many promises made by Jesus, but if these promises are carefully studied you will find that He stated that fulfillment comes about with understanding.

This understanding is not difficult. Jesus as a great mystic taught life principles by his example. He met the emergencies in men's lives, helped them when in dire distress and need, ministered to their wants of the moment, and came to them in their great and critical crisis.

We endeavor to make these laws understandable and useable in the every day lives of those who study with us. To meet the challenge of our complex civilization and aid men in their efforts to live life largely and abundantly.

With understanding, the promises of Jesus are perfectly valid promises, and we ask you to contemplate this - "Verily I say unto you, he that believeth on Me, the works that I do shall he do also; and greater works than these shall he do."

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU:-

You are a power-house. Every minute you are creating energies. Every thought and every movement is a utilization of energies. The brain is constantly sending forth waves at all times. All the living tissues in your body generate electricity with every movement. Your heart beats are creating electric currents. An electro-cardiograph can make a record of these waves.

The brain is just a solid mass of nerve cells sending forth messages in all directions. Radio engineers developed amplifiers - so that a faint electrical current could be magnified - So you have radio. The electric currents from the brain by the same principle are being magnified. The records are called electro-encephalograms.

The importance of this? Those currents go somewhere - they travel over the network of nerves centering in the brain. They control the bodily functions and are given off into the Universal. Every person has a distinct sort of wave as different as hand writing. So my friend, as you meet in these instructions - "thoughts are things" don't think it is purely a figure of speech.

You are going to succeed or fail; You are going to be healthy and strong or ailing and weak; You are going to be happy or otherwise, in accordance with your thinking --Yes! You are going to act - achieve and BE in accordance with your thinking -- Your thinking and nothing else will determine your character. With your character right - your personality will be right automatically.

We had all better be doing some thinking about our thinking. Let's not get so busy doing that we can't take time out for a little contemplation. Let's not be like the squirrel in the cage, just going round and round. Instruction 48 is important. There is in it a golden thread, and it will have its proper place in the pattern of beautiful living you can successfully weave with the understanding of Life Science.

You don't study algebra until you have had arithmetic, - geometry until you have had algebra, or calculus until you have had all of these.

Yes! We are going to get to healing, and it's going to be on a scientific basis. Call it mental or religious healing, or what you will.

An effect - any effect - is just the extension of a cause - There is a unity. They are one. The cause is the beginning and the effect is the culmination of one whole thing.

The created is an effect and is one with the Creator - One the culmination and the other the inception - always a unity - You are one with God or the Universal. Acting with that consciousness, there will be no limits to your achievements.

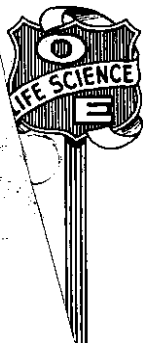
To help redisclose to man his divinity is one of Life's greatest satisfactions and carries the germ of its own rewards.

May we be united in the bonds of understanding.

THE ORDER OF THE ESSENES

By

J. Hamner Davis



THE Essenes

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INSTRUCTION NO. 48 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"WE DO NOT NEED MORE NATIONAL DEVELOPMENT. WE DO NOT NEED MORE INTELLIGENT POWER; WE NEED MORE SPIRITUAL POWER. WE DO NOT NEED MORE KNOWLEDGE; WE NEED MORE CHARACTER. WE DO NOT NEED MORE GOVERNMENT: WE NEED MORE CULTURE. WE DO NOT NEED MORE LAW: WE NEED MORE RELIGION."

Calvin Coolidge.

SCIENCE MARCHES ON

Any science attains its greatest value to society when it becomes non-technical and understandable by the layman.

There is a Life Science, and it has been developed and is being developed by modern methods just as have all sciences been developed. This science relates to the mind and to the reactions to mental processes. It relates to the feelings and emotions and the development of them, and the recognition of the potency of these in the every day life and affairs of people. It recognizes spirit and takes it out of the realm of ghosts and the supernatural and makes it an understandable thing.

It is true that no one has ever seen spirit. It is likewise true that no one has ever seen the forces of gravitation nor has anyone ever seen electricity. Laws have been developed with respect to them and laws and principles are being recognized daily with respect to spirit, emotions, thinking and feeling. By their application seeming miracles are being worked and the truth established.

When all of our experiences prove to us that any statement is the Truth, then that becomes a scientific fact. You may call it psychology, metaphysics, philosophy, or what you will - it is a fact that whatever we accomplish or whatever we achieve comes about by reason of some bodily activity, or in other words, the functioning of the human machine.

In the course of these instructions you have come to realize that the body is made up of billions of single unit cells. The science of biology recognizes this. By the study of these single unit cells there can be no question as to the correctness of the conclusion that intelligence in some degree exists in each and every one of them.

We start with the premise that to do, be, or have requires some activity by the individual, and we progress naturally to the point that all bodily activity is caused or controlled by one's thinking. No one ever saw a thought any more than anyone ever saw electricity, but all have seen the results of changes wrought by thinking, just as we see the manifestation of electricity in the form of light, power and heat.

All of this leads to a conclusion, and this conclusion is approved both by reasoning and by intuition. The conclusion we refer to is that we must first employ the mind to bring about any accomplishment.

Every minute that a person lives there is being generated by the life processes energy and power. It is a fact that a human being is a dynamo, metaphorically speaking. That the powers and energies being created, unless dissipated and wasted can make each a perfect manifestation of the Infinite. There is a dividing line between success and failure. That dividing line is at the point of moment when people cease drifting aimlessly and begin to devote their powers and energies to a purpose, aim or ideal.

We trust that in these instructions we have impressed you with the fact that there is no place on this earth where energy is not found. The air is loaded with it. The water you drink is but a union of the two gases, hydrogen in two parts and oxygen in one part, and these are charged with energies. The very food you eat which sustains life is a combination of single unit cells, and every one of the cells in your body originated in a vegetable. You eat meat

- yes - but the animal ate vegetables or meat and it all relates back to the vegetable kingdom. It became whatever it was by some force or power that existed in the cell itself. Thus you witness evolution.

Surely you remember the early lesson about trees, vegetables, oil bearing plants etc., all being produced on the same piece of land, drawing from the same atmosphere, and from the same water or moisture. How reasonable it is when you think about it. All of these energies came from the same source. They enter into the human body and supply force and energy. Therefore, man by observation and reasoning recognizes that he is coupled with the universal energies and is a part of the Infinite. By the utilization of his energies (the unseen) he accomplishes.

Why therefore is not the study of these energies and powers the most important study of earth. Why have we so devoted our thoughts and energies to the material, visible and tangible things to the neglect of the creating principle and energies? Where there is life, we repeat, there powers and energies are being created and being stored up in the human body. The question therefore naturally comes up, why do some succeed and some fail? The answer can only be that some dissipate or spend their energies without aim or purpose, perhaps unconsciously, while others direct these energies and use them for a purpose.

From this reasoning there can come but one conclusion, and that is the Purpose, invisible and intangible, is the all important thing.

How do people waste their energies and lose these powers? Every thought, every movement and every activity is the utilization of these energies.

If a person walks in a loose and flabby manner and shuffles along in a negative manner, he is leaking power. Whereas, if he stands erect and has the support of the body correct, as we have pointed out in these instructions, then his walking is a form of giving, and creates energy. So from this we learn that the very movement of the body creates energy or evaporates it.

If in sitting down you slouch, twiddle your thumbs, rub your hands, or do some of the countless things that indicate nervousness or mental vacuum, the power or energy is leaking away.

If you have a plan or intention and something in mind that you plan to do, and you tell every Tom, Dick and Harry about it and talk about it, you are letting off steam and releasing energy. (See Instruction Twenty-nine, Page Five.)

Do not tell other people what you intend to do. Hold that as a purpose in your mind, as your secret, and it will keep attracting and accumulating power that will give you ability to do that thing. Man can control all of the great energy within him and being created every moment, by concentrating his attention upon the activities which he wishes to control.

You have just studied instructions upon the subject of imagination. It is a fact that by the creating of mental pictures of achieving certain accomplishments the energy is being created that will force man on to success despite obstacles.

It is a form of autosuggestion if he tells himself that certain desired conditions exist. The reason that this is effective is that by that process of reasoning, he inhibits or shuts off contradictory ideas, thereby his energies have a clear channel from the Infinite energy which sustains it.

Further pursuing this thought, the metaphysician knows that when no contradictory ideas are in the thoughts we come to believe the thing that predominates

the mind, and believing, as you are admonished to do in true prayer, is All-Powerful.

By these instructions you have been prepared over the course of nearly a year for the understanding of the deeper meanings of life. We would first have you analyze your daily thinking and your daily actions with the view to conserving the energy and power that is being manufactured within you. Every person wastes some energy every day by useless thought and wasteful action. It is sad but true that most people waste most of their energy. One sure way is to read and be disturbed by news of scandals, graft, economic disorders, and anything that generates hatred, fear or negative thinking.

It should be a source of satisfaction to know that there is a way to direct into constructive channels this endless, boundless store of energy. Above all things, we must banish from the mind thoughts upon unpleasant experiences and avoid projecting the mind in the anticipation or fear of unpleasant or undesirable things.

How do we accomplish the holding of a constructive purpose and banish the consciousness of the negative and destructive?

In the making of a sale in the ordinary transactions of life, there are certain definite steps. The first step is to gain favorable attention. The next is to create an interest in the thing desired to be sold. And the next step is to fan that interest into a desire to own or possess it, and then at the psychological moment to close the deal.

We may ask, "When is the psychological moment?" That moment is when the interest has grown into a desire. From a scientific standpoint, it is that moment when the interest in it has inhibited or cut off all resistant ideas, all ideas of objection. At the moment when the thoughts are affirmative and concentrated upon the idea, you have a state of super-attention. All thoughts of every other nature are absent, there is bodily relaxation, and the thing offered completely fills the consciousness of the person being sold.

Now what has this to do with the subject at hand? It has everything to do with it. We have told you in these instructions that you would come to learn of the possibilities in meditation, concentration and affirmation. When you want to plant an idea in the subconscious, when you want all the powers of the individual and of the universe to work for healing, for a change of conditions in your life or affairs, you have but to sell the idea to the subconscious.

If it is a sale that you're to make and you must have attention first, it must be concentrated attention upon the thing desired and not a vacillation between various things. It must not be a doubting, or a fearing that the thing is too good to be true, or an affirmation that a thing is impossible, because if you do you are scattering the energies that you have created and stored up. Without full attention, how can you expect deep and sincere interest to come about, and above all, how can you expect to gain control of an all-consuming desire for a thing when you are dissipating your energies in the contemplation of the very opposite.

It is a law of thinking that attention determines and concentration automatically controls all bodily activities. Affirmation and visualization are two means of bringing about mental and physical states necessary for achievement.

You really live within your mind. If your mental pictures are associated with

failure, with unhappiness, with disease, you are actually feeding that condition upon the powers and energies the life processes are creating within you. If your mind in which you live is filled with the constructive pictures of success, of happiness and of health, and you act intelligently in harmony with these pictures, you may reasonably expect to attain your cherished aims.

Most certainly the purpose of thinking should be to develop beliefs upon which to base rules of conduct, to govern right living.

What good is it for a man to come to the realization that he is a part of the infinite, that God and Heaven are within him, if the world with its problems and needs is to be forgotten and he does not utilize his God-given faculties in the service of mankind?

Countless are the people who say that they lack will power. If a man wants will power, all he has to do is to develop his desires and make them intense. Whenever his desires are focused upon a thing that he needs he will automatically banish his desires to take it easy. He will not be overcome by temptation, or even by habit itself.

We would call again to your attention the often quoted phrase of Professor William James, to wit: "Every time a resolution or a fine glow of feeling evaporates without bearing practical fruit is worse than a chance lost; it works so as to positively hinder future resolutions and emotions from taking normal paths of discharge."

The metaphysical reasoning behind this is that something gets your attention, an interest is created, there is born a desire to do, be, or have, and life forces and energies being constantly created within you are directed in a channel. They are dammed up ready for the bringing about of an accomplishment. Then you blow up the dam, waste the power and energy, and use it for no useful purpose. In other words, you do not complete the sale and make a delivery of the goods, and every life cell and energy responds to a disappointment, just as do you.

Every day in your life energies and emotions come from your environment and from those you associate with. Therefore, you should choose these carefully.

When you listen to an inspirational lecture or when you read good books or when someone interestingly imparts to you that which tends to uplift and bring you good intentions, your reservoir of energy is being built up.

It is good metaphysics that when you receive help which strengthens you, assistance in some of your problems, some kindness or inspiration is given you, or when you receive a spiritual gift or uplift, you must not store up or hold within you that which was given to you. You must release it by some form of expression. You must pass it on. Otherwise you have a fine glow of feeling and it does not bear fruit.

By passing it on you deepen the channels of constructive purpose and as we have heretofore illustrated with respect to the syphon, you keep open the outlets, and the infinite takes care of the supply.

This should help make understandable why the teaching that "As you give, so shall you receive," like the other truly interpreted teachings of the Bible, are sound philosophy, sound reasoning and sound science.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE
TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER

WITH YOU:-

You have not a problem in the world - except to find your place in the great scheme of the universe.

When you have become properly adjusted internally - when you are attuned to the universal - meaning that you are a reflector of love, beauty, harmony and goodness - the attributes of the universal - you will just naturally become adjusted to your fellow man, and will find the outlet for your best form of expression - and thus be able to serve your fellow man. The rewards will naturally be in accordance with your service.

Recognize that all the years of your life you have been forming habits and patterns of thinking. If they have not brought you satisfying rewards - then they were wrong. Not your fault - environment - education, associates, improper thinking, lack of spiritual understanding; thinking poverty thoughts and wishing for riches or security - and possibly dreaming of some easy way - thinking fear thoughts - hoarding, pinching, denying yourself; lack of confidence in yourself, which the world reflects by a lack of confidence in you; suspicious of everyone, and hence are suspected; thinking of yourself and feeling inferior, - due solely to thinking of lacks; - and goodness knows how many more negative, morbid, unsocial thoughts - and negative emotions - a flaw in thinking and attitudes somewhere.

---and people pray "Oh God, give me this" - "Oh God - do this or that" - Here is wisdom: so profound most people do not get it by reason of its simplicity - GOD NEVER DOES ANYTHING FOR MAN THAT CAN NOT BE DONE THROUGH MAN.

One of the best metaphysicians that ever lived said - You get that for which you pray, believing that you have it. -- there has to be the one believing.

Healing by prayer! Yes - But only where there is man who sees reality - who senses perfection - who knows truth - rightness - normalcy - who gives design and pattern to the universal, ever subjective, and has faith in the unity of man and the infinite, and the eternal rightness of the design of nature.

So don't blame nor condemn yourself. Whatever has been wrought that is wrong can be changed -

How? It is our endeavor to point the way. You must do your own mental work. You do not have to plead for healing or wholeness in body or affairs. Just be a law abiding citizen of the infinite and it is done.

We desire to help you to achieve the inward victory - to banish defeat and despair - and to win your support to take to all mankind this overcoming consciousness.

Faith! Patience! It is being done for you. Your inner world will become your outer world. - Make it what you will.

THE ORDER OF THE ESSENES

By

J. Hammer Davis



THE Essenes

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INSTRUCTION NO. 49 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"WHEN PURE NECESSITY DRIVES MAN TO HIS WORK
IT TAKES AN ACCIDENTAL AND CONTINGENT CHARACTER,
IT BECOMES A MERE MAKESHIFT ARRANGEMENT: IT IS
DESERTED AND LEFT IN PAINS WHEN NECESSITY CHANGES
ITS COURSE. BUT WHEN HIS WORK IS THE OUTCOME OF
JOY, THE FORMS THAT IT TAKES HAVE THE ELEMENTS OF
IMMORTALITY. THE IMMORTAL IN MAN IMPARTS TO IT
ITS OWN QUALITY OF PERMANENCE.

THROUGH OUR PROGRESS IN SCIENCE THE WHOLENESS
OF THE WORLD AND OUR ONENESS WITH IT IS BECOMING
CLEARER TO OUR MIND."

Rabindranath Tagore.

"AND GREATER WORKS CAN HE DO ALSO"

To approach understandingly the creative processes and come to the consciousness that man is a creator in his own right, we must first realize something of the universe and its extent. We must not narrow our conception by preconceived ideas or race consciousness, nor can we limit our vision of the possible to precedents in our earthly experiences.

History is an unfolding story of progress. The accomplishments of the past it is true have helped us gain some knowledge of unseen causes back of the external and visible conditions we know, but our horizons must not be confined to that which has been materialized.

Creation in its generally accepted sense is going on now, as ever in the past. We and the world are evolving. Evolution is a continuing process - now and forever.

The religious fundamentalist balks at the idea of evolution. He wants to believe that the Creator caused all things to spring forth, a completed work. He misses the point that now is "in the beginning" and that "now" is ever present; it might be helpful to understanding to mark the distinction between creation and evolution.

It must be true that all things were what we generally term divinely created. Have we not taught that all things are here and now? Has the scientific world not agreed that the fundamental stuff of which all things are created, man included, are the same. Have we not resolved all things; reduced them to their constituent parts and found the elemental substance in all the same? The elemental or building blocks of the universe brought into being was creation in its true sense. Evolution is but the development or growth of that which was created with the earth's formation.

Man is a complex development of single unit cells. He is of the fundamental material. To deny that he is a creature of evolution or growth is to deny the evidence of his own senses, and he can no longer proclaim that which is basic - "I am."

Viewing the matter further. We know and witness disintegration - dissolution - and the return of the living (vegetable and animal) to its constituent elements. "Dust to dust" - That is evolution in reverse.

A power or a law or a principle by which things can be evolved out of the universal, ever present, fluidic, unformed (but created) substance from which each and all came, in which and of which we are a part, carries with it the power to resolve them (meaning to reduce them to constituent parts).

The power to integrate is ever the companion of the power to disintegrate. All promises in the Bible are based upon it. All of man's hope and faith are based upon it. That is why health, happiness and material welfare can be materialized even though conditions of sickness, unhappiness and lack prevail.

Rightly viewed therefore, the fundamentalist is right. Creation is the divine handiwork. But the creation was of the fundamental building blocks of the Universe, ever present.

Furthermore, The Creation was not alone fundamental substance, but with it was created the fundamental and ever harmonious never varying, dependable and all

powerful laws and principles by which it was to be governed - by which evolution and all that was materialized from the fundamental substance should be governed, that it might never work its own destruction.

That did not end creation. Omniscience or the understanding of all creation and of the underlying laws and principles by which governed and the ultimate of their possibilities and the power inherent therein and how to contact and utilize that power, - and all knowledge and all understanding, was likewise created in what we might term a fluidic understanding, ever present, and ever available just as was fundamental substance. This, in the limited language we now use, is spoken of as Universal Mind, Omniscience - God Mind, Divine Consciousness.

When man comes to realize that there is but this Universal Mind - that his mind is a part thereof - that all human minds are a part thereof and that that is the meaning of "I and the Father are One" and that all things are possible to him who gains the consciousness thereof - he is "born again."

It is difficult to understand. You might ask, - if all minds are a part of universal mind, why isn't every one a genius?

In your Bible you will find that it is said "In my Father's House are many mansions." Would it help you to the understanding of your question if you knew that that meant there were many levels of consciousness? Why is that the true interpretation? Every man lives at the level of his consciousness. A health consciousness produces health. That is the mansion of one so possessed. A money consciousness produces wealth. The book entitled "Think and Grow Rich" by Napoleon Hill is an endeavor to teach one the process of acquiring such a consciousness. Any consciousness is where one lives mentally. A Happiness consciousness brings joy and happiness. That is a mansion, so to speak, in which the possessor lives.

Let us simplify and make intelligible these various levels of consciousness by drawing upon your experiences and the experiences common to all people.

The chemist thinking in terms scientific and elemental seeking the solution of some chemical problem gets an inspiration along the line of his thinking or thought level. The answer relates to his thinking.

The inventor thinking along mechanical lines intuitively senses his answer in the field of his searching.

The realization that man is a microcosm, or a miniature universe, and that he is a part of the macrocosm, which is the great world or the universe, enables him to begin to understand his unity or oneness with the universal.

There is a common expression that "Birds of a feather will flock together" which is a crude conception of why there will be an affinity of ideas between those who live on the same level of thought.

Receptivity from the Universal Mind or Omniscience should in these modern days be more understandable than in the days of Jesus, because we now have the radio and we know about wave lengths and we experience the fact that we can get reception from a broadcasting station. We might reduce to modern terms or para-phrase "In my Father's House are many mansions" in this manner, - "In the world of Omniscience are many wave lengths."

To reduce the matter to its lowest common denominator, there is no one who

has not had the experience of finding that he and his associates often have the same idea at the same time. That experience would not be possible were they not thinking along the same line, on the same level, or in the same wave length. They were in the same "mansion in the Father's house."

To give this matter thought in further understandable form we would say that the mind does not, like a sponge, absorb all that it is immersed in. There must be a presence of a definite purpose or objective or intent which distinguishes that which will be received, or in other words, receptivity from the super-conscious depends in character upon the mansion (consciousness) in which you are living. Scientifically stated, receptivity is based upon attunement.

Certainly when we view great ships of steel floating in the ocean, airplanes weighing thousands of pounds flying through the air, automobiles traveling every highway; when we listen to music and the expressed thoughts of people thousands of miles away carried on the etheric waves, we cannot doubt but that man is a creator in his own right. We know that his creations are secondary creations because they were brought about by the utilization of the fundamental stuff of which the world is created. Man has adapted their use to conform to the fundamental laws and principles of primary creation.

Who can doubt but that the airplane was as fundamentally possible in the time of Jesus as it is today, and who can doubt but that man has brought it about, and in the process no new fundamental law or principle has been created. It is but an adaptation of things to conform with the Divine laws handed to us. It is simply following the life principle of harmoniously meeting existing conditions, and it finally resolves itself into the proposition that the creations of man are evolutionary.

We have said that man is a creator in his own right, but to be such he must be a fundamentalist to the extent that he realizes all things are here and now. That the building blocks of the universe are his to evolve and he must be an evolutionist and recognize that growth and development and materialization are based upon intent, purpose, and the direction of his thinking. That the great law governing all is his to grasp by attunement with Omniscience.

That which never has been cannot be the measure of what can be. Otherwise, we would never have the things we moderns know. The material minded and the great majority said we would never have horseless carriages; that man would never navigate through the air.

That form of thought limited their expression and they were not part in the evolutionary movement that brought those things about. The simple process of observation and reasoning and the observation of the lives of the accomplishers shows that imagination or visioning is one of the primary elements of creative thinking.

This is one of the mansions in the Father's House. It is a level of consciousness. It is the process of attunement.

In these instructions we now are building a temple upon the foundation heretofore laid for understanding. By the observation of that which is all about us, by thinking in terms of the simple, we can solve the riddle of the complex. We can come to that understanding whereby the works that Jesus did man can do, and greater works can he do also, and thus fulfill His promises.

SECTION 2 INSTRUCTION 49

Many are those who write and say that their memory is bad. The fact that they write that to us is a certain sign that they say it to themselves many times. That is one of the very reasons that they cannot recall to memory at will many things. If they repeat that (auto-suggestion) often enough and long enough they could almost erase the ability to recall at will.

The fact is startling as it may sound, that we never forget anything we ever knew. Anything that you know is photographed, so to speak, in the subconscious, and there seemingly indexed, classified and related to all else you know, filed and recorded and the files are never lost. (Note carefully every word of this.)

If business men filed most of their records in a file marked "Miscellaneous," they too would be hard to find. If the records were dim and indistinct, and smeared by carelessness and improperly filed, there would be difficulty in subsequently finding them, but they would be there nevertheless.

Memory is but one of the many offices of the subconscious. Its importance needs no emphasis, for without memory intelligence is impossible.

The important thing then is prevention of forgetfulness. The answer is quite simple - and all memory training courses are but an elaboration upon and illustration of a few simple principles.

In the first place - Do not say you have a bad memory. You have not. It is perfect and it is provable that it is perfect. You have just handled it improperly. It is bad practice for other reasons. Memory power is sensitive to criticism; it's a part of the subconscious. We trust that sooner or later you will come to know that the subconscious is subjective - subject to the suggestions, commands and affirmations of the conscious.

Don't say it is bad and set in motion inhibiting factors. That is enough for the "Don'ts" - Now for some of the "Do's" - Know that you have a good memory and believe in it. Then help it slightly as we point out, and the "miracle" is at hand.

We have just recently told you of the steps in making a sale (see Instruction 48, Page 3.)

If you want to remember a thing then sell it to your "memory." Really give it attention. Just say to yourself "I am going to remember this." That puts the subconscious on the alert. Next - find the points of interest and be interested. Then say "I am interested in this because --" and then relate it to the reason you would be interested. (Thereby you give the subconscious the clue for filing and proper indexing and cross indexing.)

Next you desire to remember all things that can be useful and of value - Then you say to yourself "I will remember this because it will be useful in --" - then relate it to a possible future circumstance. (This is called "relating ideas"). You have made your sale and will remember it. That is not a rig-a-marole. That can flash through your mind in the fraction of a second. (It is a way of observation - an easily acquired habit). Give attention - be interested - desire to remember - and "buy it" - Affirm or auto-suggest "I will remember that" - It's just that simple.

To make doubly sure, at the first idle moment or relaxed period review it. Assure yourself. "I didn't forget it, I never will" - and you never will. (Will to remember - and "Review and Summary Method" is what psychologists call it.)

Another suggestion - Perhaps your "eye memory" is better than your "ear" memory. If so, you can write out what you want to remember. Napoleon did that and then wadded up and threw away the writing. Don't be saving what you write out - you auto-suggest that you cannot remember, if you always depend upon written memorandums.

If your "ear memory" is better than your "eye memory" then relate (out loud) to yourself or another what you saw, giving details that would cause you to desire to remember it. Then you will have seen and heard.

In the making of a sale there are five approaches to the mind - Sight - Hearing - Smelling - Tasting and Feeling. Use all of these, if possible, and you will deeply impress it in the memory. To illustrate: Do you think a cigar smoker could possibly forget a certain brand of cigars if some man should produce one and say (1) "This is positively the finest cigar made - it is handmade, of imported Havana tobacco - selected for quality. Look (2) at it, how smooth and satin-like and perfectly shaped. Take it in your hands - roll it - feel (3) how evenly and smoothly packed. Now smell it (4) - a wonderful aroma. Now smoke it, taste (5). That is cigar perfection. No man can ever forget the name (repeat), the finest cigar made."

If you want to really remember something, just sell it to your "memory."

Ennever in "Your Mind" says "Love is the essence of the recollective process - love in the sense of interest with real feeling behind it."

Halleck in "Psychology and Psychic Culture" says "The man who can hold uninteresting ideas before his mind until they gather interest is the man who is going to succeed. The only way to cultivate attention is by a continuous effort of will." That is likewise a key to good memory.

Attention - Interest - Affirm you will remember - have confidence in and rely upon your memory - and remember. The whole sum and substance of forgetting is mind wandering - inattention, lack of interest and purpose at the time of the reception of the idea, or impression. There is something "about it" a little unpleasant, and there is some deep subconscious reason why you do not want to remember, even though consciously you think you do want to remember.

That which is stored in memory will come forth at will. The failure at this end of the process may be due to self consciousness as ordinarily understood, or the predominance in the mind of an idea - and the sought for in memory is incidental and there is not a clear channel for receptivity - in which case it will come to mind later and you will say. "Why didn't I remember that at the time." Remembering is but one form of communication, subconscious to the conscious, and it requires a clear channel. A receptive attitude brings forth the desired message; a tense, strained, coercive attitude inhibits memory as well as "spiritual or soul messages," and the "voice of the infinite" or "contact with Omniscience." Your memory is good - Have faith in it. It will respond.

The only prerequisite to a good memory is to be sure a clear picture is deposited in the vaults of memory (the subconscious).

There are many so-called memory exercises, such as viewing a shop window and listing what you see. Then take another look and keep increasing the number of things you can list, (just a matter of attention and taking an interest). By this process some people after years of practice can take one look at a shop window and remember a hundred or more articles. This is a parallel to a lot of so-called Yogi exercises. When you can do it - and some one says "So what?" - What is the answer?

Another suggestion in the nature of a warning. Don't be trying to remember too many things of the past. The surest sign of senility and decay is to be living in the past.

Let us be practical, ever ready and capable of service to mankind. God doesn't need any service. Service to mankind is service to God. When man realizes how inseparably he is linked to all other men, to "love thy neighbor as thyself" is not difficult, and to give, that leaven may be put into mass thinking becomes a joy, carrying its own reward.

So far as memory is concerned, let us use it in building processes and let us ever look to the East to sunrises, and not to the West and setting suns - and verily, "Greater works will man do also."

* * * * *

THOUGHT GEMS

The secret of a good memory is attention, and attention to a subject depends upon our interest in it.--We rarely forget that which has made a deep impression on our minds. -- Tryon Edwards.

* * * * *

The memory is a treasurer to whom we must give funds, if we would draw the assistance we need. -- Rowe.

* * * * *

Memory depends very much on the perspicuity, regularity, and order of our thoughts. Many complain of the want of memory, when the defect is in their judgment; and others, by grasping at all, retain nothing. -- Fuller.

* * * * *

It is a terrible thought, that nothing is ever forgotten; that not an oath is ever uttered that does not continue to vibrate through all time, in the widespreading current of sound; that not a prayer is lisped, that its record is not to be found stamped on the laws of nature by the indelible seal of the Almighty's will. -- Cooper.

* * * * *

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER
WITH YOU: -

Do you want to know how seeming miracles are worked?

Realize that there are no such things as miracles, - nothing supernatural - that which seems so will, when understood, be found to be perfectly natural. It could not be otherwise. This is a world of law - all things in natural order.

Seeming miracles are worked by individuals who pass from a complex and unstable state to one relatively simple and stable, by those who have been disturbed, fearful or anxious who achieve calmness and become collected, who banish fear by the substitution of confidence and faith, and who turn anxiousness into victorious expectancy - and then tackle any condition or undertaking - observing strictly the mental formula of success we have laid down for you and oft repeated.

If it is a physical condition to overcome - such a person does not battle, curse or affirm - I am going to overcome this rheumatism or stroke or whatever disease has been diagnosed. He just actually sees and mentally lives a whole life - He begins to plan the things he is going to do when whole - He lives with the mental picture of doing the thing he wants to do - and just calmly leaves it to Nature to get him ready to do. If his faith is complete, he sets a time - and at the appointed time - he does.

If it is a financial matter, the seeming miracle worker has no inner anxiety. He has carefully and thoughtfully created the need for it - has a sane and sensible consciousness of money, knows that the amount is normal for his use and the purpose in mind - that it exists, and is available when his needs, requirements and use and what he will give as an equivalent are presented to the right parties.

He develops mentally the rightness and justice of his needs - the advantage and desirableness to the party with the money to place it with or through him - He then mentally views the field of prospects with the money - and follows through.

He doesn't affirm - "I am going to get \$10,000.00 - I must have it. I will have it 30 days from now" - and then mentally say "I hope I can get it, but I don't believe anyone with that money would part with it now on what I have to offer."

The point to grasp is: What you are going to get in this life is coming through the channel of your own mind. - You can have a clean, clear channel if you know that your mind is a part of omniscience - and if you have a plan and purpose and follow the directions pointed out in these instructions. - Not because we who administer the affairs of this Order are all wise, but because they contain the proven, the practical, of all religions - all philosophies - of all ages and all countries, - the findings of the best authorities on metaphysics - psychology and the sciences, and are coordinated and simplified and have proven effective.

Instruction Fifty is just another step toward understanding - Be faithful in the study - Don't say "I hope it will work for me" - It has worked for countless others - Laws will work for all - or they are not laws. They will work for you, but remember, only through you. The order is persistence - patience - and perfection.

THE ORDER OF THE ESSENES

By

J. Hammer Davis



THE Essenes

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INSTRUCTION NO. 50 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"IF YOU WANT MATERIAL PROSPERITY, YOU MUST FIRST
THINK PROSPERITY THOUGHTS, AND THEN MAKE A HABIT
OF DOING SO, FOR THE THING THAT KEEPS MOST PEOPLE
POOR IS THE SHEER HABIT OF POVERTY THINKING. IF
YOU WANT CONGENIAL COMPANIONSHIP, IF YOU WANT TO
BE LOVED, YOU MUST FIRST THINK THOUGHTS OF LOVE
AND GOOD WILL. LIKE BEGATS LIKE IS ANOTHER WAY
OF STATING THE GREAT LAW, WHICH MEANS THAT AS A
MAN SOWETH IN HIS UNSEEN THOUGHTS, SO SHALL HE REAP
IN THAT WHICH IS SEEN. 'ALL THINGS WORK TOGETHER
FOR GOOD TO THOSE WHO LOVE GOOD' AND TO LOVE GOOD
MEANS TO OCCUPY ONESELF WITH THOUGHTS OF GOOD."

From - The Sermon on the Mount
- Emmet Fox

On Mount Palomar, San Diego County, California there is the world's largest telescope with a 200 inch eye or mirror, (practically twice the size of the one at Mount Wilson, near Pasadena). This telescope enables us to photograph at least five hundred million other universes known to exist.

It brings into view constellations, stars and other worlds so far away it staggers human imagination. We know that light travels at the rate of 186,300 miles per second, or nearly 700 million miles per hour. This telescope photographs light which has been traveling at that tremendous speed for 500 million years. This means it took that long to reach the earth. There may be others equally distant, but if they have existed but 400 million years, the light therefrom will not reach us for 100 million years to come. It is so powerful, if two lights on the moon are but 150 yards apart, it should show up as two lights in the photograph of the moon. (All light from the moon is of course reflected light.)

Light collected in the spectrograph through this telescope enables us to tell what material they are made of. We can now do this even though they are countless millions of miles away.

Why is this mentioned in a work on Life Science? We do it that you may know that this earth is but one of millions. It is definitely related to the sun, the moon and all those other worlds, the same laws and principles govern all. When we speak of the powers of the universe, you have an enlarged conception of the infinite power of which we speak, and you know that we witness other worlds in the process of evolution. Some in gaseous form, some in molten form, some like the moon, which reflects light, being in solid form like the earth and with its surface cool. We call this to your attention that you may know that these bodies traveling through space are held in their orbits by supreme intelligence, and that you may not have a narrow and limited conception of Divinity.

We know that every square inch of the earth's surface is bombarded day and night with Cosmic Rays that come from outer space. We know that thin sheets of lead can shield us from Xrays, but lead twenty feet thick will not bar cosmic rays. We know that they break up atoms of matter, ripping their outer electron structure and often wrecking their central cores. These cosmic rays smash atoms throughout space and act thus within our own bodies.

Why mention this in a study of Life Science? We do it to show you some of the known powers and forces, and to bring home to you that all of these tremendous forces work harmoniously. They are governed by laws immutable and unchangeable. Otherwise the result would be destruction. Cosmic rays are called interstellar rays, as they come from outer space. This gives a conception of the unity of the whole.

The spectroscope, passing light from any object through transparent prisms, can tell us the composition of that material. It gives us the composition of the stars. It gives a definite color, in which are dark verticle lines and we have learned to decipher the lines and read the story. It is their signature. This is done by studying the color and lines made by the various elements, sodium, iron, copper, calcium, et cetera. It was found that each element when heated enough to give off light, made its own characteristic pattern or signature.

Why this in the study of Life Science? We solve mathematical problems when certain factors are known. We reach the unknown - the answer - by processes of reasoning from the known factors. That same process can lead us to an understanding of many of the so-called mysteries of life. Enough known factors are present to lead us to some definite conclusions. By trying our conclusions in the crucible of experience we can prove in our own lives our relation to and our ability to use the laws and principles of the universe. Furthermore, if we understand that the

elements have their own signature it is quite simple to comprehend that our expressions (light) therefrom can, so to speak, be passed through human spectroscope and the signature read. What is personality, but the signature of the possessor? What is a magnetic and radiant presence but the light from within? Who is there who has not deciphered the signature of such a one in the light he radiates.

In the beginning were the words "Let there be light" - Light that the human spectroscope might decipher the signature of the infinite in all creation. We can and do develop our understanding of the infinite - that is the object of our studies. In meditation and in the silence the "voice" of intuition speaks. This is the signature deciphered by the human spectroscope.

The next time you are near a still pool, pond or lake toss in a pebble or a stone. In every direction from it in an ever expanding circle go forth waves. A small pebble makes ripples or short waves, a large stone makes waves the crests of which are further apart, or longer waves. You witness short waves and long waves in a material substance. Observe very closely! The water at the point of impact, or where the object struck the water, does not travel to the outer rim of the circle. Waves are not water traveling over the surface of the water.

A crude description is that the disturbed water gives a push to the water next to it, and it in turn gives a push to the water next to it, and so on until some resistance smoothes out the waves. The importance of understanding this will soon be apparent.

Sound travels in waves, the accepted theory being that sounds travel by means of atmospheric waves, but there is a possibility that they produce etheric waves also. This is not germane to the point at issue. Sound waves (atmospheric) travel only at the rate of about 361 yards per second or about 750 miles per hour.

Light travels in waves. The speed of light waves (etheric) is 186,300 miles per second, as noted in paragraphs relating to the Palomar telescope. Cosmic rays are in waves. Electric impulses in waves. Your radio is tuned to wave lengths to get reception. A wave length is the distance from the crest of one wave to the crest of the next.

Wave lengths have been measured. They vary from one two hundred and fifty-four thousandth of one inch (the small, yes, very small ultra violet or actinic ray which is the principle agent in photography) to four miles in length (the waves used in wireless telegraphy). Note too that the waves of the wireless transmit a force (across oceans) which visibly affects the instruments of reception.

Electro-magnetic waves were discovered by a man named Hertz, and are called Hertzian waves (1888). Marconi and others developed their practical application (about 1894). Short wave radio circles the globe in a minute fraction of a second. In the vernacular of the day "Why bring that up" in the study of Life Science?

Thought is power in itself one of the great universal forces. The ability to think is man's hallmark of divinity. Thought travels in waves, there are etheric vibrations proceeding from human personality. Now here is something that is known - "Nature never leaves a gap to jump over" - If there were a gap in light rays from distant planets they would be invisible. Why? Restudy your waves or ripples on the pool or lake. Each must push the next in line or the wave stops. The wave length of human emanations have not been measured, it is true, like radio wave lengths (each station transmitting on assigned wave lengths).

Any scientist can tell you that there is apparently a gap between the "dark heat" group and the Hertzian group, and we know that there must be no gaps. The

emanations from humans have a wide range possible. They can be infinitesimally small. One two hundred fifty-four thousandth of an inch is not, as measurement goes, even a start. That would not comprehend the atom by any means.

Now where are we? We know and it has been oft repeated herein that all things proceed from one primary etheric substance. We know it is homogeneous or uniform and we know it is unformed. We know further that it has no qualities to distinguish one part from another.

When positive and negative energy are imparted to this undifferentiated universal substance, combinations are formed and the atoms come into being, and from the atoms come material substance. What is it that imparts this energy to this volatile omnipresent quiescent substance? The Bible says "In the beginning was the word." Whenever you see "The Word" in the Bible or in these instructions translate it into "Thought" - and all the mystery, or lack of understanding vanishes.

All observation and all reason must lead one to the knowledge that there are natural laws which govern the universe, and that man is definitely related to these laws. We cannot get outside of these laws. We are immersed in them. We cannot violate them without definite consequences. We cannot overrule them and we must admit that to exist we must conform.

It is only recently that science has been willing to concede that there is reasonableness in the theory that man is definitely related to the universal. That concession has come about since the acceptance and proof of the scientific theory that the source of all material things is the same. One does not have to be a scientist to know and to prove in his own life that certain physiological and mental factors determine happiness or misery, success or failure. Certainly a state of feeling is an observable thing and it is a phenomenon, and as such is capable of scientific study.

The fact that certain moods and certain expressions of feeling have a direct effect upon the body and that they can be distinguished and determined by the technique of the chemist proves a definite relation between man's thoughts and man's material being, and a definite relation between mind and the material; and certainly we do not know man as a whole until we know the relation between the functions and the functioning between man's thoughts and the actions of his cells and organs.

It is a biological fact that certain cells and glands and fluids of the body can and do anticipate future events and set up certain actions and start certain functions preparatory to meeting the future situation. They certainly have been effected in the past and know the past inherently, because they react and receive impulses, ideas and impressions in the present. If therefore the cells of the body know the past, the present and the future, they must have intelligence.

The order of the universe, visible and invisible, shows reaction to laws, and laws presuppose intelligence. The universal can therefore be said to have an intelligence, and being universal and admittedly being ALL, there must be a relation, a contact, an intermingling of universal intelligence and individual intelligence.

It becomes quite reasonable, very logical to conclude that thought is the initial impulse which starts waves in the Universal, imparts to the undifferentiated its attracting and repelling properties, which causes it to differentiate and materialize. Man sets the pattern and creates the mold. The all-fulfilling, ever present God-created basic material, evolves in natural order, and materializes.

Science, reason and experience lead to one conclusion. Man is a Creator in his

own right. We can therefore say with Descartes; "I think therefore I am" and it is but one step further to "I am that I am" and you are then on the highway to the attainment of the consciousness which leads to the livingness of "Thou shalt also decree a thing and it shall be established unto thee," (Job XXII,28) and "All things are possible unto you" (Mark IX,23) and "Whosoever - - shall believe that what he sayeth cometh to pass, he shall have whatsoever he sayeth," (Mark XI,23).

If we view the world today and observe the people as they walk along the street, those who work, those in pursuit of pleasure, we are led to the conclusion that one of the great needs of the world is to learn relaxation. Tension is stoking the fires of metabolism and people are literally burning the candle at both ends.

Because the mind is tight - they are tense mentally. They lack poise and calmness, they are often self conscious. Their anticipations are impediments, obstructions, resistance, that they will not be on time, that they might not meet satisfactory conditions, or some other fear or negative thought is in the foreground.

That is one form of imagination and visioning. How often have we called attention to the results of such thinking! Thoughts are things, so guard your thinking if you would preserve your life forces and would call forth from the unformed those things that make for joy, success and radiant, vibrant health. Each man bears on his face the description of his body and his soul.

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THOUGHT GEMS

DOUBT WHOM YOU WILL, BUT NEVER YOURSELF.

Bovee.

* * * * *

THE IDEAL LIFE IS IN OUR BLOOD AND NEVER
WILL BE STILL. SAD WILL BE THE DAY FOR
ANY MAN WHEN HE BECOMES CONTENT WITH THE
THOUGHTS HE IS THINKING AND THE DEEDS HE
IS DOING, - WHERE THERE IS NOT FOREVER
BEATING AT THE DOORS OF HIS SOUL SOME GREAT
DESIRE TO DO SOMETHING LARGER, WHICH HE KNOWS
THAT HE WAS MEANT AND MADE TO DO.

Phillips Brooks.

THE ORDER OF THE ESSENES

2527 SUNSET DRIVE

TAMPA 6, FLORIDA

DEPARTMENT OF INSTRUCTION

JUST TALKING IT OVER WITH YOU:-

Just one more set of Instructions and you will have completed the first year's work in the search for Truth, for the understanding of a way of living which leads to true freedom - freedom from fears, worries, lack and bodily ills.

Only those who can say "I will give faith and hope and love their rightful place in my life" are free. Most of the ills of earth result from the inability to think straight. When we are so bowed down by physical habit or mental habit that we are not able to see the truth we are not free.

Just put all of your instructions together and see what a volume of material you have considered. Getting them one at a time has had its value - You may not think you can remember it all - but it has become a part of your subconscious - and on the proper occasion it will light the way.

It would be most unwise for one who has advanced this far in the study with the Order to discontinue. That which is to follow is just as simple, just as understandable - and far more interesting. By faithful study you are prepared.

That which is to follow shows you what to do and how to do it, to make effective in your life and affairs the truths you know. It leads to the establishment of true freedom. You have the Key - it must now be fitted to the lock.

The man who wants true freedom if he is right in the heart wants all men to have that same freedom. There are those - and they are countless - who have made real sacrifices to be helpful in taking this understanding to others. They shall be rewarded.

There are those who have experienced a complete change in their life and affairs and who were sincere in their intentions, if such a change came about, to help generously their fellow man to that same understanding - but with their advancement they never advanced their obligations and commitments - and thought first of legal debts, binding financial obligations and their own requirements, to the neglect of a moral obligation and the dictates of conscience.

For these few we and you should feel a deep sense of sympathy. We didn't make the laws of the Universe. They sow their own causes and will experience the effects of their own omissions -

There are many who have been so steeped in the errors of their past thinking they have not thrown off the yoke of their error-consciousness and have not been able to help their fellow man. We and you should be happy - and we are happy - to carry them on. The light will dawn for them. -

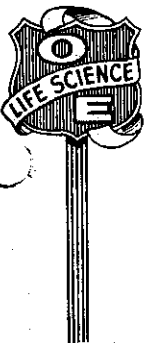
The greatest brotherhood is that which is sealed by the bonds of understanding - Truly - "the Truth shall set you free" - The world need grows greater and greater for that which we, united, can give -

Worthiness is the answer - Let us carry on -

THE ORDER OF THE ESSENES

By

J. Hamner Davis



THE Essenes

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INSTRUCTION NO. 51 Assuring to the Accepted and Acceptable
HEALTH, HAPPINESS AND SUCCESS

"WHAT I AM NOW REAPING IS WHAT I ONCE SOWED. WHAT I
NOW RECEIVE I ONCE GAVE. AND SO WHAT I NOW SOW AND
GIVE I SHALL IN THE FUTURE REAP AND RECEIVE. THAT IS
A PRETTY CLEAR PICTURE OF THE FUTURE. POTENTIALLY THE
FUTURE ALREADY IS."

"THE MISTAKE OF THIS AGE HAS BEEN TO PLACE TOO MUCH
EMPHASIS ON COLD SCIENCE AND ECONOMICS, TOO LITTLE ON
THE HUMAN SOUL."

Although Socrates lived 400 years before Jesus, we know much of him from the writings of Plato and others. We have what is known as the Socratic method of analysis, known as such because Socrates was always asking questions. It was a way to wisdom. It did call for thinking. Nothing was accepted without question.

Our object in this study is to make some vital inquiries with respect to who we are, what we are and why? Proof of our divinity, our "oneness with the Father," our unity with omniscience, our inherent powers and how to utilize them.

The Socratic approach should lend interest and may help us to understandable solutions and rational answers. Enable us to acquire an appropriate consciousness that we may demonstrate in our own lives the livingness of the teachings of Jesus, the Master Metaphysician. The feasibility, practicability and the absolute simplicity of materializing in our own experiences health, happiness and material well being. We shall see.

What is time? We are always talking about time. It may sound silly and you say every one knows what time is. Well! Tell us what time is. Define it. We may discover something rather startling and we assure you that we will lay a foundation for something that will be self revealing.

You give in answer a dictionary definition of time - "Measure of duration, whether past, present or future - "

Socrates comes back and says - "If it is a measure, of something, just what do you measure by? Measure means the extent or dimension of a thing."

You respond - "A civil day is the period from midnight to midnight, the astronomical day from noon to noon."

"So far, splendid," says the "Gadfly." "Now what makes day and night - from 'midnight to midnight' - from 'noon to noon?'"

Like the practical person you are, you answer - "The earth makes a complete revolution upon its axis during that period, and hence has its face to the sun once each day (noon) and its back to the sun once each day (speaking figuratively). A year (365½ days) is the period during which the earth makes one complete revolution around the sun."

The wise Socrates now responds - "You are willing to abide by those definitions and answers, are you? If so, you must abide by the implications or deductions inevitable and unavoidable therefrom. Agreed?"

"Now let us summarize and take our bearings" Socrates would say.

First - Time is a measure of something. Second - A measure is the extent or duration of a thing - Then it must flow from that, and we must agree that there must be "things" or the material, or there is no Time.

Unless we concede the materiality of the human body we are by every logic driven to declare the immateriality of the earth and the products of the earth, from which man draws sustenance.

Certainly by assuming the immateriality of the body we deny the evidence of the five senses. How can one reasonably declare a building - a boulder - or the grains, fruits and flowers of the earth to be material and man immaterial? The evidence is the same in each case. Each has form, occupies space, is tangible - and man's recognition of them is by the same senses by which man recognizes man.

It certainly is not good metaphysics. An understanding of the relation of spirit and matter, and the relation of mind and the action of mind, (thinking) and the material, satisfactorily answers man's most far reaching questioning. Once understood it gives man effective solutions of his problems.

The denial of the materiality of man is an unconvincing attempt to comprehend the absolute without the relative. An endeavor by some legerdemain of thinking to realize an interior without an exterior, an inside of something and denying the outside. It resolves itself into making the limited limitless, the finite infinite. Renders void any expression of the infinite and cancels out individuality and personality and hence the one who propounds such theory.

We have no quarrel with idealism or any philosophy which adheres to such tenets, nor have we any criticism of any system that gets results. We do suggest that there is a way to health, contentment and material welfare that has the approval of reason, intuition, and the sciences, understandable to anyone not a mental sluggard or intellectual derelict.

True metaphysics does not propound the theory of making something out of nothing, nor nothing out of something. It does recognize the power to evolve something out of God's created undifferentiated universal omni-present substance. The power to dissolve material substance, the power to integrate and to disintegrate, and calls all men to witness the performances in that respect and bids them to trust the evidence borne to healthy minds in healthy bodies - by the senses.

It recognizes the permanence and stability of laws and principles. It distinguishes between realities and conditions. It is ever cognizant of change as the order of the universe. It bids every man to prove in his own life and affairs the immutable and unchanging laws and bids him first recognize them - next to obey them and then to utilize them. Saying unto him "Thou art created in the likeness and image of the Creator." Believe it. Be, Live it.

Continuing in the Socratic vein -- You have measured time, by the relation and the position of the earth to the sun, You make other divisions of time such as months by the periods of a revolution of the moon (the moon is a satellite that revolves around the earth). You, therefore, will agree that scientifically stated - Time is the period occupied by a body in passing from a given point in space to another.

Do you agree then that time is therefore predicated upon the material or things and upon space? We answer as we must. Yes.

Socrates continues - "We are agreed as to things or matter, Its distinctive quality, that which makes it matter or a thing is form. By its form we determine its qualities. Now we also know that form is essential, whether visible or invisible to the physical eye. There is no such thing as conceiving matter without form."

"Why is this so?" he continues. "Define or tell me what matter is."

We refer to the dictionary and answer "Matter is substance - that which occupies space and is perceptible."

Socrates exclaims, "Splendid! It occupies space. What is its quality that makes it perceptible?" Our answer is "Form."

Careful Socrates, feeling every inch of the way to a vital conclusion - and proving each step as a mathematician proves his answers, says "Let us not be hazy about this matter of form. What do you understand by 'form?'"

Dutifully we answer, "It is that which is extended in and occupies the space with- in certain boundaries. The outline of the boundaries determines its form."

"You mean it occupies a particular space - and no two particles of matter in form can occupy the same space?" he asks, and we respond in the affirmative.

"Do not weary in the search for Truth; we rapidly approach an understanding of Life itself - of that inner You" cautions Socrates. "We have spoken often of 'space' - Let us tarry a moment. We have defined time and are satisfied it is the period occupied by a thing passing from one point in space to another. We have inquired into the material and find it to have form and occupy space. Now we must be sure about this element in our problem. What is space?"

We meditate upon distance and back comes the thought "Remove the object and there is no space" - "Blot out the points and there is no distance for measurements - no space."

Think as we will, space always remains related to objects - whether it be infin- itesimal as the distance between atoms, or infinite, as the distance to remote stars. There is a dawning of a consciousness of there being such a thing as some- thing devoid or lacking extension in space - because space seems inconceivable without line, outline or objects for measurement.

We must answer Socrates, so we say "Space is the distance between points or ob- jects or things, the intervening or inclosing or surrounding something unoccupied by the material."

"I am pleased," says he. "We must be practical. We cannot deny the evidences of our senses and by tricks of reasoning deny the material. We should be able to fathom something of the absolute with the relative as a guiding star. The conditioned should contain within it the secret of the unconditioned. The con- crete should help to comprehension of the abstract. The form should bear evidence of the unformed."

Our questions must ever be fruitful. We have made inquiry with respect to Things - Time - and Space. We have found that they are related. We have traveled far intellectually to comprehend that "things that are seen spring from the things that are unseen." That the finite - limited by time and space comes from the in- finite, - that which is unlimited. We arrive by the process of reasoning.

Who is there now who can answer the question "What is it we know from our ex- periences and our livingness that has not form and has not the qualities of the material, and is without the element of space?"

In answer, we perhaps timidly suggest - An idea or thought - Spirit - and as the Essene knows it, the "real You" of his being - Life itself.

Correct! Eureka! Thought - Spirit - and Life itself are without dimension and form and are therefore without space limitation, and being devoid of the elements of form or space are therefore devoid of the time element. When there is no se- quence in time there is and can be no past and no future - Life is therefore with- out beginning and without ending -- Life is therefore an ever present continuous fact - ever existing, and ever a part of the great life principle itself. It is a fact - And this rationalizes and makes understandable "I and the Father are One."

Thoughts therefore are in and of the universal. Omniscience is a fact - everlast- ingly now. Man's thoughts are those that he by his self determination or freedom of will draws from the universal. Thoughts and Spirit are devoid of extension in space (form), hence must of necessity be present everywhere - That is omnipresence

or all present and likewise everywhere. That should not be hard to understand, either. A radio wave powerful enough is present everywhere, instantaneously. Cosmic waves are everywhere. (reread Inst. 22)

Man is evolving and progressing and is ever enlarging and growing in his ability to express his divinity. To give expression of the infinite of which he is a part. As he gives form by his thoughts to the universal, he is the architect of his own future.

We are hopeful that each who reads the above has fully mastered all that has gone before, and that none will say that we denied time as the idealist denies materiality.

There has to be the time element for the progression of personality or individuality.

Everyone understands that there are no two thumb prints in the world alike. It should be easy to comprehend too that there are no two persons in the world alike (they may resemble). Here is something that is equally true. No person is ever the same today as he was yesterday. Tomorrow he will not be the same as today. The past is ever leaning over the present, so to speak. Today's impressions will color tomorrow's outlook. What we do today foreshadows our whole future, just as our present is the culmination of our entire past.

Knowing these things - "As a man thinketh in his heart, so is he" becomes more than a mere phrase. It brings a realization that man is in truth and in fact the architect of his own future.

If we meditate upon this thought we come to appreciate how fair, how just it is. We recognize a self compensating principle. As individuals, as personalities, we have taken form and are material. We are therefore subject to the limitations of time and space, but this material form - marvelous in its mechanism - is subject to spirit, to our thinking, to the real "I am" of our being. These are without limitation of time or space, not being of the material, and have the liberty and the powers and the attributes of the universal. The finite is interpenetrated by the infinite and partakes of its bounties, in so far as we, as individuals, are conscious of the unity or our Oneness with the Father.

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THOUGHT GEM

I AM INDEED THAT SUPREME ETERNAL REAL SELF
WHICH IS ALL BLISS; ALL LIGHT; BEYOND ILLUSION;
BEYOND CONDITIONS; REALIZABLE ONLY IN THE IDEA
"I AM."

The Upanishads.

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

DEPARTMENT OF INSTRUCTION

MAY YOU GO ON
TO MASTERSHIP: -

With this set of Instructions you complete what we call the first year's work.

You have made your own estimate of its value. It is not becoming to anyone to "sing his own praise." If one's work is good the world will find it out. If never discovered by the world at large, the inner satisfaction is uplifting and of itself is reward.

A Doctor ninety-four years of age - a Fellow of the American College of Surgeons, and still very actively engaged in the practice of medicine, upon completion of his Fifty-second set of Instructions wrote us that he had them bound, and that it was the most inspirational and helpful material he had read in his ninety-four years.

Of course that strengthens our faith in the worth-whileness of our devoting our lives to teaching human engineering -- the way of successful living -- Life Science.

We trust that the opinion of one so qualified to judge weighs with you to the extent that it will cause you to desire to go on into the second year's work, and will add to your pride in being helpful in taking this Understanding to others.

It is at this point that we confer the Certificate of Merit upon those we know have read, and reading and studying have understood our Instructions. We know that you will not think we are commercial when we say that the cost of issuing this Certificate comes to Five Dollars.

We of the Instruction Staff trust that you may go on with us - and upon the splendid foundation of an understanding of the Instructions you have had, erect a Temple - The Mastership of the laws governing the worthwhile life.

In all sincerity,

THE ORDER OF THE ESSENES

B. H. Hammer
Director

Enc. 52



In Instruction Number 51 we found that matter, to be matter, had to have form and occupy space, that spirit and thought and the "I Am" (or life itself) were devoid of form and transcended time and space.

Therein it was said that the concrete should give us some hint of the abstract, the conditioned should bear evidence of the unconditioned and from the relative we should learn something of the absolute. Let us pursue that thought.

We know that the most primitive form of life, the single unit cell, acting upon itself grows and divides and we have two. These in turn grow, act upon themselves, and divide. Endlessly this goes on.

Imagine the countless number when we realize that this process repeated less than fifty times gives us millions. This establishes the fact that in the conditioned, life acts upon itself with the purpose of growth and perpetuation. You have learned that for the single unit cell there is no death except from injury, poison, or lack of nourishment. This shows that the relative has within it the principle of life everlasting.

We note life in all its forms, - vegetable - animal - and human, and we are impressed with the indisputable evidence that this evolution has ever been to advance the race. In the concrete we note that this advance has ever been marked by increased intelligence.

Can we not therefore conclude that the unconditioned acted upon itself to effect creation, and inherent in it is the principle of growth and advancement and perpetuation?

Is it not logical to conclude that if the relative exhibits the principle of life everlasting, that that is the essence and nature of the absolute? What other possible theory could there be, if the concrete advances toward perfection as it advances in intelligence, that the abstract is the ultimate of intelligence or omniscience.

The law of mathematics tells us that two times two equals four. With the factors given us as known factors; (1) Man has life, (2) Life itself is perpetual or everlasting; (3) Life acts upon itself with the intent and purpose of growth and perpetuation and advancement; (4) That the ultimate principle of intelligence is the supreme principle of the absolute; (5) That man the relative is endowed with intelligence and embodies spirit and has the power and ability to think; (6) That these attributes are not limited by time or space and therefore are of and in and through the unconditioned, the abstract and the absolute. Can we not conclude, with the same certainty that the mathematician arrives at his answers, that we are "One with the Father" - That we are in the image and likeness of the Creator - That we are the embodiment of the God Principle?

Viewing the works of man we know that he is a creator, and that his creative abilities are limited by his recognition of a limit. This is the logical conclusion that we must arrive at when we compare the accomplishments of man.

We just naturally go on step by step. Man is the conditioned, the relative and the concrete, but he is in the image and likeness of and embodies the unconditioned, the absolute and the abstract. Why?

Because he is inseparably a part thereof by the ties of spirit, thinking, and life itself. Why again? Because he was made from it (the unconditioned, absolute and abstract are a unity) - lives, has his being in, and cannot be separated from it.

If therefore we want to know more of the nature of the universal, can we not gather our clues from "the image and likeness" -- Does not one drop of water of the ocean give us the nature of the whole? To know the nature and action of one wave is to know the principle of all waves. A ray of light from a distant star tells the story of its component parts.

If we view the world with eyes to see and with understanding hearts it must be apparent that the first law of nature is harmony and order - Otherwise the countless suns and stars and worlds would swing from their orbit and collide and be self destroying, and all the powers we know would by conflict instantly render desolate the earth.

Effect corresponding to cause is harmony. Harmony is the arrangement of all things in a perfect order.

If all evidence of the universe points to order and harmony and these work for perpetuation and man is a part of the universal in so far as spirit. Life and thinking are concerned, how natural it is therefore that if man creates discord or brings about a lack of harmony as a free will agent, self destruction eventually comes about.

The results of a lack of harmony are evidenced by disease, sickness, unhappiness and lack in man's physical being and affairs. We are coming more and more to understand the results of various kinds of lack of harmony.

For instance - An upset in the love life of an individual, jealousy and self pity in the affairs of the heart seem to effect the teeth and bring on tooth decay and disintegration.

Extensive research indicates arthritis in many cases is caused by a feeling akin to resentment, the feeling of not being appreciated, of merit not being recognized. The intensely held feeling that love, honors, awards, and other things are being unjustly bestowed upon others when they should go to one harboring this feeling, tends to the creation of substances which tend to manifest as arthritis.

Paralytic strokes often follow violent fits of anger, or intensely held feelings of frustration or fears of coming inadequacy, or inability to meet life problems - a tense feeling that grips one in an embrace related to the thought "defeat is at hand."

Asthma appears to be related in some way to an inferiority complex, the feeling of inadequacy to meet a situation or hold a position, to situations (habitually met with) the thought of which makes breath come in short gasps.

Bacterial invasions of the body seem to be aided by mental tensions. Common colds often come when the victim is in a state of anxiety.

Longings for love, care and protection, pent up and guarded as a secret, seem to cause gastric ulcers. Endlessly we might go on and name specific ailments usually attendant upon certain states of inharmony in one's thinking or attitudes.

The point of it all is that harmony is the natural - the attribute of the universal; when harmony is violated by man he violates the law of the whole, of which he is a part, and destructive or disintegrating elements are created. Thus as humans we violate the perpetuating principle, and hence we know life as limited.

It may be of intense interest to those studying Life Science to consider the "why" of the poisonous or destructive effects of fear and anxiety and negative thinking.

Primitive man was ever being thrust into situations where he either had to run or fight. These demands gradually built into the body an automatic scheme of swift adjustment for action (the principle being; Nature was ever working for perpetuation, preservation, and in the end, perfection.)

In time of fear or anger, in accordance with this scheme of adjustment, powerful changes go on within the body. The heart muscles are stimulated to more rapid pulsations, circulation is shifted from the stomach and intestines to the heart, brain, lungs, and skeleton muscles preparatory to and in anticipation of "flight or fight." The mechanism of these endings secrete powerful substances. Fear or anger starts this biochemical mechanism to prepare the body for action.

Contemplate modern man. He does not fight or run. These changes in heart beat and circulation fill his system with powerful substances he does not use as intended, hence does not need, and we have an internal conflict.

The strange part of it all is that the less one is aware of this penting up of anger, anxiety, fear and the negatives, the greater is the poisoning effect of these so-called involuntary secretions.

That is why in psychoanalysis it is well to bring out the cause of the fear, anxiety or negative thought - lay it on the table, so to speak, view it in terms of that which is past, and see that it was not such as to warrant the feelings connected with it - It is also one of the reasons there is scientific value to "confession."

Here we have at least a reminder of the true meaning of "forgiveness of sin" as we have shown it to be; Man's ability to disintegrate, which naturally accompanies the power to integrate, or call into being from the undifferentiated universal.

When we know the qualities of this Divine creation and align our own qualities to correspond, or rather learn not to violate the divine order, then we can manifest Health, Happiness and Well being. It will be a natural sequence. We will have attained the "understanding" of which Jesus often spoke when He said that the things we desire will come about with "Understanding."

By aligning ourselves with, and imparting to our thoughts and actions the qualities we shall thus discover in the Universal, we will find literally true "Greater works shall ye do also."

JUST TALKING IT OVER

With this set of Instructions we conclude the first year's work. Satisfactory evidence of understanding, qualifies one for the Certificate of Merit. The next year's instructions mastered make one eligible to the second year Certificate. Following that is work for the third and final Certificate of Merit.

If you fulfill one duty it generates the power to fulfill another, and life ascends. Fail in one, and burdens are not added, they multiply. That which you cannot do is not a duty, but use care that you judge not duty by what you desire to do. Life is on a descending scale when we neglect our duties.

Robert E. Lee well said "Duty is the sublimest word in our language. Do your duty in all things. You cannot do more. You should never wish to do less." Man's first duty to himself and to society is to advance - to improve - to go forward - to add something to the sum total of human happiness and well being.

To you who have faithfully and seriously studied these instructions to this point, we offer our sincere commendation. We trust it has been a source of pleasure and inspiration. An intellectual grasp of these truths is not enough to work the miracle of change you perhaps have wished. The great end of life is not knowledge, but action.

Action is the flowering and fruiting of knowledge. It is our observation that a mere conscious understanding of the great truths of life is not enough to induce action. There must be a spiritual grasp. They must feelingly and emotionally become a part of your consciousness, and just naturally prompt the act and deed upon each appropriate occasion to correspond to that consciousness.

An understanding of the instructions to date will enable you to grasp the great truths to be presented as we advance. May you be one to go forward with us.

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THOUGHT GEMS

It is not the eye that sees the beauty of the heaven, nor the ear that hears the sweetness of music or the glad tidings of a prosperous occurrence, but the soul, that perceives all the relishes of sensual and intellectual perfections; and the more noble and excellent the soul is, the greater and more savory are its perceptions. -- Jeremy Taylor.

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No one knows what strength of parts he has till he has tried them. -- And of the understanding one may most truly say, that its force is generally greater than it thinks till it is put to it. -- Therefore, the proper remedy is, to set the mind to work, and apply the thoughts vigorously to the business, for it holds in the struggles of the mind, as in those of war, that to think we shall conquer is to conquer. --- Locke.

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If we have not peace within ourselves, it is in vain to seek it from outward sources. -- Rochefoucauld.

* * * * *

The more quietly and peaceably we all get on, the better -- the better for ourselves -- the better for our neighbors. In nine cases out of ten the wisest policy is, if a man cheats you, quit dealing with him; if he is abusive, quit his company; if he slanders you, take care to live so that nobody will believe him: no matter who he is, or how he misuses you, the wisest way is generally to let him alone; for there is nothing better than this cool, calm, quiet way of dealing with the wrongs we meet with.